

Neuropsychological Tests in Sports: Tips for Valid Results

1. Supervise testing with the help of a trained health care professional

Baseline and post-concussion testing that is supervised by qualified persons helps make accurate and reliable test results, which is important for return to play decisions.

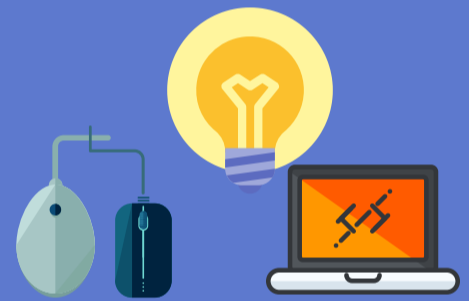


2. Prepare the athlete

Validate the identity of the athlete and be sure that the test is taken without interference from others. The athlete should feel well-rested, and be able to read and follow test instructions. Answer any questions beforehand.

3. Check the test environment

The testing environment should be quiet, with proper lighting and no unnecessary distractions. Remove cell phones. Check to see if the computer equipment is working properly.



4. Monitor the athlete's effort

Athletes should understand the importance of the test and take it seriously. Explain that lack of strong effort will produce questionable test results, and may make a longer than necessary removal from play.

5. Review the test results

Always review test results for validity. If results seem not as expected, or are "flagged" by the test program, discuss this with the athlete and/or parent. Identify possible reasons, such as problems with fatigue, illness, confusion, or effort.

