

[IMAGE]

Post-Concussion Mental Health

By Editorial Staff

Concussion is the buzzword these days in athletics, from professional to amateur; and adult to youth leagues, and rightfully so. As with any health issue involving their child, parents are understandably concerned with the potential for concussion among their active child - and unfortunately, this won't make them rest any easier.

New research suggests children who suffer a concussion may experience mental health issues post-concussion ... and these issues could persist for several years following the initial impact. In fact, up to a third of children and adolescents may experience post-concussion mental health complications compared to children who experience non-concussion injuries, including anxiety, depression and post-traumatic stress (nearly 37 percent of concussion sufferers) and aggression, attention problems and hyperactivity (20 percent of sufferers).

Published in the *British Journal of Sports Medicine*, the study involved nearly 90,000 children age 18 and younger from nine different countries. Keep in mind that, as the authors note, athletics were not the only cause of concussions; falls were #1 (42.3 percent), with sports a distant second at 29.5 percent, and car accidents third at 15.5 percent.

The takeaway for parents: Keep your children safe, whether they're involved in sports or any activity; and make sure your doctor provides post-concussion care including evaluation of potential mental health issues.

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