

Dr Josh Faulkner



**AUT BRAIN HEALTH
RESEARCH INSTITUTE**



Research focus

Josh's research focuses on neurorecovery following neurological conditions, particularly traumatic brain injury (TBI). He investigates how psychological processes influence recovery, well-being, and treatment outcomes, with a focus on transdiagnostic psychological mechanisms and evidence-based interventions that support adaptive coping and long-term resilience. Josh leads the Neurorecovery and Contextual Sciences (NRCS) Lab at Te Herenga Waka – Victoria University of Wellington and co-leads the Brain Health Research Institute at AUT.

Current projects

1. ACTION mTBI: An ACT-based intervention in concussion services to improve outcomes and assess real-world implementation
2. Tinnitus after mTBI, including testing an ACT-informed intervention to reduce distress and improve quality of life
3. Exploring how cognitive recovery after mTBI is defined and measured to improve assessment accuracy
4. Prognostic Risk of Persisting Symptoms after mTBI: identifying predictors of prolonged symptoms after mTBI to support early risk detection and targeted care
5. Psychoeducation after mTBI: Development and testing of the CLARITY education resource to improve understanding and recovery after concussion

Examples of recent work

Faulkner, J. W., Snell, D., Theadom, A., Siegert, R. J., Nielsen, K., & Williams, M. N. (2025). Identifying the bridges between post concussion symptoms and psychological distress in mild traumatic brain injury using network analysis. *The Journal of Head Trauma Rehabilitation*, 10-1097. <https://doi.org/10.1097/HTR.0000000000001104>

Faulkner, J. W., Snell, D. L., & Siegert, R. J. (2025). Rasch analysis of the depression anxiety stress scales-21 (DASS-21) in a mild traumatic brain injury sample. *Brain Injury*, 39(2), 136-144. <https://doi.org/10.1080/02699052.2024.2411297>

Positions

Senior Lecturer – Victoria
University of Wellington
Co-director of BHRI – AUT

Contact info

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