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Sport psychology and concussion

Sport psychology and concussion: new impacts to explore

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In recent years, there has been great interest in examining the psychological effects of athletic injuries. This has also extended to interventions in which coping strategies have been suggested to enhance recovery. Concussive injuries, which are common to many sports, hold particular problems in this regard. For example, a concussed athlete may be prone to experience isolation, pain, anxiety, and disruption of daily life as

as well as being associated with depression and anxiety and have been shown to cause severe health complications.⁷

Injured athletes have reported different levels of satisfaction with the social support they have received after injury. In particular, team mates have been shown to have a greater affect on the emotional state of injured athletes than coaches or medical professionals.⁸ This leads one to speculate that individual