

Mental health symptoms are common after a concussion in young people



In one study, 49% of pediatric patients reported at least one mental health symptom following a concussion.¹

Healthcare providers can screen patients using validated tools (such as the [Mood and Feelings Questionnaire](#)) for mental health symptoms following a concussion.²



Mental health problems may appear later in recovery and may not be noticeable at first. Symptoms may include:



sadness



depression



anxiety



irritability



anger



mood swings

A review of several studies found that among children and adults, concussion is associated with an increased risk of self-harming behaviors compared with those without such diagnosis.³

What you can do:

- ✓ Let patients know that changes in feelings and emotions are common after a concussion, but support and treatments are available to help.
- ✓ Encourage patients to stay connected to friends and loved ones during recovery and discuss their feelings.
- ✓ Ask patients to contact their healthcare provider if emotional symptoms worsen or are difficult to manage.
- ✓ Refer patients whose mental health symptoms do not resolve as expected with standard care to a mental health specialist.

References:

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