

Note: This is an online Appendix 2 of Manaseer, T., Al-Hassan, S.M. & Taifour, A.M., 2024, 'The knowledge and attitude concerning sport-related concussion among coaches: A survey study', *South African Journal of Physiotherapy* 80(1), a1955. <https://doi.org/10.4102/sajp.v80i1.1955>

Youth sport coaches

SECTION 1: Attributes of the Participants

1. In which governorate/district do you usually train or play the game?
2. What sport do you train/play in (you may choose more than one sport):
 - a. Baseball
 - b. Boxing
 - c. Cheerleading
 - d. Cycling
 - e. Horseback riding
 - f. American football
 - g. Ice hockey
 - h. Snowboarding
 - i. Football
 - j. Basketball
 - k. lacrosse
 - l. Self-defense
 - m. Wrestling
 - n. Diving
 - o. Gymnastics
 - p. Rugby
 - q. Tennis
 - r. Volley ball
 - s. Skating
 - t. Running sport etc. (Track and field)
 - u. None of the above
 - v. Other
3. What age groups do you train in (you may choose more than one option)
 - a. 5 years or less
 - b. 6 to 10 years old
 - c. 11 to 13 years old
 - d. 14 to 18 years old

e. over 18 years old

4. which gender do you train:

a. Males

b. Females

c. Mixed (male and female)

5. What is the most suitable level for the team you train?

a. My players are beginners (still learning the basic skills of the game).

b. My players have experience with the game but they are still working on developing their skills.

c. My players are advanced, they have a lot of experience of the game and master a lot of the skills required to play it. For example, the team participates in local and international tournaments.

d. I train players of different levels of expertise in the game

6. Have you ever excluded an athlete from a practice, match or a tournament due to the possibility of a concussion?

a. Yes

b. No

7. Have you ever excluded an athlete from a practice, a match or a tournament due to the possibility of a concussion during the past year?

Please answer this question only if you answered yes to the previous question.

a. yes

b. No

c. does not apply

8. Has a medical care provider (for example: sports therapist/physiotherapist/doctor/nurse) ever diagnosed a player you coach with a concussion?

a. yes

b. No

c. Not certain

9. Is a medical care provider (for example: sports therapist/physiotherapist/doctor/nurse) usually present during practice or tournament?

a. 5 Never present

b. 4

c. 3

d. 2

e. 1 Always present

10. The parents of the athletes I coach are interested in the results of tournaments and championships. Do you agree with this sentence?

a. 5 Strongly disagree

b. 4

c. 3

d. 2

e. 1 I strongly agree

11. The institution in which I work as a coach is concerned with safety measures to reduce concussion among players. Do you agree with this sentence?

a. 5 Strongly disagree

b. 4

c. 3

d. 2

e. 1 I strongly agree

12. Have you previously completed a course in concussion training for players?

a. Yes, once

b. Yes, more than once

c. No, I have not undergone prior training.

SECTION II: the participant's level of knowledge of concussion injuries among players.

13. Complete the following sentence: Concussion _____.
- A. Only occurs as a result of direct force to the head
 - B. Usually leads to loss of consciousness
 - C. Symptoms are observed immediately after injury
 - D. It often occurs in high-impact sports
 - E. I don't know
14. Which of the following symptoms is a common symptom of a concussion?
- A. Headache
 - B. night sweats
 - C. numbness
 - D. Sharp pain
 - E. I do not know
15. Complete the following sentence: Symptoms of concussion in most injured athletes reduce _____.
- A. a day after the injury.
 - B. within two weeks after injury
 - C. within one to two months of injury
 - D. Three months after injury
 - E. I do not know
16. Complete the following sentence: After a concussion _____.
- A. The player will not have any problems returning to school/study
 - B. The player can feel frustrated, sad, angry and lonely
 - C. The player is less likely to suffer a concussion again
 - D. The injured player must sleep most of the time in a dark room immediately after the injury
 - E. I do not know
17. Complete the following sentence: minor head bumps are _____.
- A. It can cause symptoms similar to those of a concussion
 - B. It always leads to long-term health problems
 - C. Its occurrence can be reduced by limiting collision or friction between players during the game.
 - D. Of interest to professional players only
 - E. I do not know
18. Read the following scenario and answer the question that follows. During the match, the best player in the team was knocked down, and you thought the player had been hit in the head. Although she returns to play, you notice that the player is moving and behaving unusually. When you asked for a time-out to talk to her, the player assured you that she was fine and wanted to continue playing. What is the correct course of action in this case?
- A. Asking the player to rest before returning to play
 - B. Allowing her to complete the match as the match is nearing the end
 - C. Ask her to go out and rest for the rest of the day
 - D. Transfer the player directly to the emergency room or hospital.

E. I do not know

19. Read the following scenario and answer the question that follows. One of your players with a concussion has been in the process of returning to play for the last 3 weeks. Today, during the exercise, you asked him to move to the third stage of the gradual return to play program, but you noticed that the player was behaving in an unusual way during the game. What is the correct course of action in this case?

- A. Asking the player to continue training because he did not complain of any symptoms.
- B. Asking the player to take a break and directing him to return to the second phase of the gradual return to play program during the next game, which will be after three days.
- C. Asking the player to go home and begin Step One of the Graduated Return to Play program as soon as they feel better.
- D. Asking the player to stop exercising and rest for 10 to 14 days
- E. I do not know

20. Read the following scenario and answer the question that follows. During the match, I noticed that one of the players that was training seemed to be out of balance after colliding with another player and being hit on the head. You asked for a time-out to talk to her, and the player told you that she was feeling nauseous and then passed out. What is the correct course of action in this case?

- A. Asking her colleagues to take her to the sport facility so she can rest and take a nap
- B. Give her ice and ask someone to walk with her to help keep her alert/awake
- C. Asking her to stop playing and rest for the rest of the day
- D. Transfer the player directly to the hospital or emergency room
- E. I do not know

21. Read the following scenario and answer the question that follows. The captain of the team that is coaching had a concussion 4 days ago. As part of the gradual return to school program, the athlete attends only half of the school day. Presently, the player wants to attend the team exercise to support and encourage her teammates during the exercise. What is the correct course of action in this case?

- A. Tell her to take rest at home, as it is not permissible to perform any activities until the symptoms of the concussion completely disappear.
- B. Allowing her to come to encourage her colleagues, with an emphasis on not returning to participate in the game before returning to the normal life activities such as returning to school.
- C. Allowing her to run for several rounds with her colleagues so that she does not feel rejected, with the need to ensure that she does not return to full participation in the exercise until she improves.
- D. Advise her to stay at home and do some exercises or training sessions to keep her fit
- E. I do not know

22. Read the following scenario and answer the question that follows. The sport team managers asked you to develop and manage an awareness program about concussion for the players. What is the best way to teach players about this injury?

- A. Allocate a specific time before playing or practicing to encourage players to disclose a concussion if it occurs
- B. Teach players about ways they can reduce the chance of a concussion
- C. Posting flyers containing information about concussion in the players' changing rooms or any other places where they are playing or training.
- D. All of the above methods can be used
- E. I do not know

SECTION 3: Participants' point of view regarding concussion among players

23. How much do you agree with the following sentence? I can help reduce the incidence of concussion in players.

- a. 5 strongly disagree
- b. 4
- c. 3
- d. 2
- e. 1 I strongly agree

24. How much do you agree with the following sentence? Taking the player out of the match when a concussion is likely to occur is the best way to ensure the player's recovery.

- a. 5 strongly disagree
- b. 4
- c. 3
- d. 2
- e. 1 I strongly agree

25. How much do you agree with the following sentence? Concussion is less dangerous than other injuries.

- a. 5 strongly disagree
- b. 4
- c. 3
- d. 2
- e. 1 I strongly agree

26. How much do you agree with the following sentence? Concussions can lead to long-term health problems.

- a. 5 strongly disagree
- b. 4
- c. 3
- d. 2
- e. 1 I strongly agree

27. How much do you agree with the following sentence? The athletes I coach would like to hear about concussions from me.

- a. 5 strongly disagree
- b. 4
- c. 3
- d. 2
- e. 1 I strongly agree

28. How much do you agree with the following sentence? I have a clear and specific role in preventing concussion among players.

- a. 5 strongly disagree
- b. 4
- c. 3
- d. 2
- e. 1 I strongly agree

29. How much do you agree with the following sentence? I trust my ability to recognize the symptoms of a concussion if it occurs in one of the players I train.

- a. 5 strongly disagree
- b. 4
- c. 3
- d. 2
- e. 1 I strongly agree

30. How much do you agree with the following sentence? I am confident in my ability to help athletes with concussions gradually return to play.

- a. 5 strongly disagree
- b. 4
- c. 3
- d. 2
- e. 1 I strongly agree