

## The influence of coaches and their concussion knowledge on athletes' concussion reporting

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Thank you to everyone that participated in our study. Concussion is a serious injury that that requires timely symptom reporting and immediate removal from play. However, concussion reporting rates among athletes remain relatively low, putting athletes at risk for a more serious brain injury and lingering concussion symptoms. Understanding the factors that contribute to an athlete's decision to report a possible concussion is important for maximizing athlete symptom reporting. A figure that can influence athletes' decision making is the coach because of their role in creating team culture and the control they have over playing time. It is important to understand the influence that coaches have on athlete concussion reporting and the factors that can increase symptom reporting to a coach, in order to increase athlete concussion reporting overall. Your participation in this study allowed us to assess athlete reporting intention to a coach in relation to other figures and the factors that would increase concussion reporting to a coach. Through your participation, we were able to find the following results.

The study sample included 105 participants (16 males, 89 females), which included athletes over the age of 18 years from various sports and levels of competition. There were no differences in concussion reporting intention between a game or practice, however there was a difference in concussion reporting intention based on who participants were reporting to. Participants were most likely to report a possible concussion to a friend and least likely to report to a coach. There were no differences in reporting intention between a teammate and friend or teammate and athletic therapist.

Participants reported their coaches' influence on concussion reporting to be slightly more than moderate. Participants' concussion reporting intention was greater when reporting to a coach if the coach had received concussion education, knew the signs and symptoms of a concussion, encouraged athletes to report symptoms, and understood and followed the concussion return to play protocols. Within the four factors measured, the likelihood of reporting a possible concussion was greater when athletes perceived their coach to encourage symptom reporting than when athletes knew their coach had received concussion education. Participants also reported their own factors that would increase concussion reporting. The most common factors included: increased concussion knowledge among coaches, coaches encouraging reporting and treating athletes fairly, positive coach-athlete relationship, and safe team culture.

The results from this study highlight the influence that coaches and their behaviours towards concussion have on an athlete's decision to report a possible concussion. Through your participation in this study, we were able to gather important information that will help guide future concussion education for coaches. We appreciate everyone that took part in our study and wanted to thank you again.

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