**Table 2: Cognitions that inhibit self-reporting**

Examples of cognitions that inhibit self-reporting and cognitions that facilitate reporting (i.e., replacement thoughts) obtained from CHC student athletes participating in module 2.

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| **Thought that inhibits self-reporting of concussion** | **Replacement thought that facilitates reporting** |
| It’s something that I can play through. | It can cause long term damage. |
| If I report my concussion, people may think I’m soft.  If I report my concussion, I may be out for an extended period of time. | If I report my concussion, I will protect my brain.  If I report my concussion, I will have a better chance of healing faster. |
| If I report my concussion, I will be benched and unable to contribute to my team’s success.  If I report my concussion, I might not be able to play in next week’s big game. | If I report my concussion, I will be making sure I will stay healthy for the future.  If I report my concussion, I would be helping my team because I am not 100%. |
| I’ll have to sit out of practice all week. | I will protect myself from impacts later in life. |
| If I report my concussion, I will lose my spot. | If I report my concussion, I will come back stronger and retain my spot. |
| If I report my concussion, I will not be able to go to school and will fall behind on class work.  If I report my concussion, I will be letting my team down by not being able to play in games or make my teammates better in practice. | If I report my concussion, I will be giving my brain a break so I can return to class at 100%.  If I report my concussion, I will be protecting my brain for future endeavors. |
| If I report my concussion, I will not be able to go back in the game.  If I report my concussion, my teammates will be disappointed in me and angry with me. | If I report my concussion, a trainer will look at me and tell me if it’s safe or not to keep playing.  If I report my concussion, my teammates will understand I am injured. |
| If I report my concussion, I will be made fun of by my team. | If I report my concussion I am doing right by myself and my own interest |
| If I report my concussion, I will be judged. | If I report m concussion, I will be looked at as a smart player for taking care of my body. |
| If I report my concussion, I will not be able to hang out/go to parties. | I will not damage my brain by drinking. |
| If I report my concussion, I will miss lacrosse and school.  If I report my concussion, I won’t be able to play the game I love. | If I report my concussion I will be protecting myself  If I report my concussion, I will be protecting myself and helping myself in the long run. |
| If I report, I’ll let my team down.  If I report, I’ll be miserable not playing. | If I report, I’ll benefit my team in the long run.  If I report, I’ll feel happier and better playing when I’m ready and healthy. |
| I don’t want to have a sit out. | It’s better to sit out and protect yourself. |
| If I report my concussion, I may lose my starting spot even when I come back. | If I report my concussion, I can take time to rest up and become even better when I come back. |
| If I think I have a concussion my coach will treat me less compared to someone else who doesn’t complain. | My symptoms could get worse if I don’t go to the doctors. |
| My friends will make fun of me if I don’t play. | My friends are not my friends if they make fun of me. |
| If I report my concussion, I will be taken out of the game and it might affect the rest of my career. | I will be protecting my brain I will return playing when I am 100%. |
| I will not be able to go outside and hang out with friends. | I will catch up on rest so that I can enjoy seeing friends without any pain. |
| If I report my concussion, I won’t be able to play and lose my spot. | If I report my concussion, I will fully recover and play to my full potential. |
| People will think badly about me. | I will protect myself and that is what matters. |
| If I report my concussion, my teammates and friends will think I’m weak. | By reporting my concussion I’m only helping my recovery and myself heal, this doesn’t mean I’m weak. |
| If I report my concussion, my teachers will think I’m faking. | If I report my concussion, I will get help in the classroom and my teachers will be helpful. |
| If I report, I’ll disappoint my team. | If I report, I’ll be able to play my best and help my team more. |
| I will lose my spot. | I can recover and be 100% then play and have a better chance of keeping my spot than risk losing it with a concussion. |

\*May be delegated to assistant coach as appropriate.

\*\* Involve one or more of these professionals if available.