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Title of Research *	Depression and Anxiety Following Injury Among Intercollegiate Athletes
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Introduction & Purpose *	<p>An injury can have a tremendous impact on an athlete's psychological status. There is a lack of empirical prospective research that directly examines the influence of athletic injury and injury severity on post-injury depression and anxiety among collegiate athletes.</p> <p>The purpose was to examine the differences of depression and anxiety among injured collegiate athletes pre- and post-injury, and to investigate the effect of injury severity on depression and anxiety following athletic injury.</p>
Experimental Design *	Data on athlete demographics, symptoms of depression and anxiety, and injury severity were collected pre-injury and one-week post-injury among injured athletes on nine sport teams at two Division I universities. Athletic injuries sustained between August 1, 2007 and July 31, 2010 were identified using an ongoing injury surveillance system. Chi-square tests were used to compare the difference in proportion of athletes experiencing depression and anxiety pre- and post-injury. Generalized Estimating Equations (GEE) modeling was utilized to determine the effect of injury severity on post-injury depression and anxiety, adjusting for baseline depression, anxiety, and other covariates.
Results *	A total of 348 injuries (male = 219, female = 129) were included. The proportion of injuries that yielded post-injury depression and anxiety was 29.9% and 40.2%. Post-injury depression and anxiety was significantly correlated ($p < .0001$), as was pre-injury depression with pre-injury anxiety, post-injury depression, and post-injury anxiety ($p < .0001$). Athletes with pre-injury depression were significantly more likely to experience post-injury depression than were athletes without pre-injury depression (OR=2.15, 95% CI=1.11,4.15). Athletes who experienced a more severe injury reported increased post-injury depression (OR=2.22, 95% CI=1.30,3.78) and anxiety (OR=1.74, 95% CI=1.02,2.83) than did athletes with less severe injuries.
Conclusions *	Our findings indicate that injured athletes experience significant psychological distress following athletic injury and that injury severity is an important factor that impacts post-injury depression and anxiety.

Future interventions focusing on reducing the negative psychological aspects of athletic injury are needed.

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