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| Supplemental Material Table 1. *Progressive Activities of Controlled Exertion—Self-Efficacy (PACE-SE) Self-Report Measure Exemplar Items* |
| I can control things in my life to allow my brain to heal. |
| I can continue doing some things that I enjoy, even though I have a concussion. |
| I can speak up for myself so that I can take breaks and manage my symptoms. |
| I can help my parents, teachers, or doctors develop and adjust a plan to help me get better. |
| I can stay positive during my recovery. |