

# Beyond the Hit: The Invisible Echo of Concussion in Sports

Thursday, September 11, 2025 6:30 PM (15 minutes)

Sports-related concussion (SRC) is a traumatic brain injury induced by biomechanical forces, typically resulting from direct impacts to the head, face, or neck. Although the associated neurological impairment is often transient, in some cases symptoms can evolve over minutes or hours and become chronic, developing into post-concussive syndrome. SRCs manifest with somatic symptoms (e.g., headache), cognitive symptoms (e.g., confusion), and emotional symptoms (e.g., irritability, anxiety, depression). Therefore, a comprehensive clinical evaluation, including mood monitoring, is essential to ensure appropriate psychological support and safe reintegration into daily, academic, and athletic activities.

This presentation will provide practical guidelines for distinguishing acute SRC from other traumatic brain injuries, such as mild traumatic brain injury (mTBI), and will review key studies on post-concussive symptoms, with particular focus on depression.

Preliminary findings will also be presented from a newly established multidisciplinary outpatient service dedicated to the management of children, adolescents, and adults with sports-related concussions. This service, developed through the collaboration between the Sports Medicine Service of the Department of Medicine and the Department of Developmental and Social Psychology at the University of Padua, enables early diagnosis and integrated management of often overlooked disorders. It offers a coordinated response to patients' health-care needs, promoting faster physical and psychological recovery and facilitating a safe return to school, work, and sports activities.

## If you're submitting a symposium talk, what's the symposium title?

Sharper minds, Smarter athletes: the Cognitive Side of Sports

## If you're submitting a symposium, or a talk that is part of a symposium, is this a junior symposium?

No

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**Session Classification:** Sharper minds, Smarter athletes: the Cognitive Side of Sports