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Kimberly Dawn Phillips

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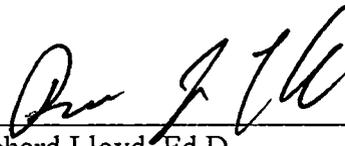


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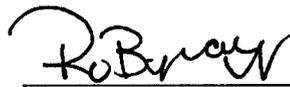
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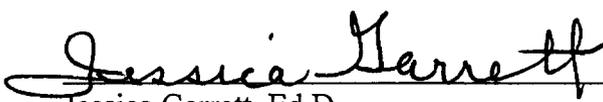
POST-CONCUSSION SYMPTOM SCORE AS A POSSIBLE  
PREDICTOR OF PROTRACTED RECOVERY  
IN HIGH SCHOOL ATHLETES

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POST- CONCUSSION SYMPTOM SCORE AS A POSSIBLE  
PREDICTOR OF PROTRACTED RECOVERY  
IN HIGH SCHOOL ATHLETES

By

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THESIS

Presented to the Faculty of Kinesiology of  
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In Partial Fulfillment  
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## ABSTRACT

As concussion research shifts from diagnostic to managing return to play (RTP), many studies have sought to establish safe guidelines for recovery. Computer-based neuropsychological programs measure cognitive function performance typically affected by brain injury and include a self-report post-concussion symptoms scale. The use of the total score of a post-concussion symptoms scale as a possible predictor of protracted recovery in high school athletes following injury is still being researched. This study used stored data obtained from the Vanderbilt Sports Concussion Center involving concussed high school athletes with a post-concussion symptom score and subsequent documentation of recovery time. A one-way ANOVA compared the dependent variable of total initial symptom score to age, gender, days between, symptom change, and previous concussion history. A pot hoc regression analysis was used to determine if there was a relationship between the dependent initial post-concussion symptom score and independent variables above. Data analysis from this study presented evidence that a higher symptom load at injury correlated to a protracted recovery. Further results showed individuals with previous concussion history reported more symptoms at the onset of injury and had a protracted recovery from a concussion than those individuals with no previous history of concussion. There was also a significant effect of gender on symptom reporting.