

## Depression could be linked to concussions

Written by Lauren Ohnesorge  
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A study of over 2,500 retired NFL players suggested those who had at least three concussions during their football careers had tripled their risk of clinical depression, compared to athletes who had concussion free careers.

The lead author of the study, University of North Carolina's Kevin Guskiewicz said those who recalled one or two concussions were one and a half times more likely to be diagnosed with depression. About half the athletes participating in the study claimed to have had at least one knock-out concussion. The NFL began a concussion management program in the mid-1990s. An earlier study at UNC suggested retired athletes' chronic pain may contribute to depression as well. According to the Center for Disease Control and Prevention, more than 300,000 athletes lose consciousness from concussions every year in the United States.