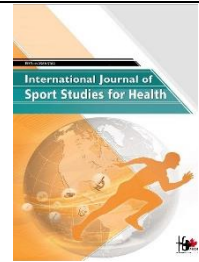




# International Journal of Sport Studies for Health

Journal Homepage



## The Role of Sports Psychology in Managing Concussion Recovery and Return to Play




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### 1. Round 1

#### 1.1 Reviewer 1

Reviewer:

The introduction could benefit from integrating specific statistics or data to emphasize the prevalence and psychological impact of sports-related concussions. Consider adding concrete figures or references to highlight the scope of the issue.

The sentence “The relationship between physical function and psychological readiness has been extensively documented in athletes recovering from anterior cruciate ligament (ACL) injuries...” should clearly explain the relevance of ACL injury research to concussion recovery. A brief explanation could strengthen the connection between these two injury contexts.

The description of reflexivity practices should be expanded. Explain how researchers' biases were identified and managed during the analysis to enhance transparency.

The section on psychological interventions, specifically “Cognitive Behavioral Techniques emerged as a key strategy...”, could be improved by specifying the frequency and duration of these techniques used by the participants. This would provide more depth to the findings.

The phrase “We worked a lot on restoring belief in their physical capabilities...” would be strengthened by detailing specific interventions used to build self-efficacy.

The section could benefit from a deeper exploration of how fear differs among contact versus non-contact sports. This would add a nuanced perspective to the discussion.

The section could explore whether the support dynamics varied between amateur and professional athletes. Mentioning these variations would enrich the findings.

Author revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Reviewer:

The study design description would be more robust if it provided a justification for choosing a qualitative approach over quantitative or mixed methods. Clarify why this method was most suitable for the research questions.

The purposeful sampling strategy is well-detailed, but additional information about how biases in participant selection were minimized could improve the rigor of the methodology section.

The statement “An interview guide was developed, encompassing key areas...” should specify if the guide was pilot-tested or reviewed by experts before use to ensure the reliability of the questions.

Consider elaborating on how the inductive thematic approach was chosen and why it was preferred over other qualitative analysis methods. Adding a rationale could provide more context for the choice.

The presentation of subcategories and concepts is clear, but including examples or quotes from participants for each concept would add richness to the qualitative data.

The statement “Breaking down recovery into achievable steps kept me going...” could be contextualized by discussing how different sports may require unique goal-setting approaches.

It would be helpful to mention whether any cultural or regional differences in risk perception were observed among participants. This could provide a broader understanding of the findings.

The example “My family kept me grounded and supported me every step of the way” could be more impactful if it included how specific types of family support (e.g., emotional vs. logistical) influenced recovery.

Author revised the manuscript and uploaded the updated document.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.