

Appendix 1: Questionnaires

Adolescent Questionnaire

Section 1: Information about you

1.Are you a boy or a girl?

- ☐ Boy
- ☐ Girl

2.What age are you?

- ☐ Under 14
- ☐ Under 16
- ☐ Under 18 (Minor)

3.What sport do you play?

- ☐ Gaelic football
- ☐ Hurling
- ☐ Both

4.What position do you usually play?

- ☐ Goalkeeper
- ☐ In the backs
- ☐ Midfield
- ☐ In the forwards

5.How many years have you been playing Gaelic games?

- ☐ 0-2 years
- ☐ 2-4 years
- ☐ 4-6 years
- ☐ 6-8 years
- ☐ 8-10 years
- ☐ More than 10 years

6.How often is there a medical/healthcare professional at your training sessions?

- ☐ Never
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always
- ☐ There is no medical personnel involved with my team

7.How often is there a medical/healthcare professional at your matches?

- ☐ Never
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

☐ There is no medical personnel involved with my team

Section 2: Past concussion history

8. During your time playing Gaelic football or hurling:

	0	1-2	3-5	6-10	More than 10
How many times did you think you were concussed					
How many times did a medical or healthcare professional diagnose or say you were concussed					

9. If you ever thought you had a concussion during a Gaelic training session or match, which of the following describes how you managed the situation at that time?

	Yes	No	N/A
I told nobody as I did not think it was serious enough			
It was an important match and I really wanted to keep playing			
We were losing the match and I kept playing			
It was a training session so I told the manager/coach and stopped training			
Was not sure if I was concussed or not concussed			
I told the manager/coach but they said, "run it off"			
I told the manager/coach and they stopped me playing straight away			
I felt under pressure to keep playing by the manager/coach			
I felt like I would be letting my parents down if I came off			
There was only a couple of minutes left in the match/training so I continued to play			

10. What was the longest amount of time you could not play Gaelic games because you were concussed?

- ☐ N/A
- ☐ Less than a week
- ☐ 1 - 2 weeks
- ☐ 2 - 3 weeks
- ☐ 3 - 4 weeks
- ☐ 4 - 12 weeks
- ☐ More than 12 weeks

Section 3: Concussion Knowledge

11. When I say concussion, what do you think:

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
A concussion is a serious injury					
You must be "knocked out" in order to be concussed					
You can become concussed without receiving a direct knock to the head					
Concussion symptoms are immediately present after a concussion					
If an underage player has a concussion, they should not return to play that day					
A concussion could result in death if not managed properly					
Long-term complications include memory loss, depression, personality changes and movement disorders					

12. Please select which of the following symptoms are associated with concussion:

	Yes	No	I don't know
Headache			
Dizziness			
Fatigue			
Increased Thirst			
Tooth ache			
Agitation			
Double Vision			
Feeling in a "cloud/haze"			
Sensitivity to Light			
Loss of Smell			
Memory Loss			
Nausea			
The feeling of needing to use the toilet			

13. Please select which of the following signs are associated with concussion:

	Yes	No	I don't know
Confusion			
Slurred speech			
Poor balance			

Sweating more than usual			
Vomiting			
Bruising on the face			
Bleeding from the head/face			
Increased emotional behaviour (sad, angry, scared, worried etc)			

Section 4: Concussion Attitudes

14.If you were to suspect that you were concussed, would you report it if:

	Definitely not	No	Maybe	Yes	Definitely
It was a league game					
It was a championship game					
It was a training session					
It was a challenge match					
There was a "big" match coming up soon					

15.Please rank in order of importance of who you would tell if you suspected that you may be concussed during a match?

	Extremely important	Important	Somewhat important	Not important
Manager/Coach				
Team-mate				
Referee				
Parent				
Other family members				
Friends				
Medical/healthcare professional				
Nobody				

16.Which of the following reasons would stop you from reporting a concussion

	Yes	No	Maybe
Feeling like you're letting your manager down			
Feeling like you're letting your team mates down			
Feeling like you're letting your friends/family/community down			
Feeling under pressure to continue to play			
Feeling afraid of losing your position in the team			
Thinking that the concussion is not a big deal			
Feeling that you can manage it yourself			

17.If you suspected that your team mate was concussed during a match:

	Yes	No	Maybe
Would you want them to continue playing for the sake of the team?			
Would you tell them to stop playing?			
Would you inform the manager/coach?			

Would you inform the team medical/healthcare professional (if present)?			
Would you inform the referee?			
Would you ignore it/do nothing?			

Section 5: Concussion rehabilitation and return to play

18. On average, how long do you think it takes to return to full sporting participation after a concussion?

- ☐ 1- 3 days
- ☐ 4 - 7 days
- ☐ 7 - 10 days
- ☐ 11- 14 days
- ☐ 15 - 20 days
- ☐ I think I could continue to play as normal on the same day

19. After a concussion:

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
Complete rest is advised for 24 hours					
A standardised return to play protocol exists					
The team medical/healthcare professional					
Rehabilitation is pointless as only time will fix the concussion					

20. Who should have the final say on when an athlete can return to play following a concussion

- ☐ The underage player themselves
 - ☐ Parent
 - ☐ Medical/healthcare professional
 - ☐ Manager/Coach
 - ☐ Team mates
 - ☐ Other (please specify)
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Section 6: Concussion Education

21. It is important for underage players to be educated about:

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
The signs/symptoms of concussion					
How to manage a concussion properly straight away					
The long-term health risks of a concussion					
What a concussion is					
When it is safe to return to play					

22. Have you ever received concussion education from?

	Yes	No
Online Videos		
Information Sheets		
Manager/Coach		
Medical/healthcare professional		
Seminars		
Websites		

23. With regards to future concussion education:

	Yes	No	Maybe	I don't know
Would you like to receive more education?				
Would increasing your concussion knowledge create a safer environment for you and your team-mates?				
Would you like to receive education in the form of information sheets?				
Would you like to receive education in the form of online videos?				

24. Please mention any concussion education resources for Gaelic games players that you are aware of:

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25. When would you like to receive concussion education?

- ☐ Pre-season

- ☐ Mid-Season
 - ☐ Multiple times throughout the season
 - ☐ Other (please specify)
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Parent Questionnaire

Section 1: Background information

1. Are you a male or female?

- ☐ Male
- ☐ Female

2. How old are you?

- ☐ <20
- ☐ 21-30
- ☐ 31-40
- ☐ 41-50
- ☐ 51-60
- ☐ >60

3. What sport(s) does your son/daughter play?

- ☐ Gaelic football
- ☐ Hurling
- ☐ Both

4. What age group is your son/daughter currently playing at?

- ☐ Under 14
- ☐ Under 16
- ☐ Under 18 (Minor)

5. Are you involved in your son/daughter's underage GAA team or another underage GAA team as a coach/mentor?

- ☐ Yes
- ☐ No

6. How often is a team medical/healthcare professional at your son/daughter's training sessions?

- ☐ Never
- ☐ Occasionally
- ☐ Most of the time
- ☐ Always
- ☐ There is no medical personnel involved with my son/daughter's team

7. How often is a team medical/healthcare professional present at your son/daughter's matches?

- ☐ Never
- ☐ Occasionally
- ☐ Most of the time
- ☐ Always
- ☐ There is no medical personnel involved with my son/daughter's team

Section 2: Past personal experience of concussion

Now we would like to ask you some questions in relation to a potential experience your son/daughter may have had with concussion.

8. In your son/daughter's time playing Gaelic games, have you ever suspected they were concussed? (If you answer NO then skip to Q.11)

- ☐ Yes
- ☐ No
- ☐ I don't know
- ☐ I suspected they were, but wasn't sure

9. On the most recent occasion your son/daughter has had concussion, what did you do at that time?

	Yes	No	Somewhat
Requested removal of your son/daughter from the training/match			
Got the medical or healthcare profession (if present) to check your son/daughter out			
Notified the referee/coaches that your son/daughter had a concussion			
Brought your son/daughter to hospital A&E			
Brought your son/daughter to your GP			
Checked your son/daughter yourself			
Let your son/daughter continue to play that day			
Let your son/daughter play the following day			
Let your son/daughter continue to play but realise their behaviour is unusual			
You were not present at the match/training and were notified manager			

10. On the most recent occasion you suspected your son/daughter had a concussion:

	Yes	No	Somewhat
Did you feel you had adequate knowledge to manage the situation			
Did you feel you had adequate medical support available for your son/daughter			
Were you confident that you knew what to do			
Did you worry about how you handled the situation after the event occurred			
On reflection, were you happy with how you dealt with the situation			
On reflection, would you have managed the situation differently			
Did you feel the referee/coaches identified and treated the situation seriously			
On reflection, were you confident that the referee/coaches knew how to manage the situation to ensure safety for your son/daughter			

Section 3. Concussion Knowledge

11. With regards to concussion:

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
A concussion is a serious injury					
Loss of consciousness is necessary to be concussed					
A player can become concussed without having received a direct blow to the head					
Concussion symptoms are immediately present after the injury occurs					
An underage player with suspected concussion should not return to play that day					
A concussion could result in death					
Long term complications include memory loss, confusion, personality changes, movement disorders					

12. Please select which of the following symptoms are associated with concussion:

	Yes	No	I don't know
Confusion			
Slurred speech			
Poor balance			
Excessive sweating			
Vomiting			
Bruising on the face			
Bleeding from the head/face			
Increase in emotional behaviour (sad, angry, scared, worried)			

13. Please select which of the following signs are associated with concussion:

	Yes	No	I don't know
Headache			
Dizziness			
Fatigue			
Increased thirst			
Toothache			
Agitation			
Double vision			
Feeling in a "cloud/haze"			
Sensitivity to light			

Loss of smell			
Memory loss			
Nausea			
Increased sensation to urinate			

Section 4: Concussion attitudes

14. In the future, if you suspected your son/daughter had a concussion, and were present at the match/training would you remove them from play if:

	Definitely not	No	Maybe	Yes	Definitely
It was a league game					
It was a Championship game					
It was a training session					
It was a challenge match					
If there was a “big” match in the near future					
It was a trial for their county underage team					

15. In your opinion, who should be responsible for: (please select as many boxes as you feel necessary in each row)

	Manager/coach	Parent	Underage player themselves	Medical/healthcare profession	Referee	Other team-mates
Identifying a concussion in an underage player						
Removing an underage player from the training/match						
Deciding if an underage player can return to play in that same training/match						

16. Which of the following reasons would prevent you from removing your son/daughter from the field of play:

	Yes	No	Maybe
Your son/daughter said they were fine			
They are an important player for the team			
His/her team are losing the match			
You feel under pressure from the manager/team/players			
You feel under pressure from other parents in the crowd			
You do not want to "make a scene"			
You do not trust the medical/healthcare professional's diagnosis			
You are confident that they are not concussed			
You feel like you have no control in the situation			

17. What would you do in the following scenarios:

	Request your son/daughter is removed from the field of play	Let them continue to play	Have the medical/healthcare professional check them again
The medical/healthcare professional thinks your son/daughter is concussed but your son/daughter says they are OK			
The medical/healthcare professional thinks they are concussed but YOU think they are OK			
You think your son/daughter is concussed but your son/daughter says they are OK (medical/healthcare professional NOT available)			
Your son/daughter receives a blow to the head but gets up immediately and says they are OK (no medical/healthcare professional available)			
Minutes after the medical/healthcare professional deems your son/daughter is OK, you notice that they seem slowed, uncoordinated, or just not themselves			
The medical/healthcare professional thinks your son/daughter is concussed but your son/daughter says they are OK			

Section 5: Concussion rehabilitation and return to play

18. On average, how long does it take to return to play following a concussion?

- ☐ 1-3 days
- ☐ 4-7 days
- ☐ 7-10 days
- ☐ 11-14 days
- ☐ 15-20 days
- ☐ > 20 days

19. Following a concussion:

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
An underage player needs complete rest for 24 hours					
A standard return to play protocol exists					
The teams medical/healthcare professional can provide rehabilitation					
Rehabilitation is pointless as only time will fix concussion					

20. How important are the following people in determining when a player can return to play following a concussion?

(1=not important, 5=extremely important)

	Extremely important	Important	Somewhat important	Not important
The underage player themselves				
Medical/healthcare professional				
Manager/coach				
Team-mates				
Parent				

Section 6: Concussion Education

21. It is important for parents to be educated about concussion:

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
The signs/symptoms of concussion					
The immediate management of concussion					
The long-term health risks of concussion					
What a concussion is					
When is it safe to return to play					

22. Have you ever received concussion education from:

	Yes	No
Online videos		
Information sheets		
Medical/healthcare professional		
Seminars		
Websites		

23. With regards future concussion education:

	Yes	No	Maybe	I don't know
Would you like to receive more education?				
Do you think that it would make you take control of future concussions your child may get?				
Would you like to receive information in the form of information sheets?				
Would you like to receive information in the form of online videos?				
Would you like to receive education in the form of medical professional lead teaching?				

24. Please name any concussion education resources for parents of Gaelic Games underage athletes that you are aware of:

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