Methods

Seventy-one percent of college athletes responded to the survey. Of those respondents, 27% reported difficulty breathing during practice and 33% reported difficulty breathing during competition. This suggests that there may be a difference in the experiences of athletes who are competitive versus those who are not. It is possible that this difference may be associated with the amount of time spent in practice versus actual competition. It could also result from higher stress levels during practice and greater focus during competitive performance. However, more research is needed to confirm this hypothesis.

Discussion

The results of this survey are significant to speech-language pathologists, as well as other professionals involved in the diagnosis and treatment of VCD. The findings suggest that there may be a difference in the experiences of athletes who are competitive versus those who are not. This difference may be associated with the amount of time spent in practice versus actual competition. It could also result from higher stress levels during practice and greater focus during competitive performance. However, more research is needed to confirm this hypothesis.

Conclusion

The results of this survey highlight the importance of recognizing the differences in the experiences of athletes who are competitive versus those who are not. This information can be used to develop targeted interventions and treatment plans. It is important for speech-language pathologists to be aware of these differences in order to provide effective treatment and support for athletes.
References


