



## Grant Information Summary:

# A Study of the Relationship Between Life Events and Incidence of Injury in High School Football

**The data presented within this study provides useful information concerning the relationship between personal life changes and stress and injury with high school football players. Because more and more certified athletic trainers are being employed in the high school setting, it is critical for them to be aware that personal issues can potentially have an effect on the athlete getting injured. Athletic trainers need to be sensitive to these student-athletes, and they must be able to recognize any personal problems that these athletes may have. Perhaps, early counseling intervention on the athletic trainer's part may help to prevent student-athletes from sustaining injuries, and the time lost from these injuries.**

### Background

The relationship between life stresses and the incidence and severity of injury in athletics has recently become an area of great interest in sports epidemiology research. The potential effect of various types of stress an athlete undergoes during their personal life may adversely affect their performance in sport, subsequently make them at-risk for injury. Predominantly, research in this area has focused on assessing

these relationships and factors in collegiate athletics, while very little data exists concerning high school athletes. The purpose of this study was to evaluate if the incidence of injury, severity of injury, time loss due to injury, and time of season occurrence of injury during a high school football season was related to stress and life events the previous year.

### Research Results

The results of this study showed that of the 331 subjects who participated

in the study, 121 of them (36.6%) sustained 165 injuries during the season. When adjusted for athlete exposures (AE), the rate of injuries for practices were 4.95 per 1000 AEs, while for games the injury rate was much higher 22.34 injuries per 1000 AEs. This prospective study also revealed that no difference existed between incidence of injury during the first and second half of the football season, although weeks 2 and 10 accounted for the highest injury rates

per 1000 AEs. These data also showed that athletes with a high degree of life change, specifically negative life events, were more likely to become injured during the course of the season. Furthermore it was also found that athletes who demonstrated high levels of life changes were more likely to be injured more than once. Lastly, no differences were noted between athletes with high or low level life changes on the time loss due to injury. ■

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