

# Postconcussion Depression

Many [post-concussion syndrome](#) patients experience disruption to their [sleep](#), and [sleep deprivation](#) itself can result in depressive symptoms. Additionally, the symptoms of depression can make it harder to sleep, so they work together to make everything feel worse. Being in pain all the time is another factor.

Self-reported concussion history emerged as a significant predictor of each depression measure. With a higher number of concussions reported, be it via the categories or the interval scale, stronger associations between self-reported concussion history and depression were observed. The various approaches to characterize self-reported concussion history and depression provided evidence of significant associations between the two variables, with the degree of association varying based on characterization of each construct <sup>1)</sup>.

<sup>1)</sup>

Kerr ZY, Walton SR, Brett BL, Chandran A, DeFreese JD, Mannix R, Echemendia RJ, McCrea MA, Guskiewicz KM, Meehan WP 3rd. Measurement implications on the association between self-reported concussion history and depression: An NFL-LONG study. Clin Neuropsychol. 2022 Jul 6:1-18. doi: 10.1080/13854046.2022.2094834. Epub ahead of print. PMID: 35791900.

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