

Mitchell Rankin

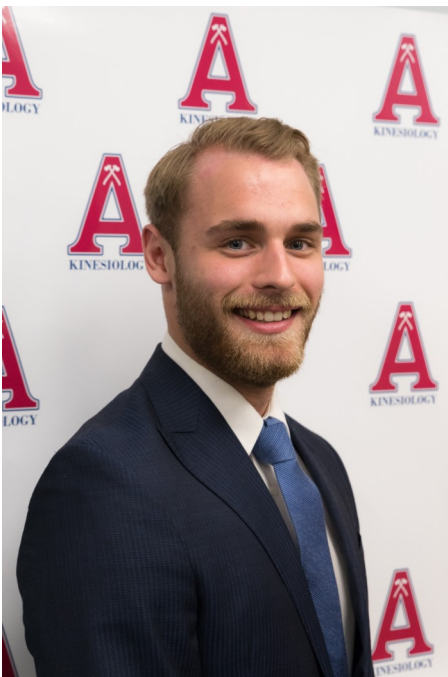
HONOURS RESEARCH



Research Focus:

Drawn from his own experiences with sport-related concussions, Mitchell became interested in how an athlete's mental health could be influenced and negatively impacted during concussion recovery. In this thesis, questionnaires and face-to-face interviews were completed by current and retired athletes who had sustained at least one sport-related concussion. The purpose of this approach was to first identify emerging themes such as adequate supports during recovery, inadequate return to play protocols practiced by participants, and the number of participants who sought counselling services during their recovery. Once themes were identified, interviews were conducted to explore these ideas and understand why participants answered how they had. It is hoped that this information will prove valuable to understanding how to properly support athletes recovering from a concussion.

About Mitchell:



Mitchell is from Upper Tantallon, Nova Scotia and is completing his honours' thesis under the supervision of Dr. Colin King. He is 21 years old and will graduate in the spring of 2020. With the knowledge he has gained through this study as well as within the Sports Injury Assessment and Management program, he is aspiring to continue his education in the field of Athletic Therapy with the hopes of impacting athletes and healthcare professionals through accessible concussion education programs.

Supervisor: Dr. Colin King