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The influence of education in decision making concerning athlete's return to sport following a concussion injury: is the risk worth it? A systematic review

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Methodology

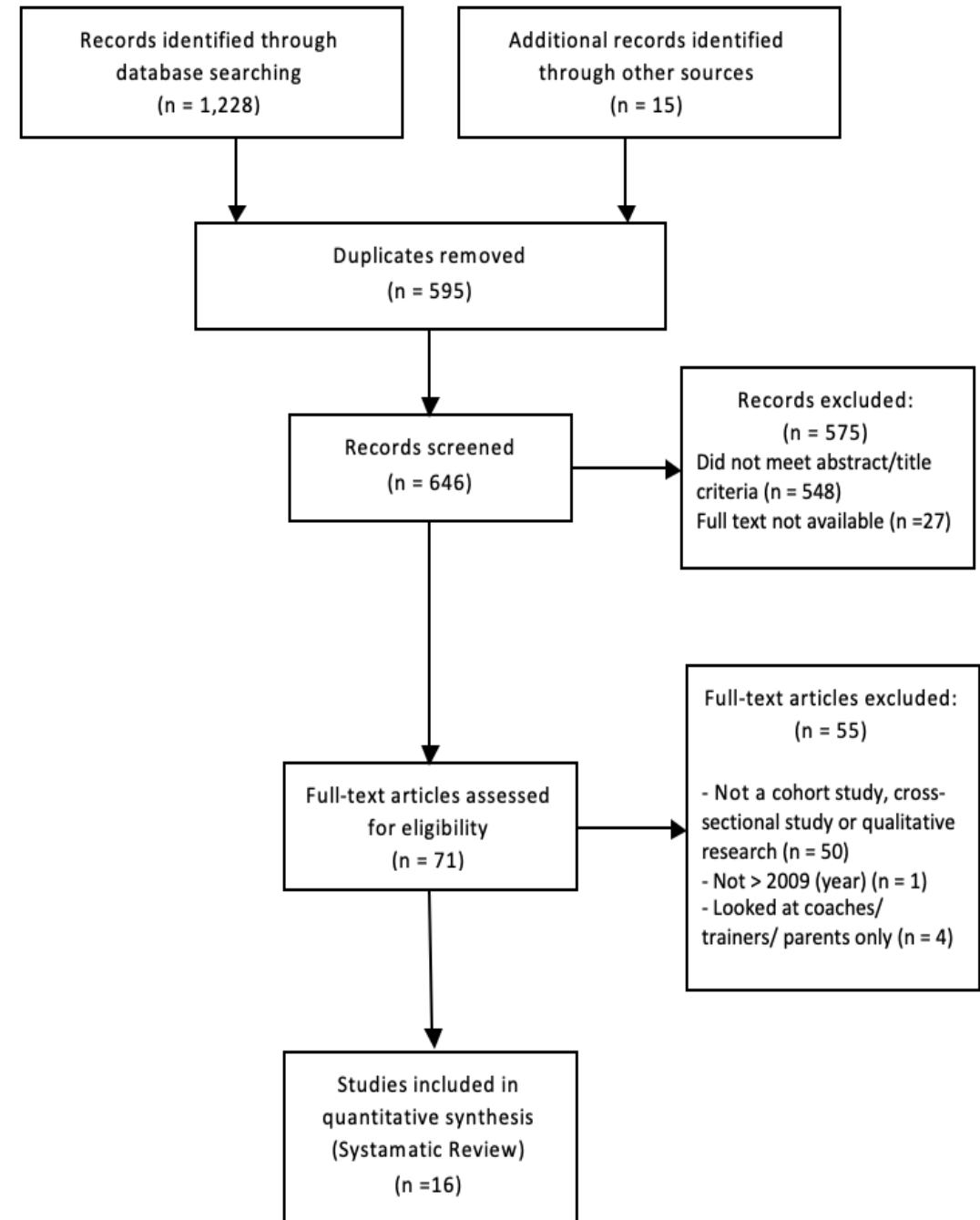
- A PRISMA diagram has been used to display the results of the complete search, screening and selection course.
- The Joanna Briggs Institute (JBI) Critical Appraisal Checklist for Cohort Studies, Analytical Cross-Sectional Studies, and Qualitative Research^{1,2} were used to critically assess the risk of bias in the studies selected based on the eligibility criteria.

Identification

Screening

Eligibility

Included



1. Moher, D., et al., *Preferred reporting items for systematic reviews and meta-analyses: the PRISMA statement*. *Annals of internal medicine*, 2009. **151**(4): p. 264-269.
2. Moola, S., et al., *Systematic reviews of etiology and risk*. Joanna Briggs Institute reviewer's manual. The Joanna Briggs Institute, 2017

Results

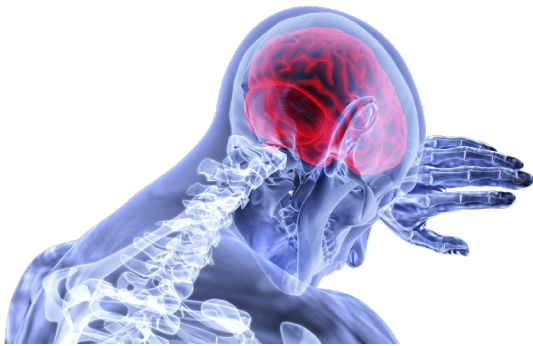


Table 1: JBI Cohort Studies

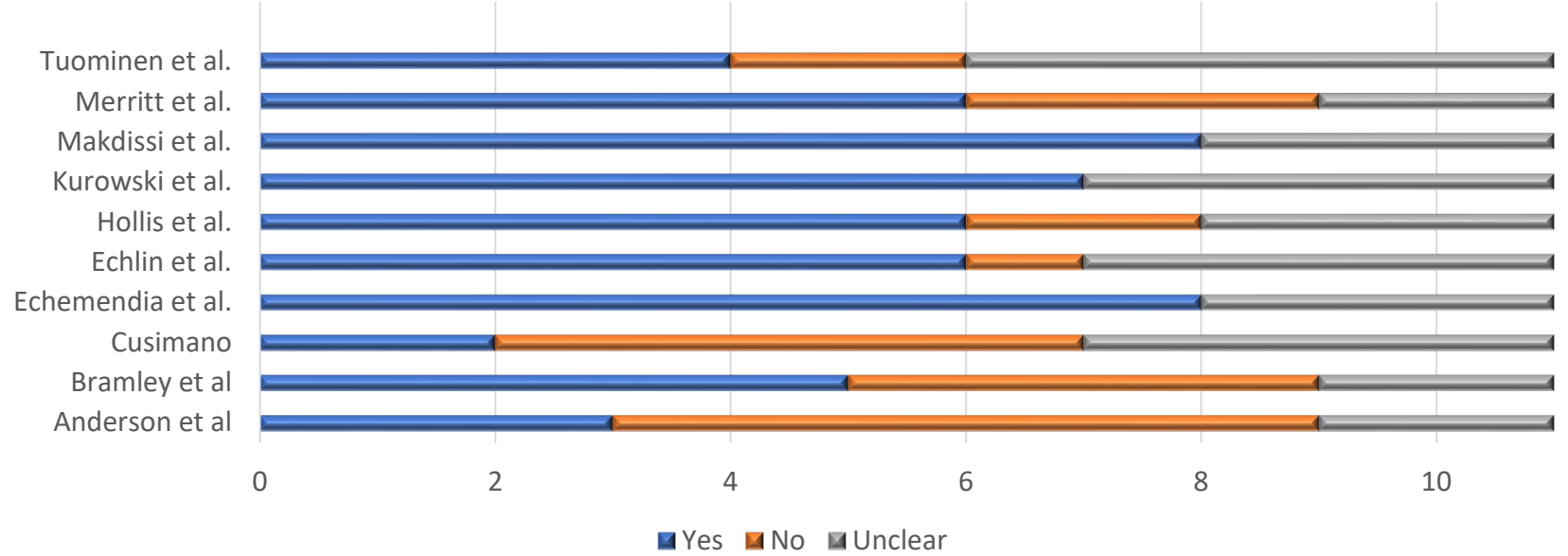


Table 2: JBI Cross-Sectional Studies

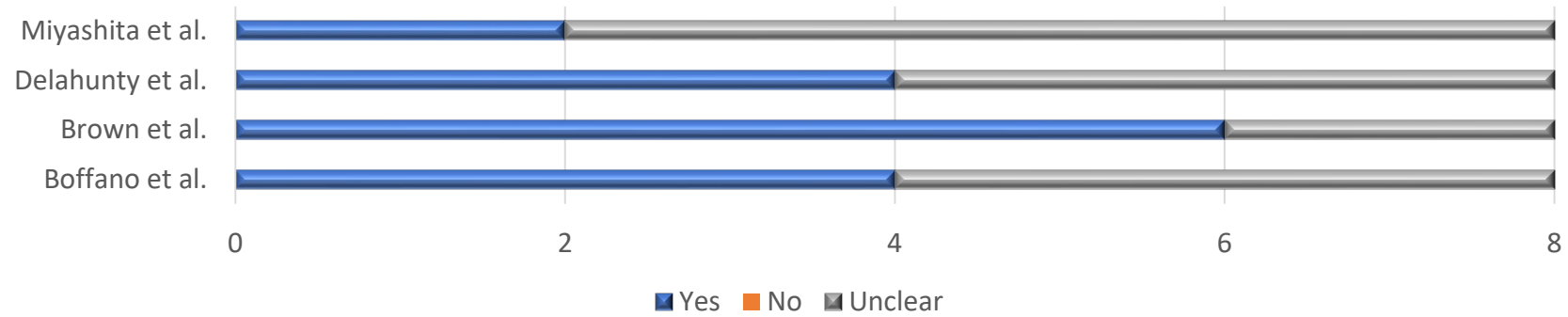
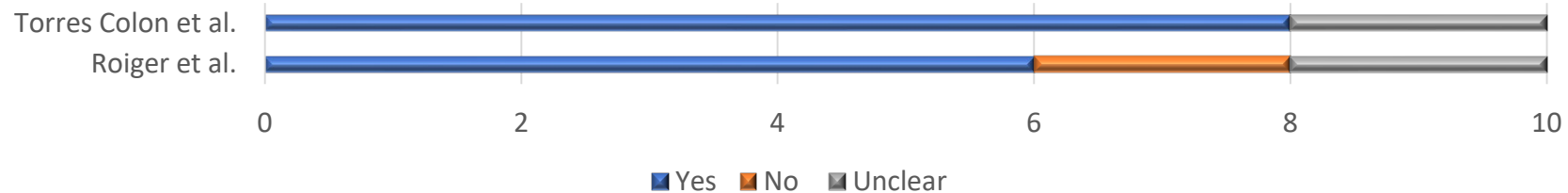


Table 3: JBI Qualitative Research



Key practice points

Good evidence to support athletes' **knowledge** about concussions

The difference education makes to decision-making RTS is complex – internal and external influential factors

Paucity of evidence pertaining to **why** athletes risk RTS following a concussion injury

Unknown how risk seeking/Risk averse behaviours affect decisions to RTS following concussion

Further research should focus on **athlete's risk aversion** when managing a concussion injury to **better understand the decisions** that they make when **returning to sport.**

Why risk it? A pilot study on athletes return to sport decisions following concussion injuries and the influence of education

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