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## **Personality Traits Drive Players' Decisions to Return to Contact Sports Sooner After Concussion**

**OWINGS MILLS, MD**—Personality traits like experience seeking and impulsivity may make athletes more eager to return to competitive sports sooner after they have had a sports-related concussion, according to new research published in the *American Journal of Physical Medicine & Rehabilitation* (AJPMR).

Until now, medical knowledge about sports-related concussion has revealed little about why some athletes may be more eager to return to the playing field after a sports-related concussion. Earlier return to action places athletes at increased risk of a new concussion after they have sustained one concussion, so investigators at Colorado State University (CSU) in Fort Collins wanted to know more about possible connections between players' personalities and how soon they choose to return to play.

"Return-to-play timelines following sports-related concussion, when overseen by medical professionals or athletic trainers, take the form of a gradual, stepwise return to play. Athletes advance to levels of the protocol with more physical and/or contact demands once they report no symptom exacerbation at a lower level of physical activity or contact," says Megan Gardner Weishaar, a doctoral student in counseling psychology at CSU and the study's lead author. Although this protocol is overseen by a medical professional, the process is informed by the athlete's self-reporting and is influenced by factors like their own personality.

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