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Athletic Trainers’ Knowledge and Perceived Ability of Recognizing and Treating Panic Attacks

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OBJECTIVE
Mental health is a condition of mental wellness that enables people to manage life's stressors, develop their potential, study and work effectively, and give back to their communities. One mental health condition is anxiety. Anxiety is the expectation of a threat in the future. There are multiple subtypes of anxiety disorders, including panic disorder with or without agoraphobia, generalized anxiety disorder (GAD), social anxiety disorder (SAD), specific phobias, separation anxiety, and panic disorder. This study investigates the relationship between ATs' knowledge and their perceived ability to identify and treat panic attacks.

STUDY DESIGN AND SETTING
Mixed methods, cross sectional survey consisting of 22 questions.

PARTICIPANTS
The study used the NATA survey service and convenience and snowball sampling for participant requirements. This study targeted athletic trainers who are currently certified and practicing clinically in a secondary school or collegiate setting. The study was completed by 86 participants with 54 meeting inclusion criteria. Out of the participants, 59.3% worked in a collegiate setting and 40.7% worked in a secondary school setting. Participants had a wide variety of years having practiced, which 51.9% of participants having practiced for <5 years.

INTERVENTION
Participants completed an electronic survey consisting of demographic and Likert style questions to assess perceived ability level in recognizing, treating, and referring for panic attacks. The participants also answer a portion of the survey that assesses knowledge of panic attacks with research form the DSM-5. The survey was developed by the research team. The survey's validity was assessed through a pilot study.

MAIN OUTCOME MEASURES
The primary research question was assessed by analyzing the score of the twelve questions at the survey's end. Participants were graded on these questions to give a score on knowledge of panic attacks. Descriptive statistics were used to assess the participants perceived ability on panic attacks.

RESULTS AND CONCLUSION
There was no significant relationship between the number of years certified and overall knowledge of panic attacks. There was no significant relationship between gender and perceived ability. There was a significant relationship between perceived ability to treat and overall knowledge of panic attacks. There was no significant relationship between perceived ability to recognize and refer and overall knowledge of panic attacks.

KEY WORDS: Panic Attacks, Panic Disorder, Athletic Trainers, Evidence-Based Practice