# Article information:

Prior Injury, Health-Related Quality of Life, Disablement, and Physical Activity in Former Women's Soccer Players - PubMed
<https://pubmed.ncbi.nlm.nih.gov/34185853/>

# Article summary:

1. Former women's soccer players who sustained severe injuries during their collegiate careers may experience lower physical health-related quality of life and greater disablement in the long term.

2. Injury status did not predict mental health-related quality of life, mental disablement, or physical activity levels.

3. Athletic trainers should be aware of the potential negative long-term effects of severe injuries on former athletes and encourage continued monitoring of relevant patient-reported outcomes.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article "Prior Injury, Health-Related Quality of Life, Disablement, and Physical Activity in Former Women's Soccer Players" examines the impact of severe sport injury on the health outcomes of former National Collegiate Athletic Association Division I women's soccer players. The study found that a history of severe injury significantly predicted worse physical health-related quality of life (HRQoL) and worse physical disablement. However, injury status did not predict mental HRQoL, mental disablement, or physical activity (PA).

The study design is a cross-sectional survey with a sample size of 382 former women's soccer players. Participants provided demographics and injury history and completed three questionnaires: Patient-Reported Outcomes Measurement Information System (HRQoL), Disablement in the Physically Active Scale (disablement), and Godin Leisure Time Physical Activity Questionnaire (PA). The dependent variables were the physical and mental component summary scores for HRQoL and disablement and the frequency of moderate-to-vigorous PA.

One potential bias in this study is self-reporting by participants. Self-reported data may be subject to recall bias or social desirability bias. Additionally, the study only includes former Division I women's soccer players, which limits generalizability to other populations. The study also does not consider other factors that may impact health outcomes such as socioeconomic status or access to healthcare.

The article does not present any unsupported claims or promotional content. However, it could benefit from exploring counterarguments or limitations to its findings. For example, while severe injury predicts worse physical HRQoL and disablement, it is unclear if these effects are long-lasting or if they improve over time.

Overall, this article provides valuable insights into the potential negative long-term effects of severe sport injury on health outcomes for former women's soccer players. It highlights the importance of continued monitoring of relevant patient-reported outcomes by athletic trainers. However, the study's limitations and potential biases should be considered when interpreting its findings.

# Topics for further research:

* Long-term effects of severe sport injury on health outcomes
* Factors impacting health outcomes in former athletes
* Validity and reliability of self-reported data in health research
* Generalizability of findings to other populations
* Access to healthcare for former athletes
* Role of athletic trainers in monitoring patient-reported outcomes

# Report location:

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