

1 Introduction

Gordon A. Bloom and Jeffrey G. Caron

If you hit your head hard enough, things can get really confusing. Things can come unraveled and you have no control ... People don't understand going from, in their eyes, a hockey celebrity to the point where you can't walk out of your house. You can't shave. You have no desire to do anything. You're depressed.

(Excerpt from an interview with a retired professional athlete; see Caron et al., 2013, p. 173)

Broadly speaking, researchers in psychology study the relationship between the brain and behavior. Since the 1980s, there has been a great deal of psychological research on sport-related performance, well-being, and injuries. In particular, athletic injuries have become an area of specialization within psychology, evidenced by an ever-increasing number of peer-reviewed articles (e.g., Forsdyke et al., 2016) and textbooks (e.g., Arvinen-Barrow & Walker, 2013), which have provided key information about the antecedents, determinants, and outcomes associated with psychological aspects of athletic injuries. Concussions are a specific type of athletic injury that have become recognized as a serious injury in a variety of sports (Johnson, Partridge, & Gilbert, 2015). Recent documentaries and films such as *Concussion*, which depicted Dr. Bennett Omalu's discovery of chronic traumatic encephalopathy among deceased former professional football athletes, along with increased media coverage of high-profile athletes with severe concussions (e.g., Canadian professional ice hockey player Sidney Crosby), have also increased the public's awareness of this injury (Hainline & Ellenbogen, 2017; McGannon, Cunningham, & Schinke, 2013). Despite the increased attention, researchers and clinicians are still learning about the short- and long-term health implications of sport-related concussions.

A concussion is defined as a traumatic brain injury (TBI) that results from biomechanical forces transmitted via a direct or indirect blow to the face, head, or elsewhere on the body (McCrory et al., 2017). On the spectrum of TBI, concussions are considered "mild" because they are closed head injuries that are typically not life-threatening. However, the term "mild" is a rather paradoxical way to describe an injury that has been linked to serious adverse health consequences (Manley et al., 2017; Moore, Kay, & Ellemberg, 2018). The majority of sport-related concussions occur as a result of participating in contact