

University of Montana

ScholarWorks at University of Montana

University of Montana Conference on Undergraduate Research (UMCUR)

The Psychological Undertones for Delayed and Non-Treatment Seeking Behavior After Concussion

Nicholas G. DeBellis
nd108823@umconnect.umt.edu

Follow this and additional works at: <https://scholarworks.umt.edu/umcur>

Let us know how access to this document benefits you.

DeBellis, Nicholas G., "The Psychological Undertones for Delayed and Non-Treatment Seeking Behavior After Concussion" (2020). *University of Montana Conference on Undergraduate Research (UMCUR)*. 3.
https://scholarworks.umt.edu/umcur/2020/humanities_poster/3

This Poster is brought to you for free and open access by ScholarWorks at University of Montana. It has been accepted for inclusion in University of Montana Conference on Undergraduate Research (UMCUR) by an authorized administrator of ScholarWorks at University of Montana. For more information, please contact scholarworks@mso.umt.edu.

The Psychological Undertones for Delayed or Non-Treatment Seeking Behaviors After Concussion



Nicholas DeBellis; Stuart Hall, Ph.D.
Psychology Department
University of Montana

Abstract/Purpose

The goal of this project was to gain a general understanding for why individuals don't seek or delay seeking help after sustaining a concussion. We believe that this project is important for helping us to identify why people don't seek treatment while shedding a light on the dark figure that exists within mental health and sports culture. We hold that the data gathered from this project will allow us to empathize and help reeducate individuals by addressing existing stigma around concussions.

Background

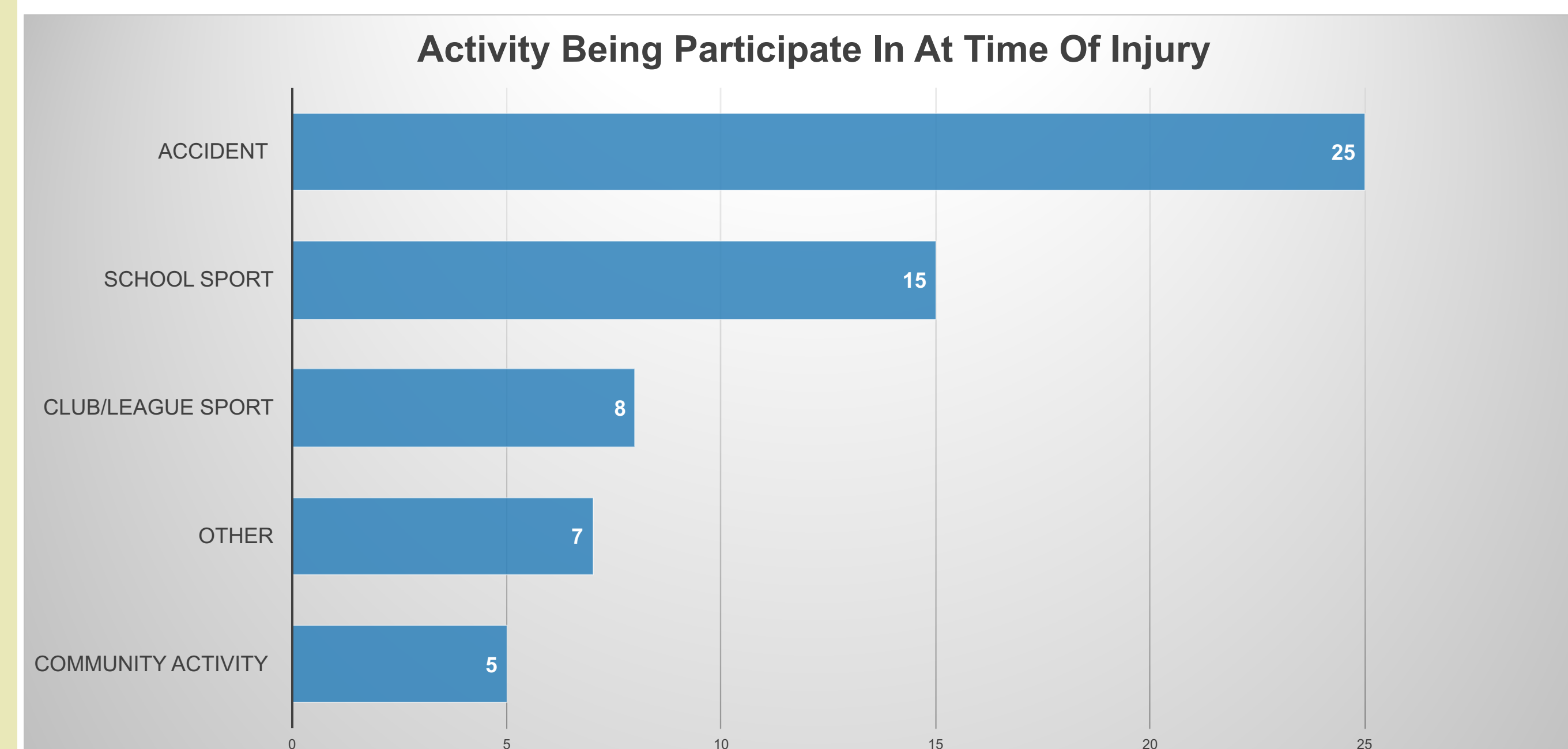
In the United States, over 750,000 head injuries each year result in hospitalization (Barrer & Ruben, 1984) and one such injury occurs every 16 seconds (Swiercinsky, Price, & Lead, 1993). The Centers for Disease Control and Prevention estimates that approximately 300,000 sports related concussions occur annually in the United States (McCrea, Hummeke, Olsen, Leo, & Guskiewicz, 2004). Concussion has gained ground as a pronounced health problem and substantial research has been dedicated to comprehending its effects. As a result, public understanding has considerably increased in recent years. Despite increased awareness, research suggests underreporting of concussion symptoms is still widespread (Asken, McCera, Clugston, Snyder, Houck, & Bauer, 2016). While the effects of concussion are not usually immediately life threatening, research has shown the impact caused by recovery can have a detrimental impact on a person's quality of life. Under-reporting may lead to an increased risk of future injuries and improper management of injury (Register-Mihalik, 2010).

Methods

Participants consisted of 84 students (74.7% female, 24.1% male) recruited from the University of Montana by the way of the online SONA Psychology Research system. Eligibility requirements limited participation to individuals at least 18 years old and those who sustained a concussion (any minor to major bump, blow, or jolt to the head or by the body) within the last 4 years. All participants meeting the requirements were directed to Qualtrics and asked to complete a self-report, anonymous questionnaire about the nature of their concussion and whether they sought professional medical treatment. In addition, participants were asked questions regarding their personal backgrounds and attitudes/beliefs about their concussion.

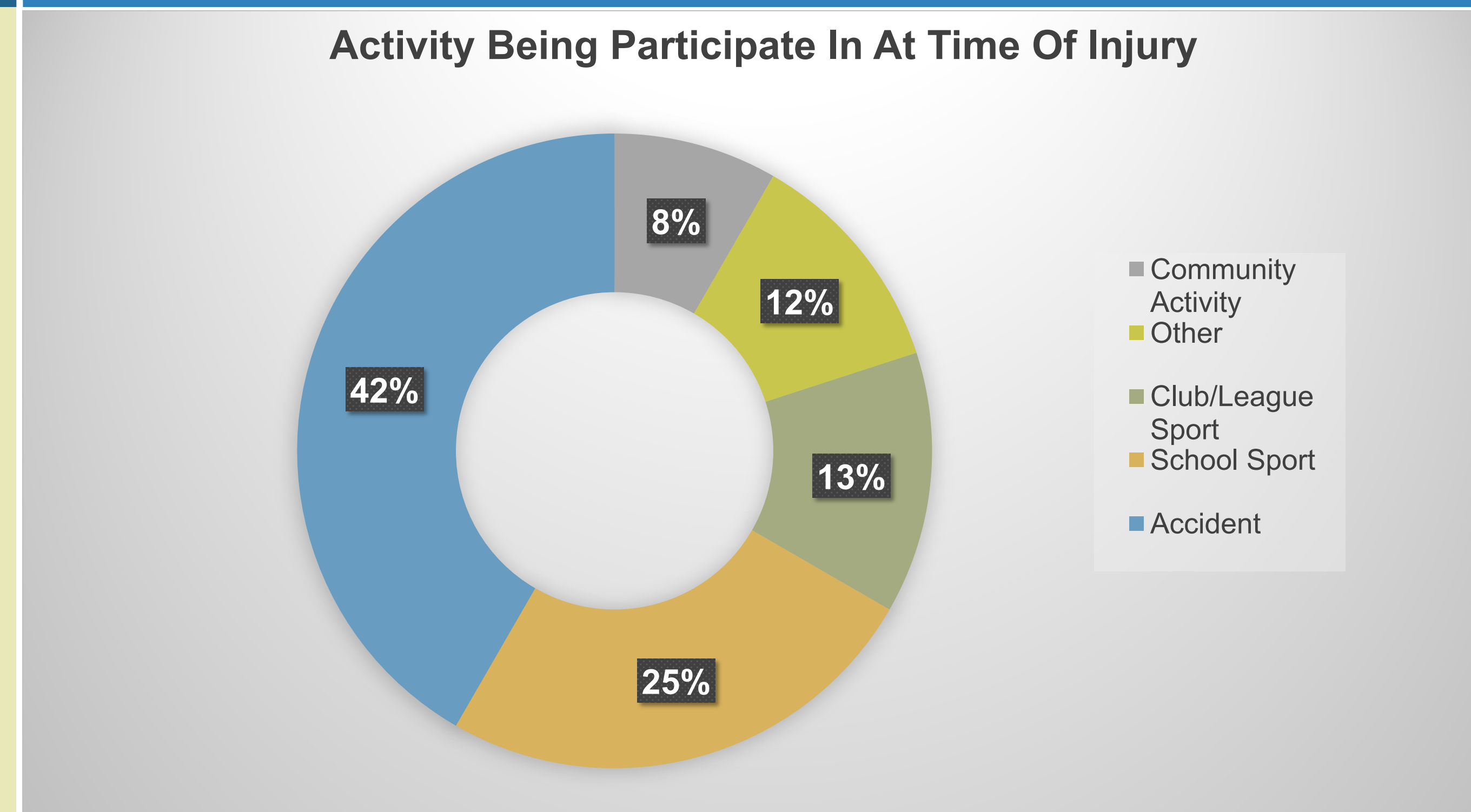
Findings/Conclusions

Results from the self-report survey revealed three notable trends. Most participant answers revealed that accidents were the most predominant cause of injury, closely followed by school sports. This result differed slightly from our initial hypothesis which placed school sports as the most prevalent cause of injury. Answers for the question on how long after the injury took place did the participants seek professional medical care revealed that the bulk of participants delayed seeking care for an extend period after the initial injury. This offers evidence in support of earlier research which posed that individuals who suffer concussions delay seeking professional help for long periods of time after the injury occurred.

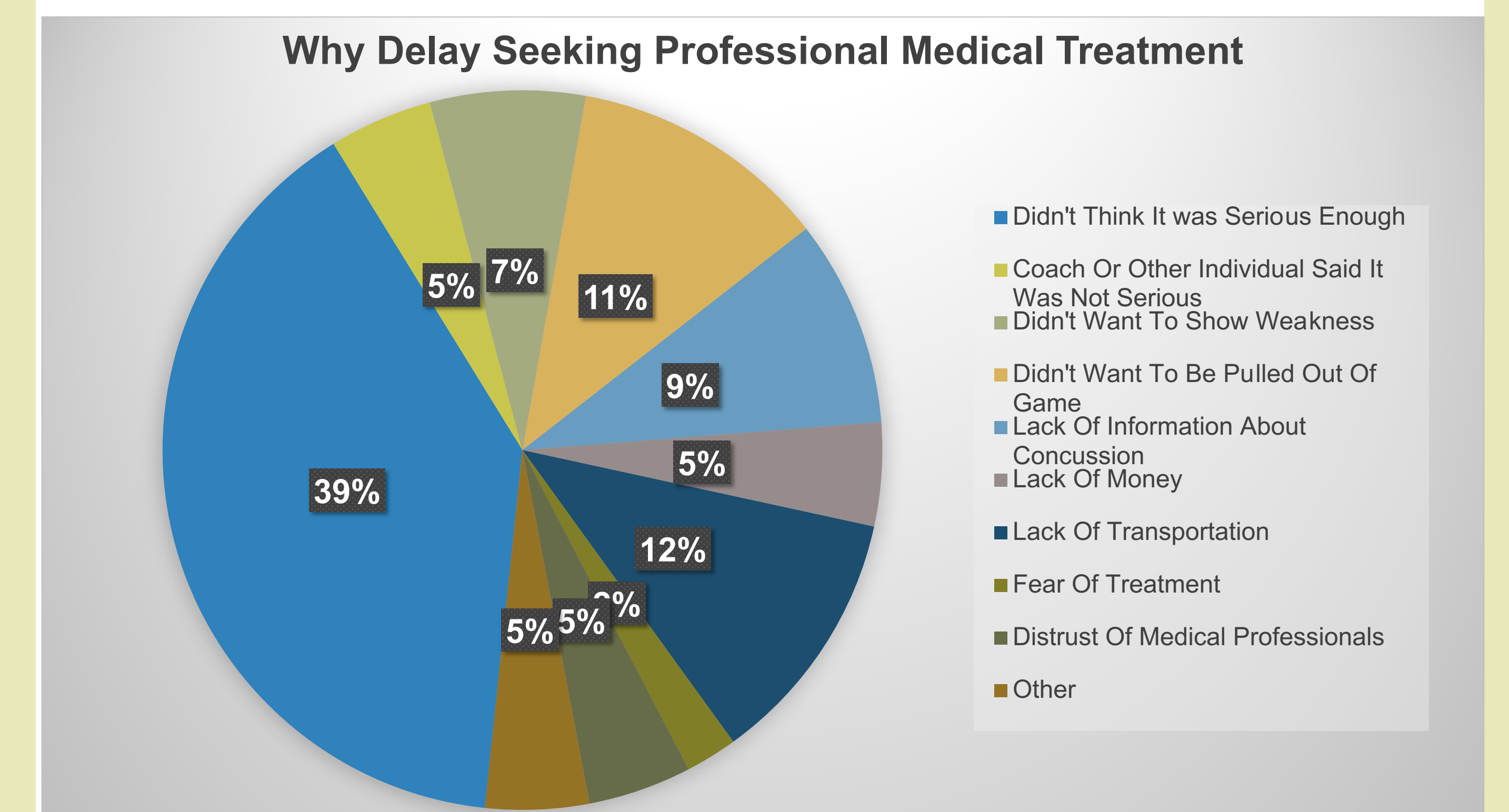
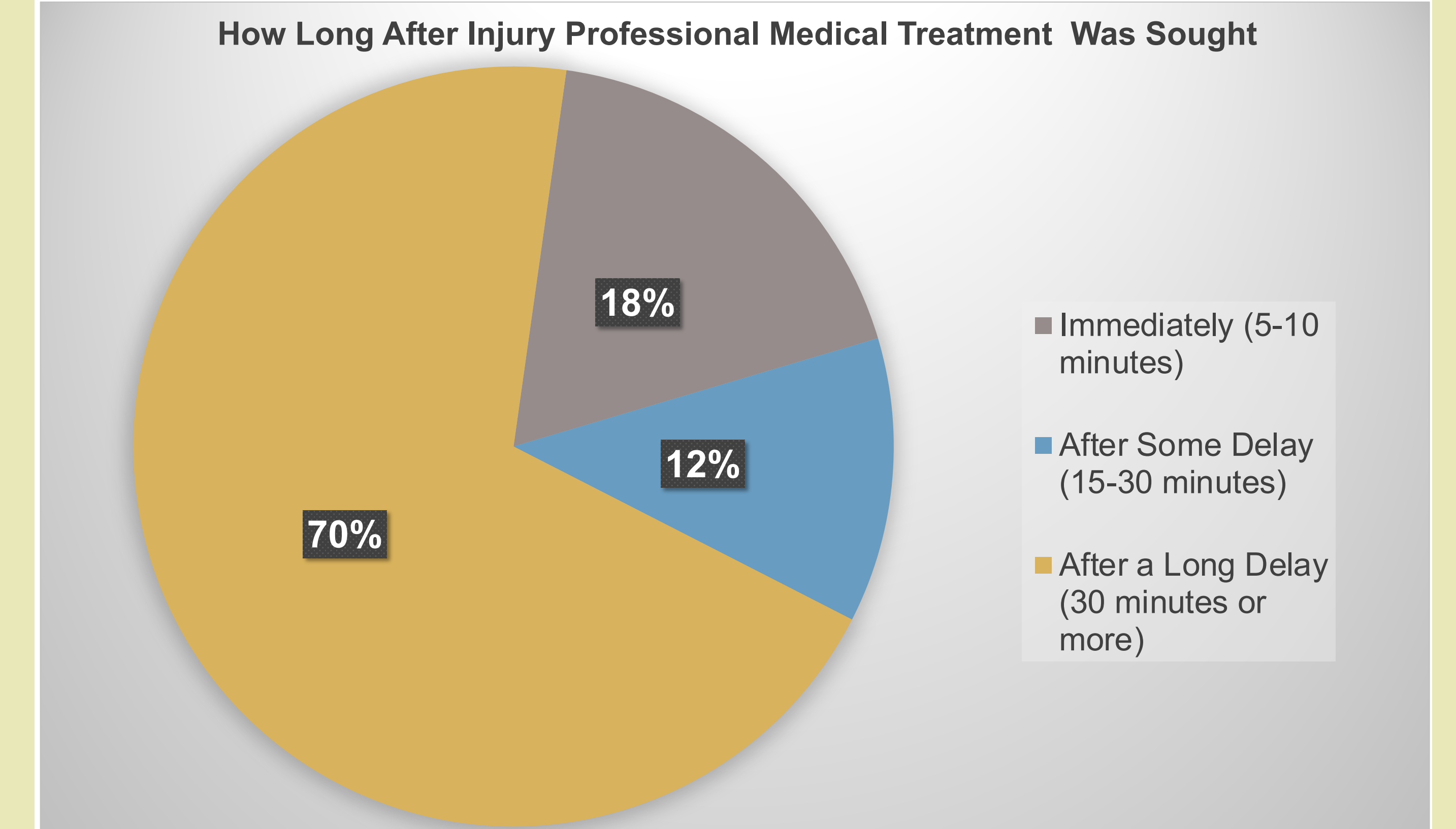


Most importantly, participant responses indicated that the reason for delaying or not seeking treatment has to do with the idea that they feel the injury is not serious enough to seek professional medical care. The data offers support to the notion that concussions continue to remain underreported despite an increase in public awareness.

Results



Results



References

- Asken, B. M., Mccrea, M. A., Clugston, J. R., Snyder, A. R., Houck, Z. M., & Bauer, R. M. (2016). "Playing Through It": Delayed Reporting and Removal From Athletic Activity After Concussion Predicts Prolonged Recovery. *Journal of Athletic Training*, 51(4), 329–335. doi: 10.4085/1062-6050-51.5.02
- Kroshus, E., Baugh, C. M., Hawrilenko, M. J., & Daneshvar, D. H. (2015). Determinants of Coach Communication About Concussion Safety in US Collegiate Sport. *The Society of Behavioral Medicine*, 49(4), 532–541. doi: 10.1007/s12160-014-9683-y
- Mccrea, M., Hammeke, T., Olsen, G., Leo, P., & Guskiewicz, K. (2004). Unreported Concussion in High School Football Players. *Clinical Journal of Sport Medicine*, 14(1), 13–17. doi: 10.1097/00042752-200401000-00003
- Meehan, W. P., Mannix, R. C., O'brien, M. J., & Collins, M. W. (2013). The Prevalence of Undiagnosed Concussions in Athletes. *Clinical Journal of Sport Medicine*, 23(5), 339–342. doi: 10.1097/jsm.0b013e318291d3b3
- Morey, D. F., McClellan, E. A., Lindor, N. M., Kellogg, G., & Lindor, R. A. (2004). Why Some People Recover Better from Traumatic Brain Injury than Others: The Ambidexterity Theory. *The Journal of Cognitive Rehabilitation*.
- Register-Mihalik, J. K. (2010). *An Assessment of High School Athletes' and Coaches' Knowledge, Attitudes, and Behaviors Concerning Sport-Related Concussion*(dissertation)