

Concussion Symptoms: Depression and Anxiety

Evidence shows the likelihood of recovering from a concussion without lingering symptoms is high, but if symptoms continue please seek medical care. (1)

What you should know:

- It has been found post-concussion depression symptoms tend to be found more in individuals with baseline depression. (2)
- One study looking at 587,057 adults (greater than or equal to 18) with a diagnosed concussion, found 12.5% met the criteria for prolonged post-concussion syndrome. Of those, at the highest risk were those with a pre-injury history of psychiatric disorders and history of anxiety and/or depression. (3)
- Mood disturbance can be a common consequence of having a brain injury, one study found it occurred in 50% of athletes following sports related concussion. (4)

What you can do:

- Let your provider know if you have a history of mental health or substance abuse disorders.
- Ask yourself what type of support systems and facilities do you have access to that may help progress your recovery? If you need resources, please reach out to your provider.
- Ask yourself what is my attitude currently towards recovery? Please express to your provider if you are having a positive outlook or if you feel anxiety towards recovery.

How your Physical Therapist can help:

- Physical therapists can help grade your active recovery. Active recovery is important after concussion because prolonged rest may lead to an increase in symptoms that can be common with post-concussion, anxiety and depression being some of them.
- Physical therapists have ways they can screen for emotional/behavioral symptoms such as depression and anxiety.
- Physical therapists can get you referred to the appropriate provider to help manage your symptoms of anxiety and depression.



ANPT Concussion/mTBI Knowledge Translation Task force

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References

