Length of Injury Time & Symptoms of Anxiety In College Athletes at UCSD

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Objective

To determine if there is an association between increased length of injury and increased anxiety symptoms.

Background

- In the last 10 years, 6,160 injuries that were reported among a cohort of 5,296 student athletes at UCSD.

- 25% of NCAA D1 athletes have reported symptoms of depression.

- Previous studies have shown injured athletes experience higher levels of depression, but we aim to focus on how severity of injury affects mental health outcomes.

Methodology

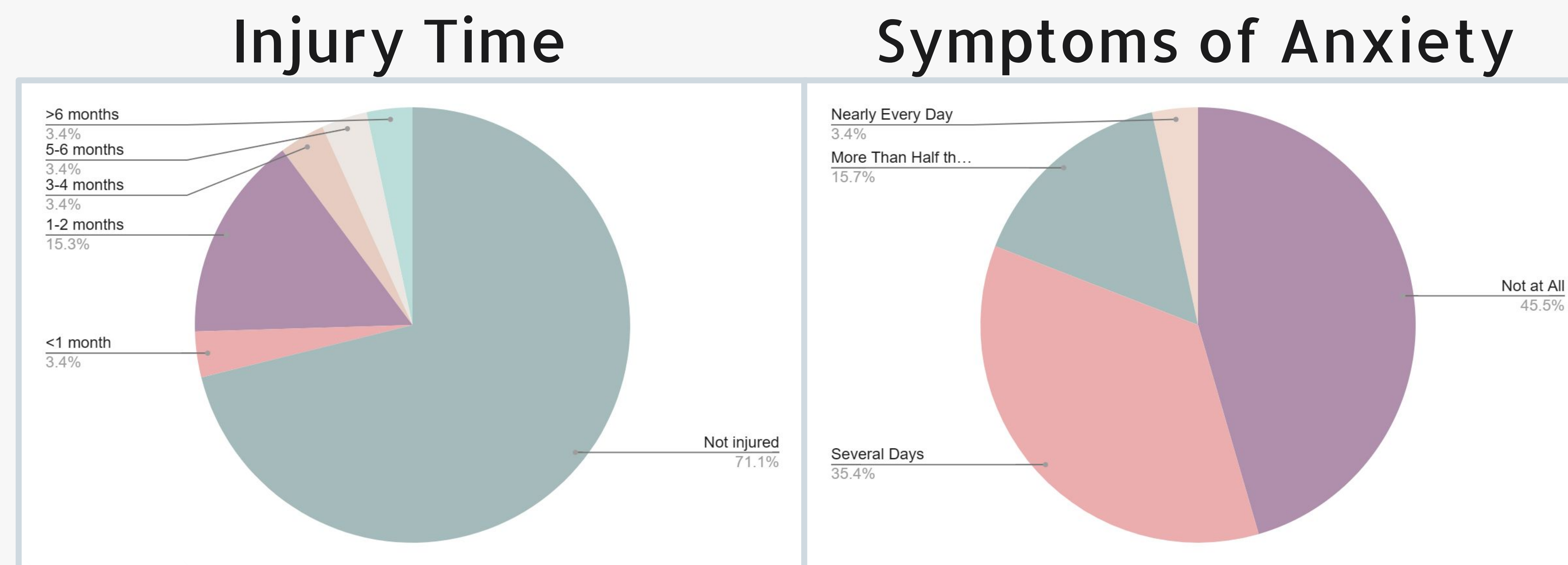- **Cross-sectional study** via an online Google Form

- **Population**: UCSD athletes participating in Athletics, Sports Clubs, or Intramural sports

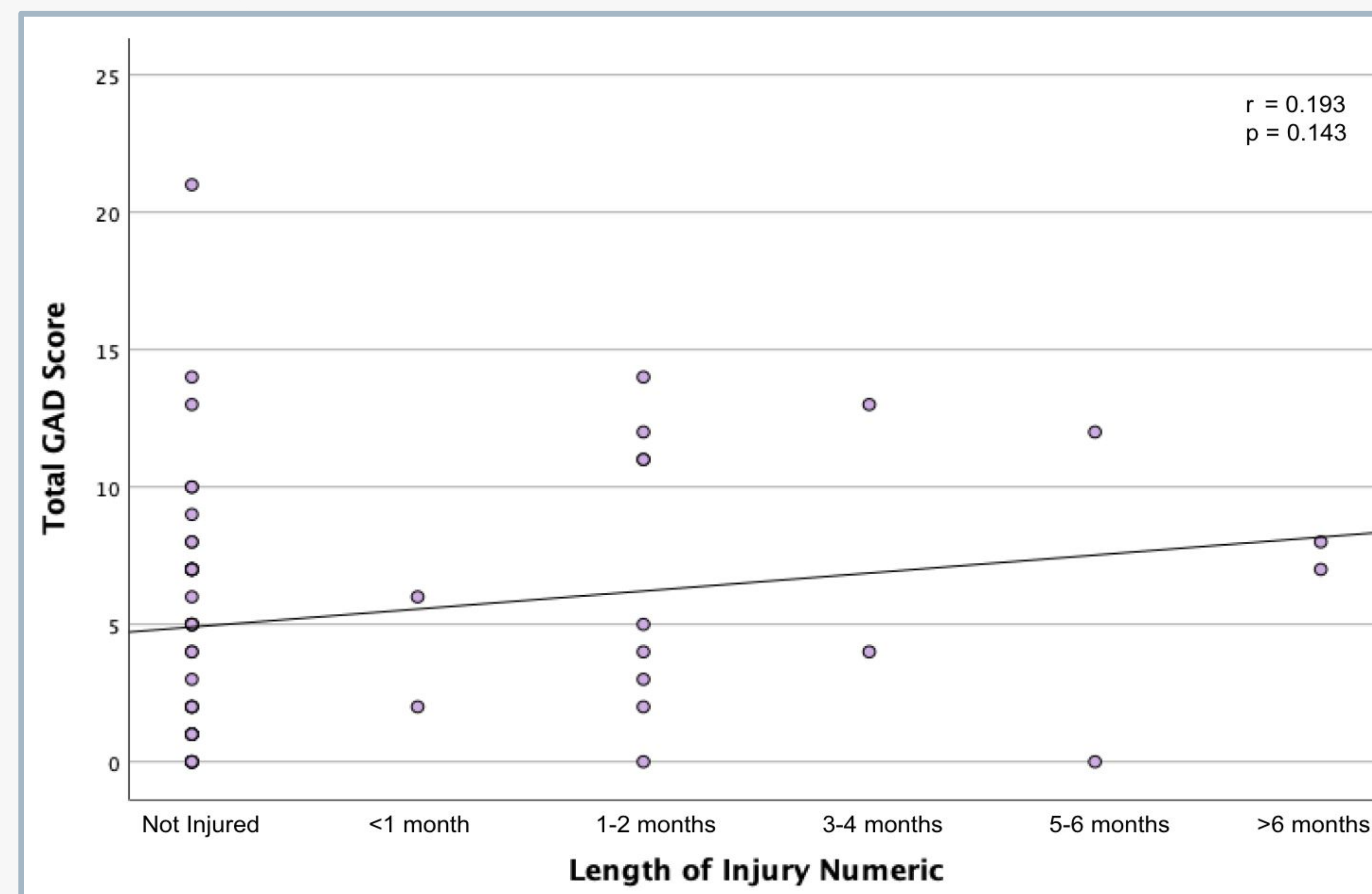- **Exposure variable**: length of injury time separated into 6 categories

- **Outcome variable**: Symptoms of anxiety as measured by the GAD 7 questionnaire

- **Analysis**: Pearson Correlation & Linear Regression analysis was run using SPSS statistics

Results

Injury Time

- >6 months 3.4%
- 5-6 months 3.4%
- 3-4 months 3.4%
- 1-2 months 15.3%
- <1 month 3.4%
- Not injured 71.1%

Symptoms of Anxiety

- Nearly Every Day 3.4%
- More Than Half th... 15.7%
- Not at All 45.5%
- Several Days 35.4%

Correlation Between Injury Time and Symptoms of Anxiety

r = 0.193
p = 0.143

(Y axis: Total GAD Score; X axis: Length of Injury Numeric — Not Injured, <1 month, 1-2 months, 3-4 months, 5-6 months, >6 months)

Pearson Correlation Coefficient (r) = 0.193
P-value = 0.143 (p > 0.05)

Conclusion

- Given the P-value (0.143) was greater than 0.05, there was no statistical significance between increased length of injury and increased anxiety symptoms.

Policy Implications

- For future research, it would be helpful to target a more diverse and greater sample population that yields in more representative results (<78 participants)

- Future research can expand on the different side effects that may and can occur as a result of severe injuries in collegiate athletes, eg. symptoms of depression

Acknowledgements