

Top 10 Reasons Athletes Hide Concussion Symptoms



- 1** Did not think they suffered concussion
- 2** Did not believe the injury was serious enough to report (just “got dinged”/had “bell rung”)
- 3** Not aware of potential negative health consequences if continue playing with symptoms
- 4** Believed could safely delay disclosure until removal less likely to affect game or practice play, or until symptoms got so bad could no longer be ignored
- 5** Did not want to be removed from game or practice
- 6** Did not want to disappoint coaches, teammates, parents, and fans by coming out of game
- 7** Felt pressure from coaches, teammates, parents, and fans to play injured
- 8** Believed coaches, teammates, parents, and fans expected them to play injured
- 9** Feared negative consequences if reported, such as loss of playing time or position as a starter position, having toughness questioned, or being viewed as letting teammates down
- 10** Did not think their positive attitude toward concussion symptom reporting was shared by the coach, medical staff, and teammates

