



CENTER FOR SPORT PSYCHOLOGY
AND PERFORMANCE EXCELLENCE

at the University of North Texas



Impact of COVID-19 on College Student Athletes' Health, Performance, and Psychological Well-being: A Report on Baseline Data

The University of North Texas Center for Sport Psychology and
Performance Excellence and in collaboration with Wayne State
University

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Acknowledgements

The COVID-19 pandemic and the cancellation of collegiate sports hit university athletic departments in early March, 2020, closing down college and university campuses and housing, sending hundreds of thousands of student athletes to live with family, friends, relatives, and others, and altering the manner in which their classes were delivered and experienced. We recognized that athletes would experience the same general stressors as all college students, plus many that were unique to their roles and responsibilities as athletes at their schools. This research study provides a window into how these young adults experienced the first month or two post pandemic and the effect it had on their mental health and psychological well-being. We could not have done this study without the willingness of almost 6,000 college student athletes to share their thoughts and feelings in relation to what they were experiencing. We thank each and every one of these young adults for their help.

We also thank the NCAA, and particularly the 80 colleges and universities across the U.S. who enrolled in our study and assisted us in disseminating our survey to their student athletes. We could not have completed this project without their involvement and direct assistance.

This study was funded by the University of North Texas through a CLASS grant and by the University of North Texas Center for Sport Psychology.

Introduction

- On March 12, 2020, in the midst of an emerging COVID-19 surge within the U.S., the NCAA cancelled all winter and spring sport championships. The impact of this decision, along with the closing of the majority of college/university campuses, threw the lives and futures of hundreds of thousands of student athletes into disarray.
- Recognizing the potential effects of this disruption on the mental health and psychological well-being of collegiate student athletes, we launched this study.
- Our data collection occurred in two phases:
 - A. From April 10 through May 1, 2020, our survey was appended to the end of the NCAA's SAAC study (see <http://www.ncaa.org/about/resources/research/ncaa-student-athlete-covid-19-well-being-study>). Student athletes, upon completing the NCAA SAAC study, had the option of proceeding to ours. Through this mechanism, just over 215 student athletes participated.
 - B. From April 17 through May 23, 2020, we solicited the involvement of NCAA DI, DII, and DIII athletic departments through direct contact with schools' sport psychologists and directors of sports medicine, and through postings on the listservs for collegiate athletic trainers and sport psychologists. Through this solicitation, 80 different colleges and universities from across the U.S. enrolled in the study and agreed to disseminate the survey link to their student athletes. Through this mechanism, just over 5700 student athletes participated.

Methodology

- The survey was developed to determine how collegiate student athletes were coping and functioning psychologically since the emergence of COVID-19 and the cancellation of collegiate sports. Whenever possible, we used validated measures to clinically assess the athletes' level of psychological functioning. Specifically, we assessed the following (a description of each measure and the scoring is presented at the beginning of each subsequent section):
 - Exposure to COVID-19
 - Depression
 - Psychological Distress
 - Satisfaction with Life
 - Sleep Disturbance
 - Risky Drinking Behaviors
 - Disordered Eating Behaviors
 - Body Dissatisfaction
 - Vigorous Exercise Behaviors
 - Mental Health Counseling
- The survey, which was hosted on Qualtrics, took approximately 15 minutes to complete and could be taken through multiple platforms (e.g., computer, phone) from anywhere in the world.
- Each of the 80 enrolled colleges/universities designated a staff member (e.g., head athletic trainer, sport psychologist) who took responsibility for messaging their student athletes about the study. Student athletes were messaged through each school's primary system, providing them with a standard description of the study, its purpose, and the link to the online survey.

Participation Data

- Just under 6,000 student athletes completed the survey; athletes from all Divisions were represented:
 - A. Division I – 4233
 - B. Division II – 790
 - C. Division III – 835
- Overall, women represented about two-thirds of respondents
- Student athletes were evenly distributed across year in school
- White student athletes represented approximately 80% of the sample
- Athletes from all men's and women's sports participated, though there was variability in participation rates across sports



DEMOGRAPHICS

IMPACT OF COVID-19 ON STUDENT ATHLETE'S HEALTH, PERFORMANCE, AND PSYCHOLOGICAL WELL-BEING

Gender

	All Athletes n (%)	Division I n (%)	Division II n (%)	Division III n (%)
Men	1976 (33.4%)	1406 (33.2%)	290 (36.6%)	263 (31.3%)
Women	3924 (66.3%)	2827 (66.7%)	500 (63.1%)	572 (68.1%)
Nonbinary	6 (0.1%)	2 (0.1%)	1 (0.1%)	3 (0.4%)
Transgender	2 (<0.1%)	2 (0.1%)	0 (0%)	0 (0%)
Prefer not to disclose	5 (0.1%)	4 (0.1%)	1 (0.1%)	0 (0%)
Prefer to self-identify	2 (<0.1%)	0 (0%)	0 (0%)	2 (0.2%)

Race and Ethnicity

		All Athletes			DI			Division II			Division III		
		Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)
Race	White/Caucasian	4619	72.9%	81.6%	3241	70.7%	80.2%	675	83.3%	87.2%	671	74.0%	83.2%
	African American/Black	745	19.8%	9.0%	597	22.1%	10.2%	69	12.2%	6.6%	72	15.3%	5.4%
	Native American/Alaska Native	26	0.4%	0.5%	17	0.4%	0.4%	5	0.7%	0.6%	4	0.4%	0.5%
	Asian/Asian American/Pacific Islander	215	2.2%	4.4%	152	2.3%	4.2%	17	1.0%	2.8%	45	3.1%	6.5%
	Prefer not to disclose	68	1.4%	0.9%	50	1.2%	1.1%	8	1.7%	.4%	9	2.3%	0.5%
	Prefer to self-identify	206	3.2%	3.6%	154	3.3%	3.8%	15	1.0%	2.4%	37	5.0%	3.9%
Ethnicity	Hispanic/Latinx	558	9.6%	9.3%	410	9.4%	9.8%	56	6.9%	7.0%	87	14.1%	8.6%
	Non-Hispanic/Latinx	5356	90.4%	90.7%	3831	90.6%	90.2%	736	93.1%	93.0%	753	85.9%	91.4%

Year in School & Year in Sport

YEAR IN SCHOOL	All Athletes			Division I			Division II			Division III		
	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)
First	1478	26.0%	25.2%	1047	26.42%	25.3%	179	24.2%	22.0%	225	26.1%	27.7%
Second	1537	25.6%	26.9%	1109	25.5%	27.0%	198	23.9%	25.8%	230	28.4%	27.5%
Third	1556	26.7%	26.8%	1096	25.7%	26.5%	220	27.7%	28.0%	240	31.0%	27.2%
Fourth+	1237	21.7%	21.0%	908	22.5%	21.2%	190	24.2%	24.2%	139	14.6%	17.7%

YEAR IN SPORT	All Athletes			Division I			Division II			Division III		
	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)
First	1738	32.5%	28.9%	1271	33.1%	29.2%	215	31.8%	24.8%	252	30.1%	30.7%
Second	1681	28.1%	29.6%	1204	27.9%	29.3%	226	25.9%	30.6%	251	31.7%	29.7%
Third	1414	23.8%	24.7%	1003	23.1%	24.6%	191	23.8%	24.6%	220	27.4%	25.6%
Fourth+	955	15.7%	16.9%	695	16.0%	16.9%	152	18.5%	20.0%	108	10.0%	14.0%

Age

	All Athletes			Division I			Division II			Division III		
	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)	Overall (n)	Men (%)	Women (%)
18	579	8.7%	10.5%	405	7.8%	10.5%	64	8.4%	8.0%	101	11.9%	12.3%
19	1613	27.2%	27.6%	1185	28.2%	28.0%	213	27.2%	27.1%	208	23.1%	26.0%
20	1604	26.4%	27.8%	1155	26.8%	27.7%	204	23.3%	27.5%	234	28.1%	27.9%
21	1262	21.9%	21.2%	890	22.3%	20.5%	182	21.6%	23.6%	188	21.5%	23.0%
22	650	11.1%	11.0%	451	10.1%	11.0%	103	14.6%	12.2%	86	11.5%	9.6%
23+	172	4.9%	2.0%	132	4.8%	2.2%	22	10.8%	1.6%	18	3.9%	1.3%

Men's Sports

	All Athletes (n; %)	Division I (n; %)	Division II (n; %)	Division III (n; %)
Baseball	298 (15.4%)	221 (15.9%)	46 (15.9%)	31 (11.9%)
Basketball	135 (7.0%)	96 (6.9%)	15 (5.2%)	24 (9.2%)
Cheer	13 (0.6%)	10 (0.7%)	1 (0.3%)	2 (0.8%)
Cross country	106 (5.5%)	68 (4.9%)	22 (7.6%)	16 (6.1%)
Fencing	7 (0.4%)	7 (0.5%)	0 (0%)	0 (0%)
Football	527 (28.3%)	400 (28.8%)	79 (27.3%)	48 (18.4%)
Golf	78 (4.0%)	64 (4.6%)	9 (3.1%)	5 (1.9%)
Gymnastics	5 (0.3%)	5 (0.4%)	0 (0%)	0 (0%)
Ice hockey	9 (0.5%)	1 (0.1%)	7 (2.4%)	1 (0.4%)
Lacrosse	64 (3.3%)	45 (3.2%)	13 (4.5%)	6 (2.3%)
Rifle	4 (0.2%)	1 (0.1%)	0 (0%)	3 (1.1%)
Rowing	45 (2.3%)	45 (3.2%)	0 (0%)	0 (0%)
Skiing	9 (0.5%)	1 (0.1%)	8 (2.8%)	0 (0%)
Soccer	175 (9.0%)	93 (6.7%)	30 (10.4%)	52 (19.9%)
Swimming & diving	91 (4.7%)	0 (0%)	0 (0%)	0 (0%)
Tennis	80 (4.2%)	67 (4.8%)	12 (4.2%)	12 (4.6%)
Track & field	171 (8.8%)	58 (4.2%)	6 (2.1%)	16 (6.1%)
Volleyball	16 (0.8%)	117 (8.4%)	21 (7.3%)	33 (12.6%)
Water polo	15 (0.8%)	6 (0.4%)	10 (3.5%)	0 (0%)
Wrestling	78 (4.0%)	7 (0.5%)	0 (0%)	8 (3.1%)
Other	11 (0.6%)	8 (0.6%)	0 (0%)	3 (1.1%)

Women's Sports

	All Athletes (n; %)	Division I (n; %)	Division II (n; %)	Division III (n; %)
Basketball	269 (7.0%)	165 (5.0%)	44 (8.8%)	60 (10.6%)
Beach volleyball	42 (1.1%)	42 (1.5%)	0 (0%)	0 (0%)
Bowling	25 (0.6%)	21 (0.8%)	1 (0.2%)	3 (0.5%)
Cheer	96 (2.5%)	73 (2.6%)	8 (1.6%)	15 (2.6%)
Cross country	219 (5.7%)	157 (5.6%)	29 (5.8%)	33 (5.8%)
Fencing	14 (0.4%)	11 (0.4%)	1 (0.2%)	2 (0.4%)
Field hockey	124 (3.2%)	81 (2.9%)	29 (5.8%)	14 (2.5%)
Golf	110 (2.8%)	86 (3.1%)	14 (2.8%)	10 (1.8%)
Gymnastics	135 (3.5%)	92 (3.3%)	25 (5.0%)	18 (3.2%)
Ice hockey	34 (0.9%)	0 (0%)	26 (5.2%)	8 (1.4%)
Lacrosse	195 (5.0%)	108 (3.9%)	41 (8.2%)	46 (8.1%)
Rifle	12 (0.3%)	10 (0.4%)	0 (0%)	2 (0.4%)
Rowing	190 (4.9%)	181 (6.5%)	1 (0.2%)	8 (1.4%)
Skiing	9 (0.2%)	3 (0.1%)	6 (1.2%)	0 (0%)
Soccer	528 (13.7%)	366 (13.1%)	80 (16.1%)	82 (14.5%)
Softball	435 (11.3%)	308 (11.0%)	51 (10.2%)	77 (13.6%)
Swimming & diving	381 (9.9%)	307 (11.0%)	33 (6.6%)	41 (7.2%)
Tennis	159 (4.1%)	107 (3.8%)	26 (5.2%)	26 (4.6%)
Track & field	446 (11.5%)	355 (12.7%)	34 (6.8%)	57 (10.1%)
Volleyball	335 (8.7%)	244 (8.7%)	42 (8.4%)	49 (8.6%)
Water polo	35 (0.9%)	22 (0.8%)	0 (0%)	13 (2.3%)
Equestrian	42 (1.1%)	42 (1.5%)	0 (0%)	0 (0%)
Rugby	1 (<0.1%)	1 (0%)	0 (0%)	0 (0%)
Triathlon	1 (<0.1%)	1 (0%)	0 (0%)	0 (0%)
Other	24 (0.6%)	16 (0.6%)	7 (1.4%)	1 (0.2%)

A photograph of a football team in green jerseys and white pants running on a field at night. The players are in motion, and there is a large fire or explosion in the background. The text "PRESENTATION OF RESULTS: OVERVIEW" is overlaid in large white letters. The background also features a sign for "Mercedes-Benz Superdome".

PRESENTATION OF RESULTS: OVERVIEW

IMPACT OF COVID-19 ON STUDENT ATHLETE'S HEALTH, PERFORMANCE, AND PSYCHOLOGICAL WELL-BEING

Presentation of Results: Overview

We present our results based on the following groupings of athletes:

- Results for All Athletes by
 - Division
 - Gender
 - Race
 - Gender x Race
- Results at the Division level by:
 - Gender
 - Race
 - Gender x Race



Presentation of Results: Overview

- How we collected and coded these athlete characteristics:
- Our data presentation was guided by the number of athletes in the sub-groups being sufficient to protect the athletes' anonymity first, and be meaningful and interpretable second.
 - Division – Athletes selected Division I, II, or III
 - Gender – Man and Woman were the only two gender identities with sufficient numbers to include in subsequent reporting
 - Race – To ensure sufficient numbers for representation, responses to the ethnicity and race items were combined to create four broad classifications (White, Black, Other, Latinx) and two broader classifications (White, Non-White)
 - White represents individuals who selected White only and did not identify as Latinx
 - Black represents individuals who selected Black only and did not identify as Latinx
 - Other represents individuals who selected a race other than White or Black and did not identify as Latinx
 - Latinx represents all individuals who answered YES to identifying as being of Hispanic, Latino or Spanish origin (i.e., regardless of any other racial identities selected)
 - Non-White represents all individuals who identified as Latinx or did not select only White as their identity
- Gender x Race – within the larger gender categories of men and women, we present data for each racial group



COVID-19 EXPOSURE: INDIVIDUAL EVENTS

IMPACT OF COVID-19 ON STUDENT ATHLETE'S HEALTH, PERFORMANCE, AND PSYCHOLOGICAL WELL-BEING

COVID-19 Exposure: Description of Measure

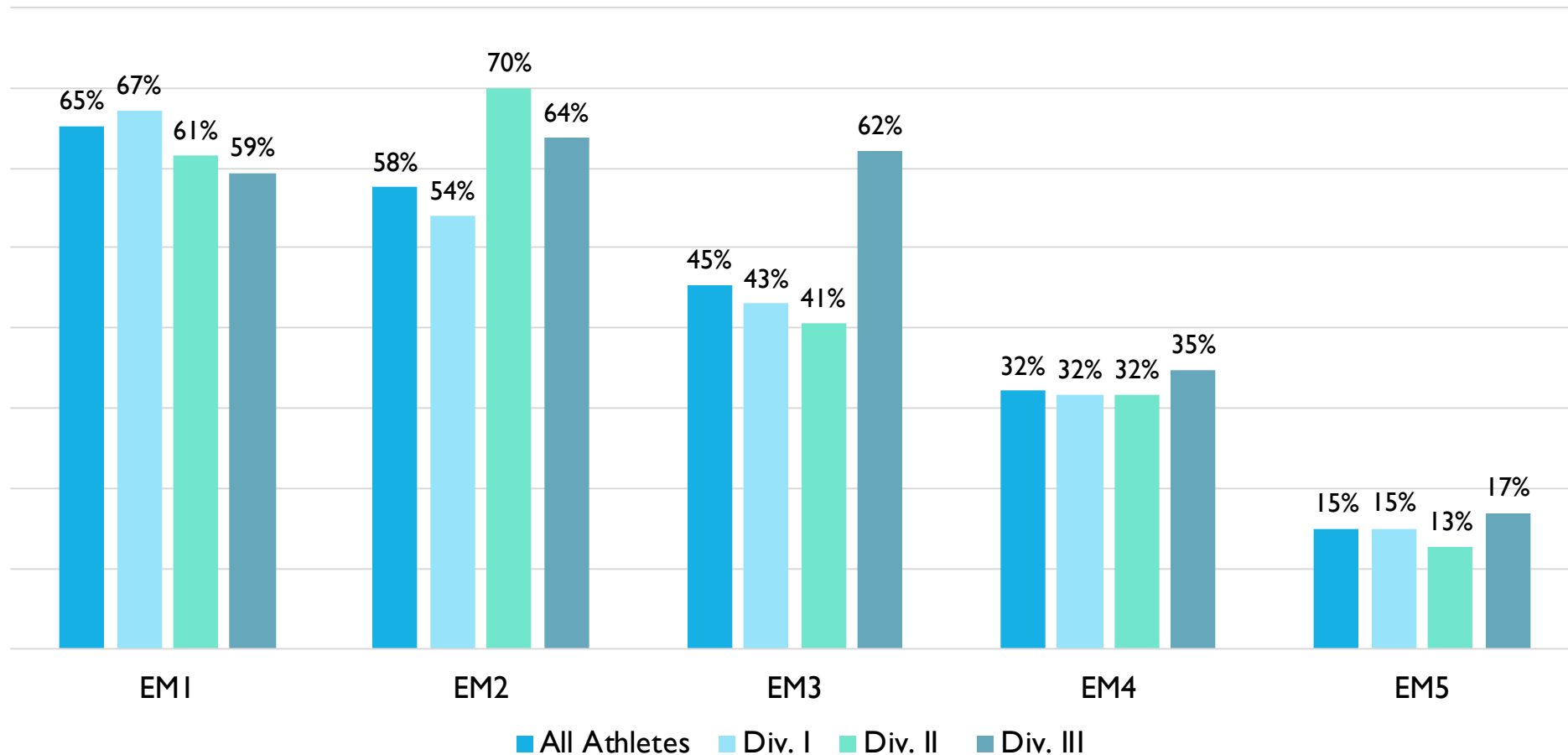
- Consistent with research that has been conducted following other traumatic events, such as 9/11, we developed a measure to assess the extent to which student athletes had been exposed to events that resulted from the COVID-19 pandemic. These items were developed based on events that were unfolding at the end of March, and in early April 2020
- Athletes responded YES or NO to each item to indicate whether or not they had experienced the event. These items included:
 - EM1 - Was your sport season, including championship, cancelled due to the COVID-19 virus?
 - EM2 - Were you required to leave your campus housing and move in somewhere else due to the virus?
 - EM3 - Do you expect that the changes your school has made in how classes are delivered will negatively affect your academic performance this semester?
 - EM4 - Have you, or someone close to you, been quarantined due to the possibility of having the COVID-19 virus?
 - EM5 - Have you, or someone close to you, been diagnosed with the COVID-19 virus?
- Data presented in this section reflect the % of student athletes who responded YES to each item

COVID-19 Exposure: Summary of Results

- As a result of COVID-19, Athletes were most likely to have:
 - A. Had their sport cancelled (59% to 67%)
 - B. Had to leave their current housing (54% to 70%)
 - C. Been negatively affected academically (41% to 62%)
- In terms of COVID-19 diagnosis, 15% of Athletes reported either knowing someone who had, or having been diagnosed themselves
- There was more variability in exposure by Athletes' Race (particularly for Men) than solely by their Gender

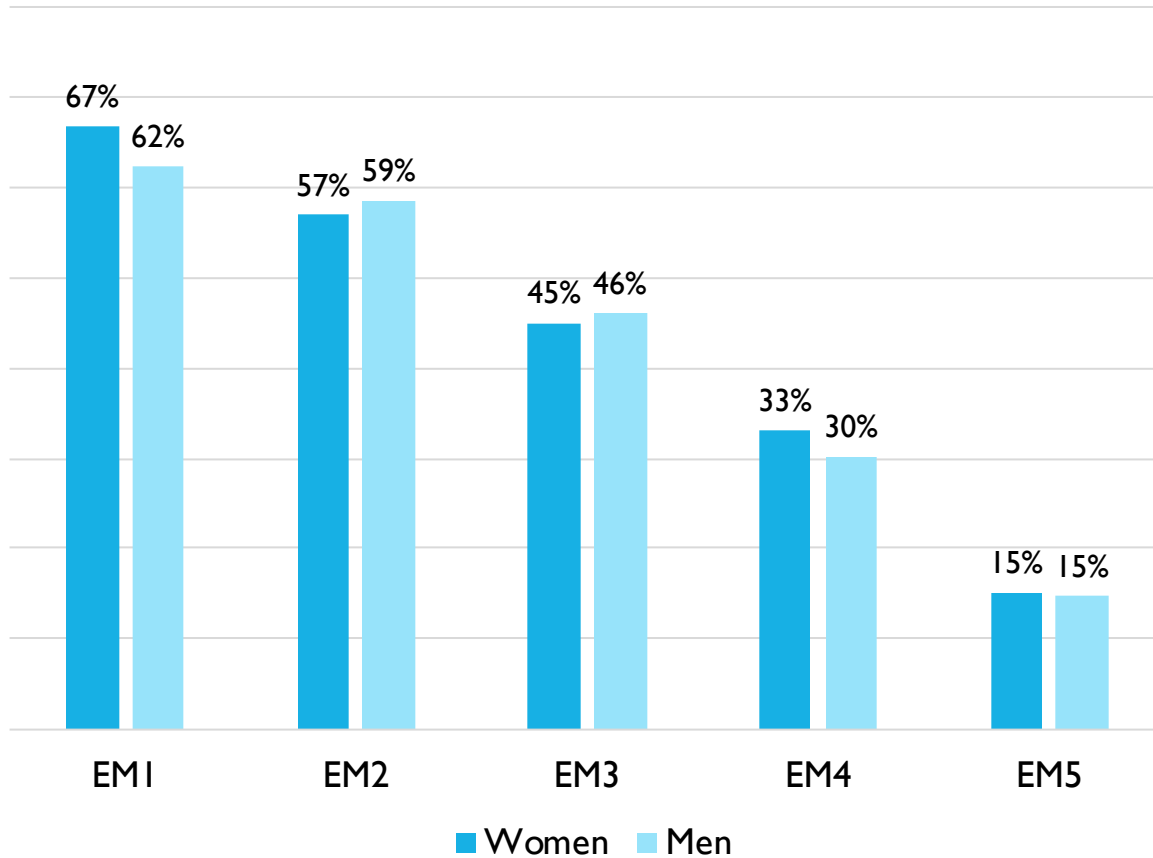
COVID-19 Exposure: All Athletes

DIVISION

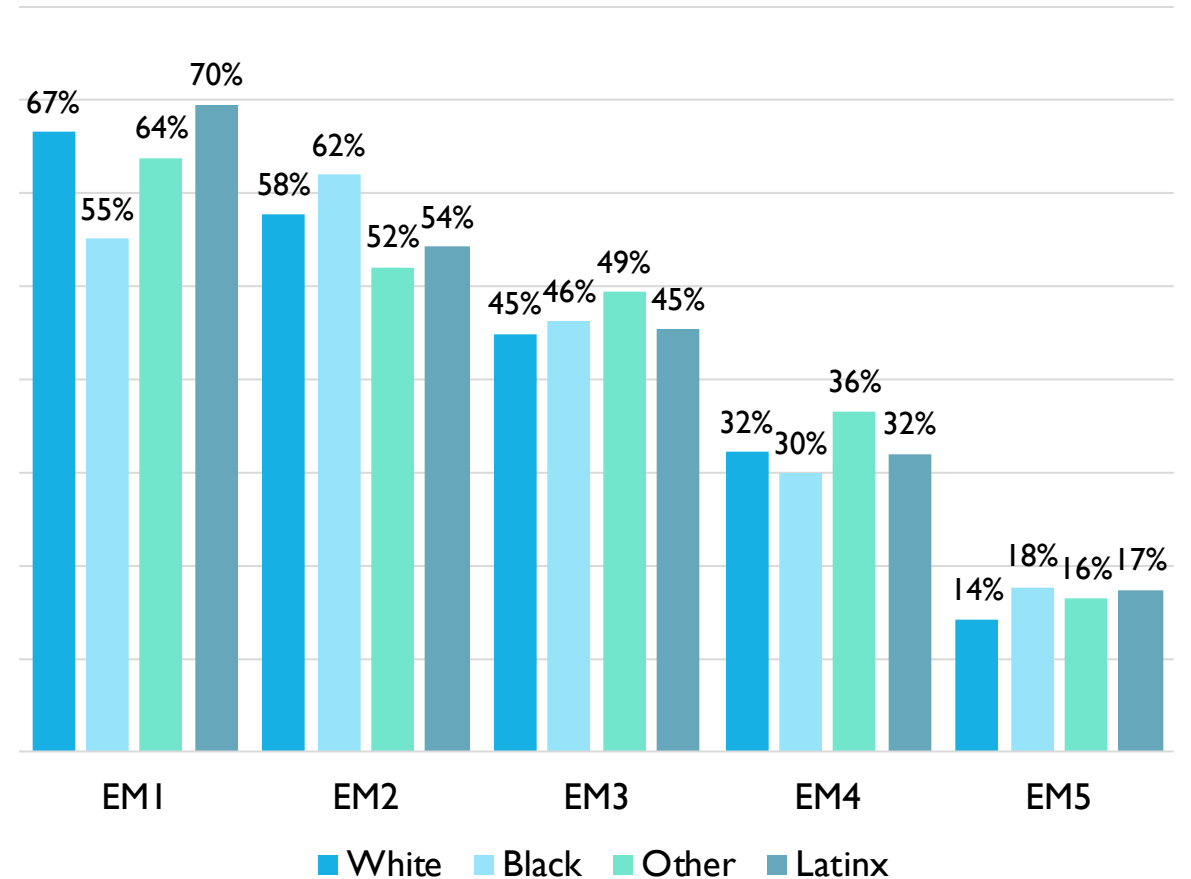


COVID-19 Exposure: All Athletes

GENDER

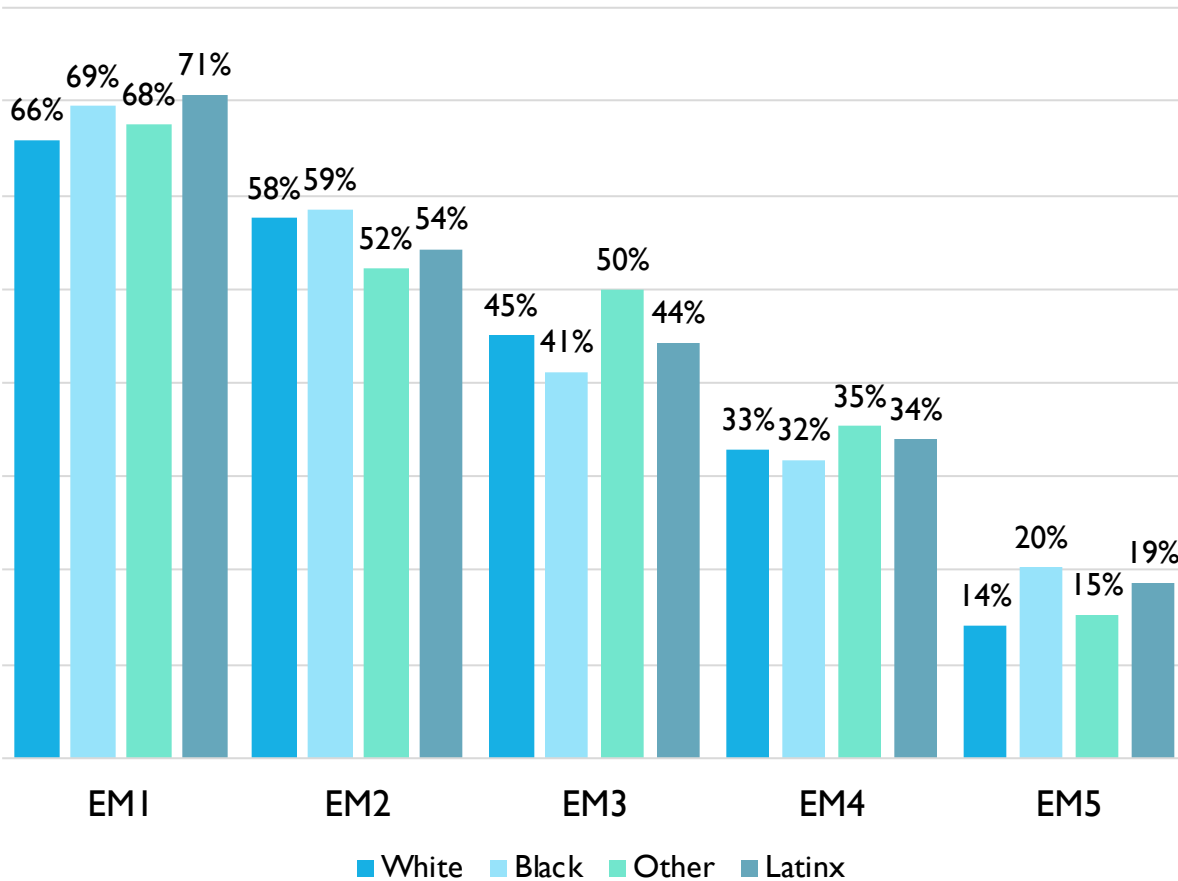


RACE

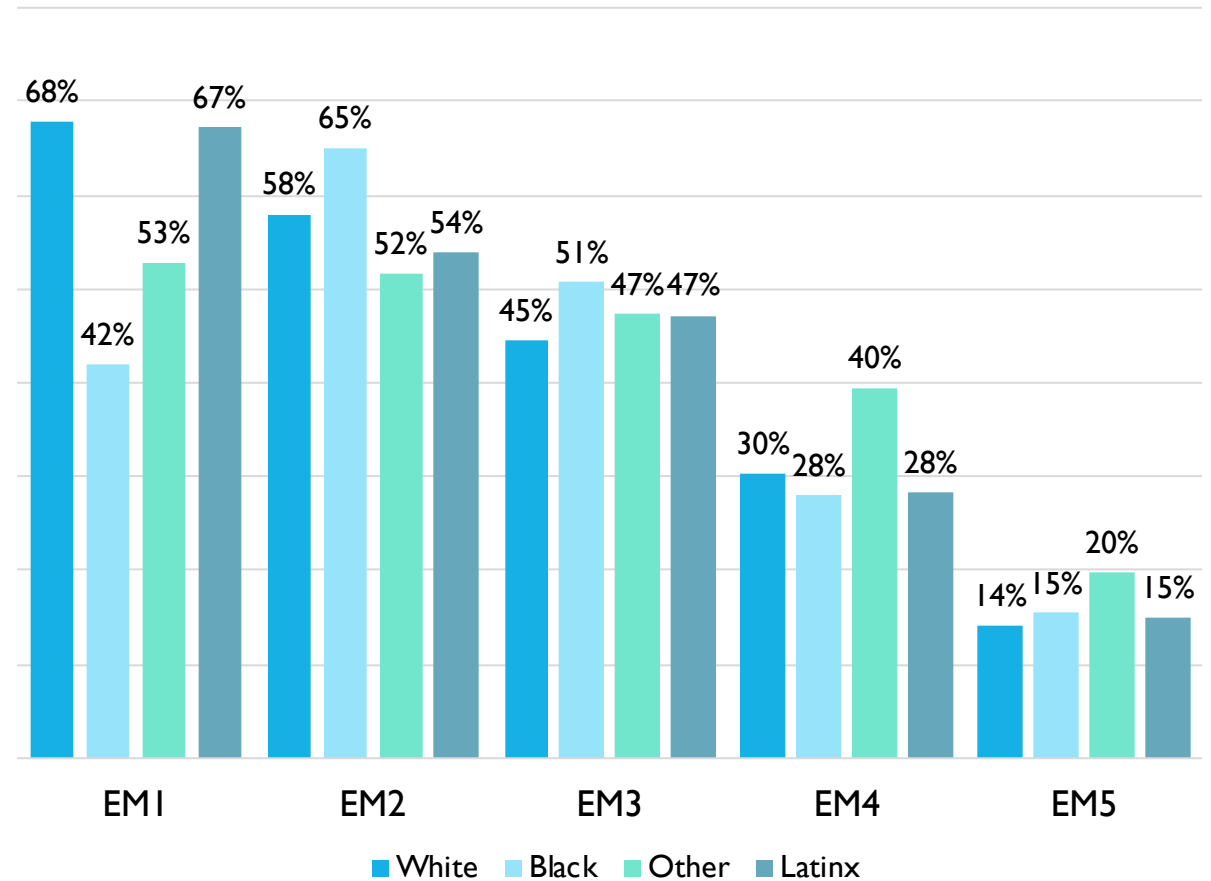


COVID-19 Exposure: All Athletes

WOMEN BY RACE



MEN BY RACE



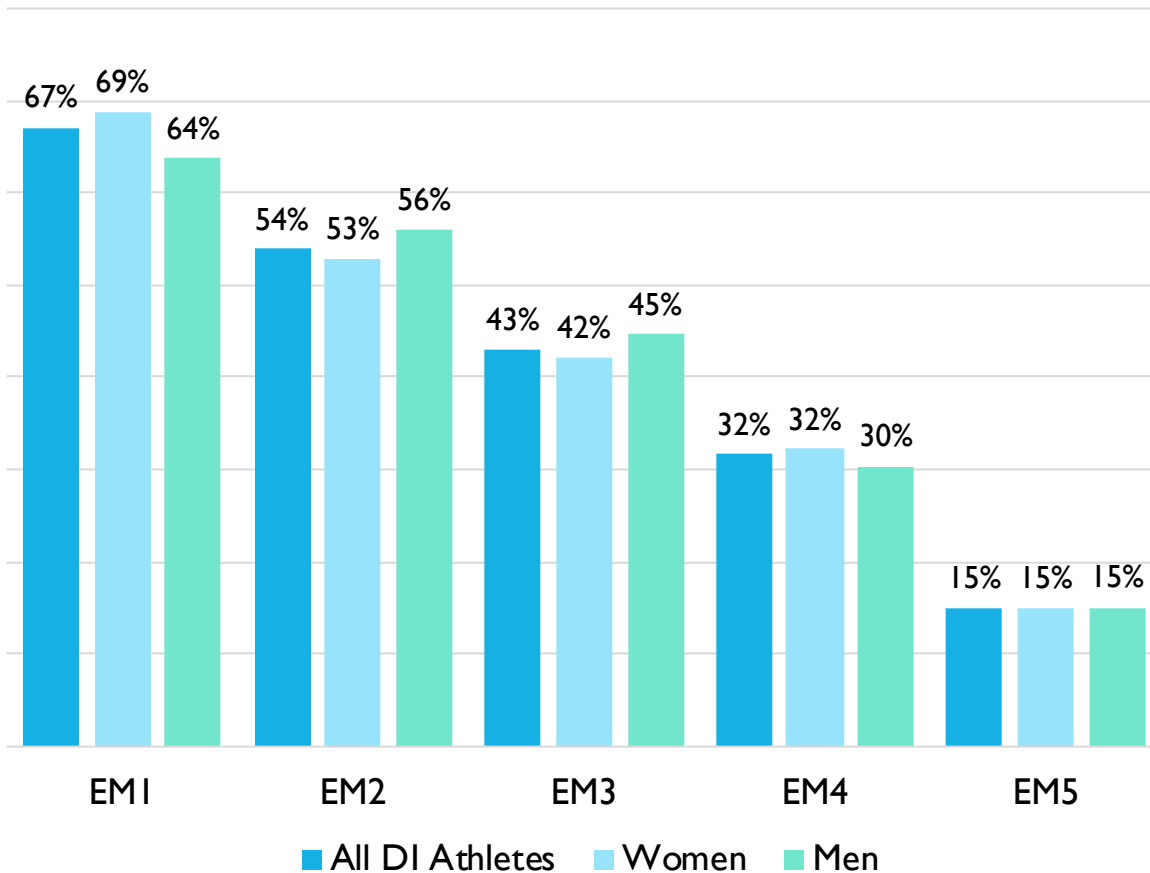


COVID-19 EXPOSURE:
DIVISION I ATHLETES

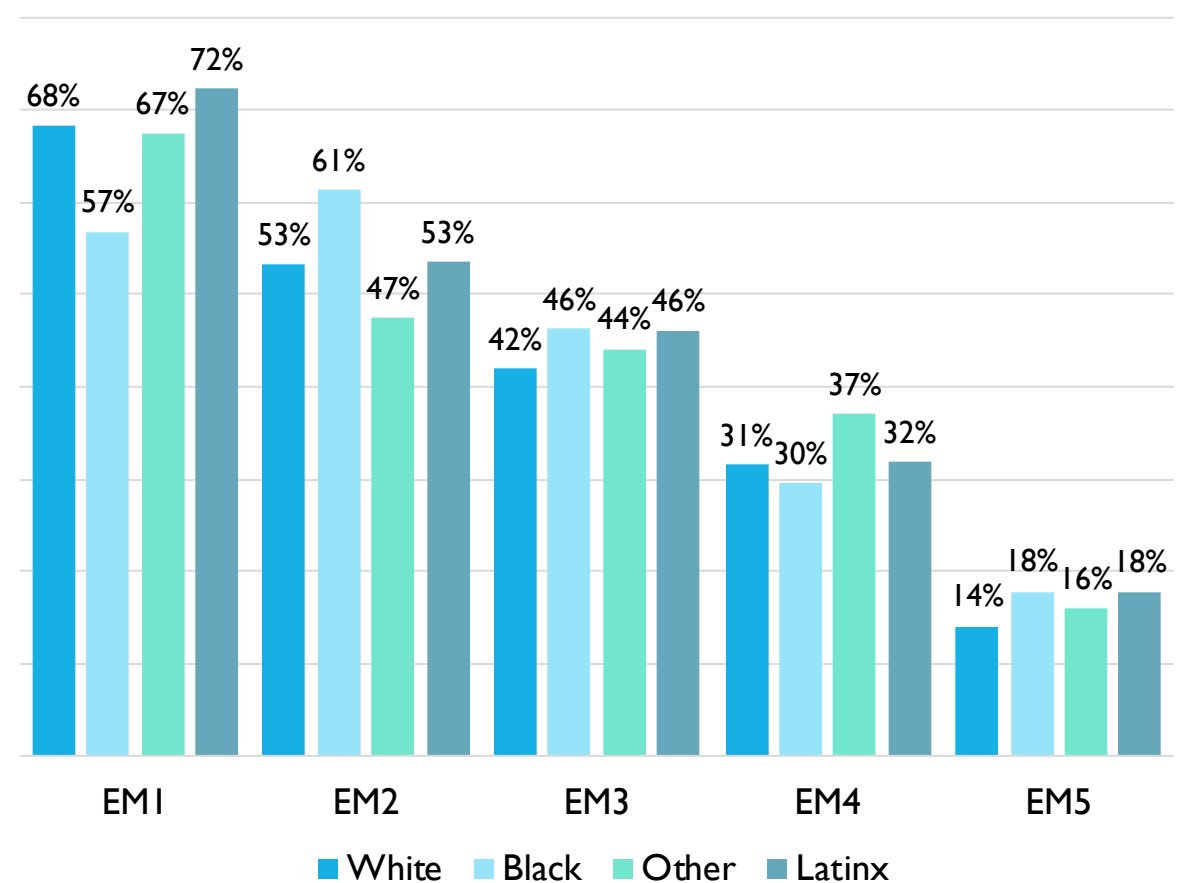


COVID-19 Exposure: Division I Athletes

GENDER

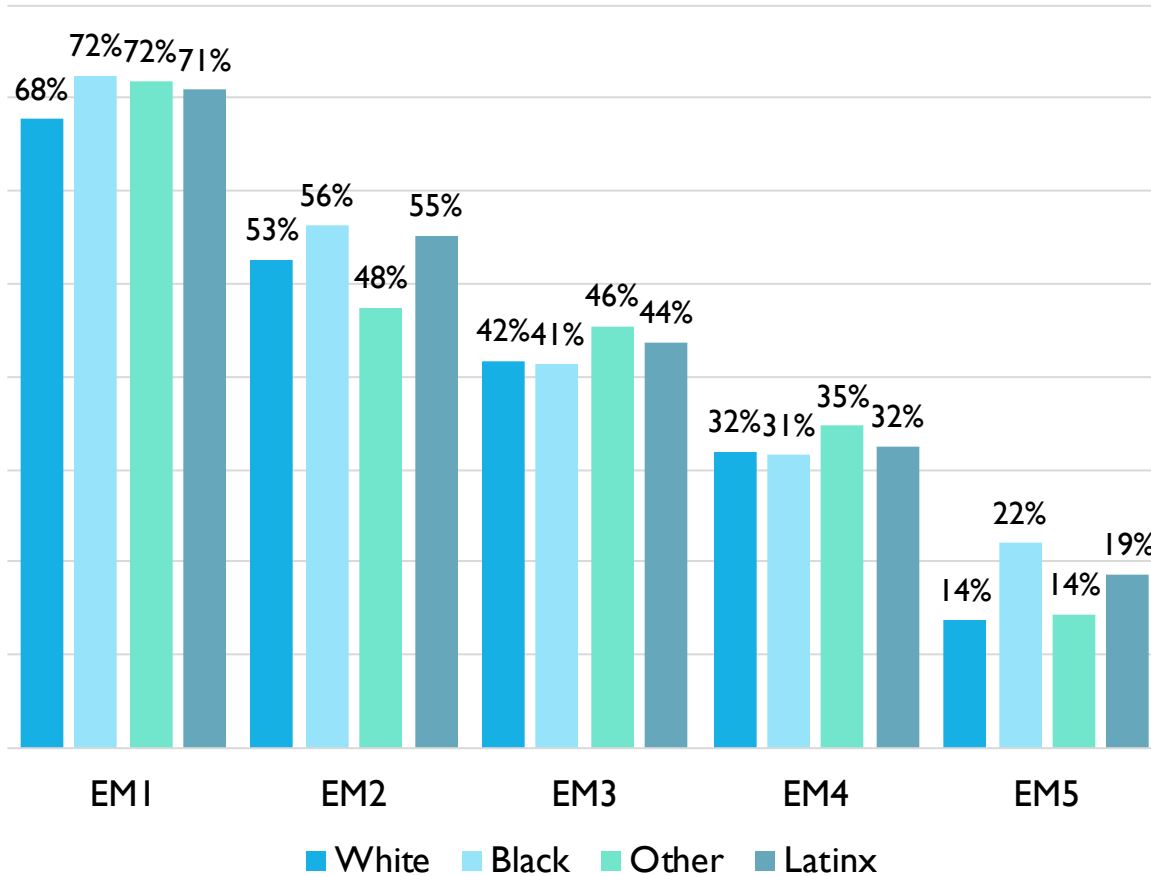


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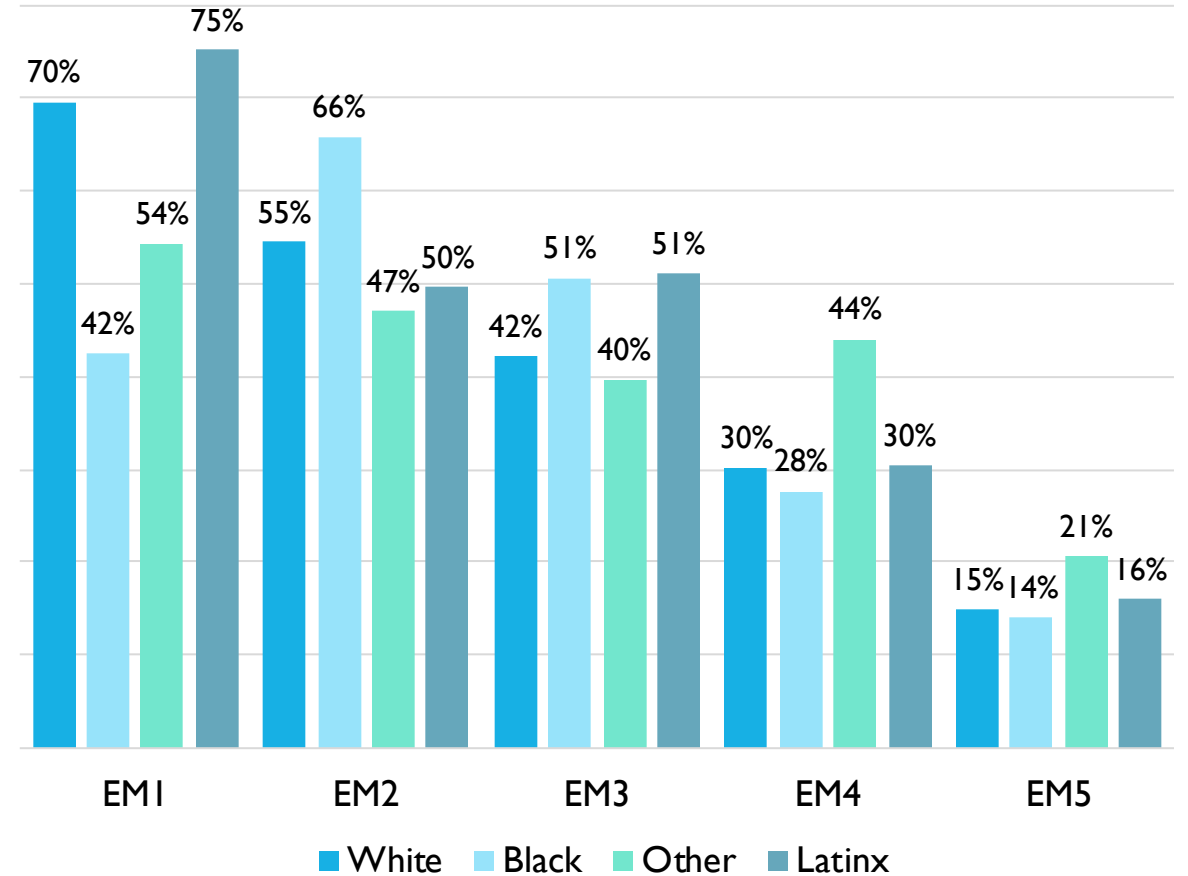


COVID-19 Exposure: Division I Athletes

WOMEN BY RACE



MEN BY RACE

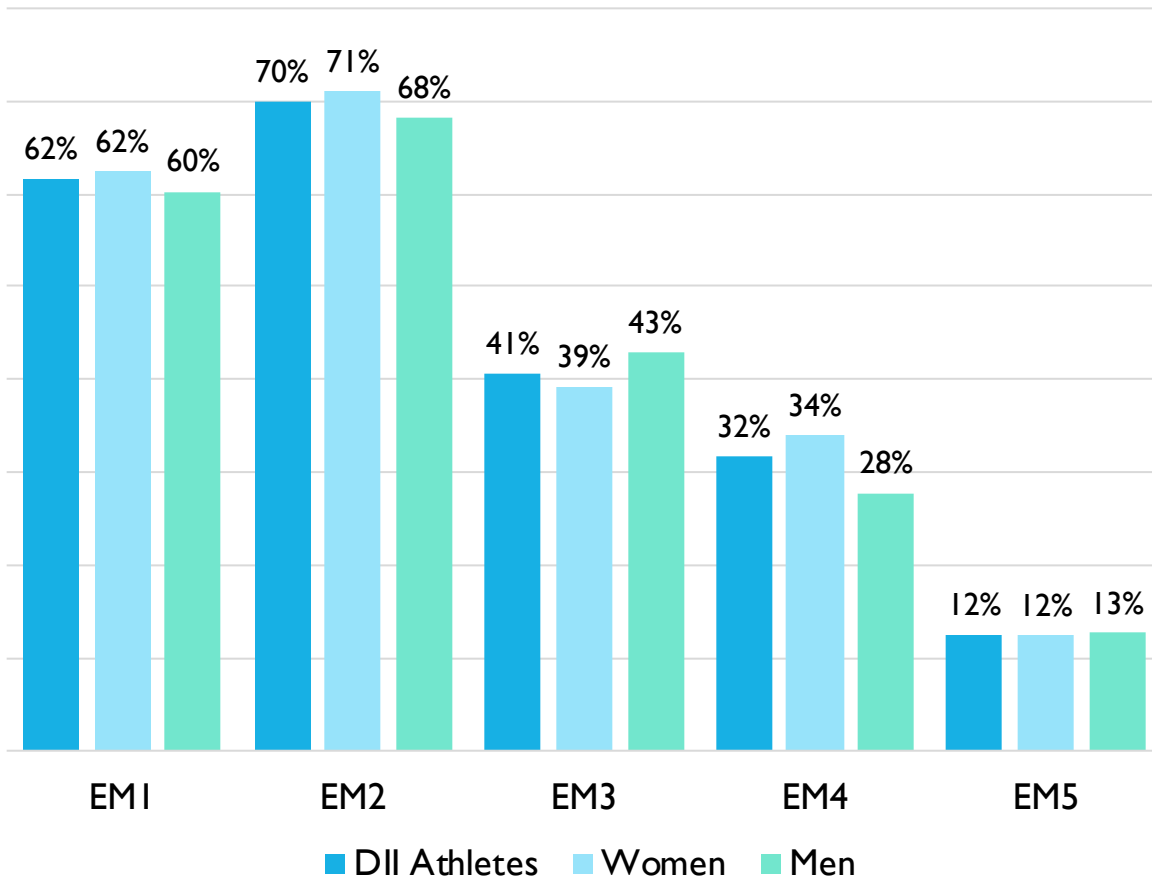




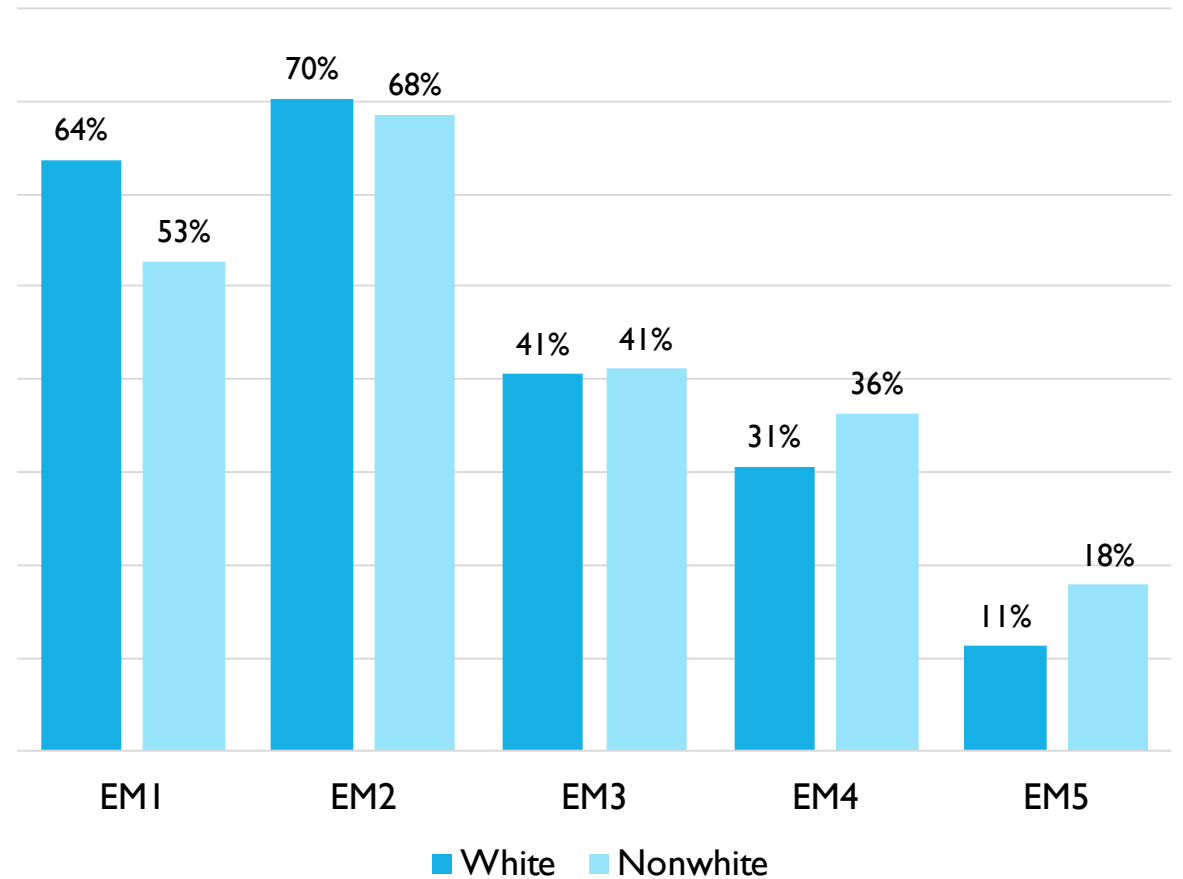
COVID-19 EXPOSURE:
DIVISION II ATHLETES

COVID-19 Exposure: Division II Athletes

GENDER

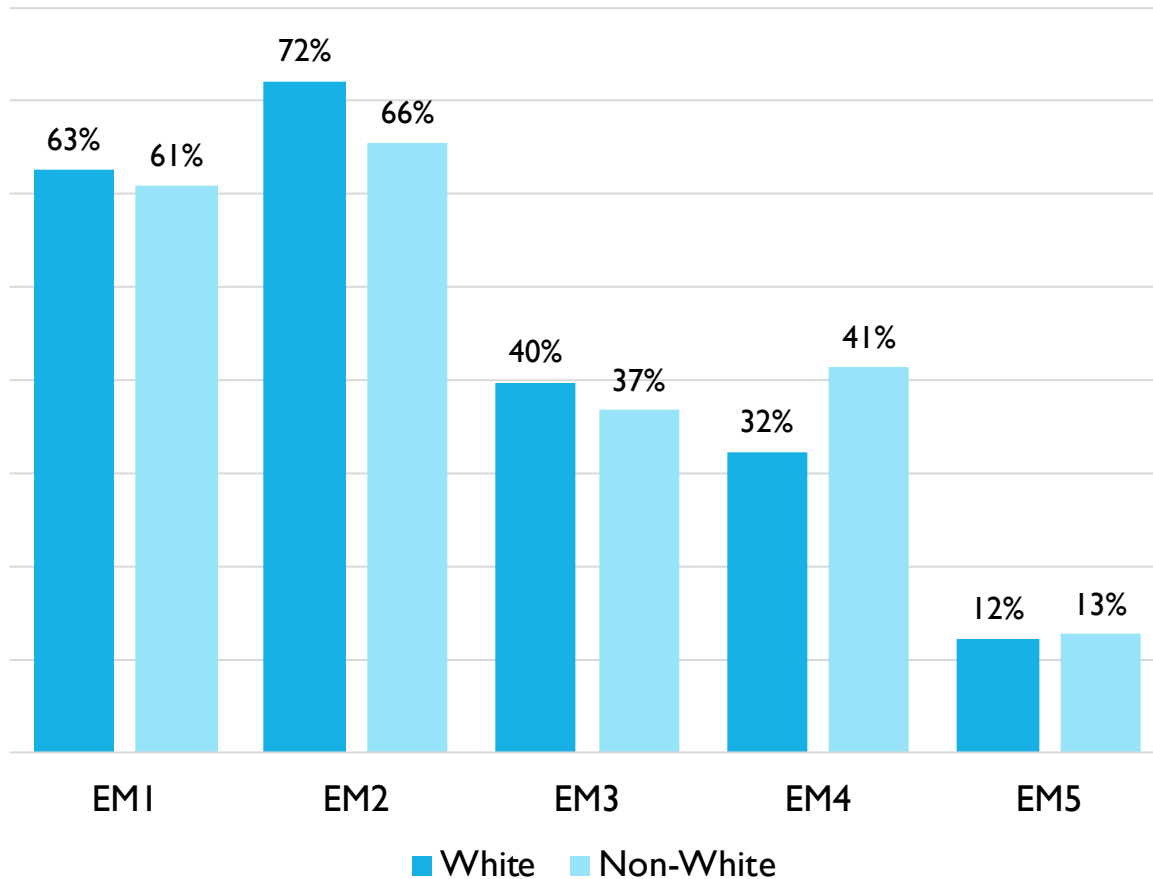


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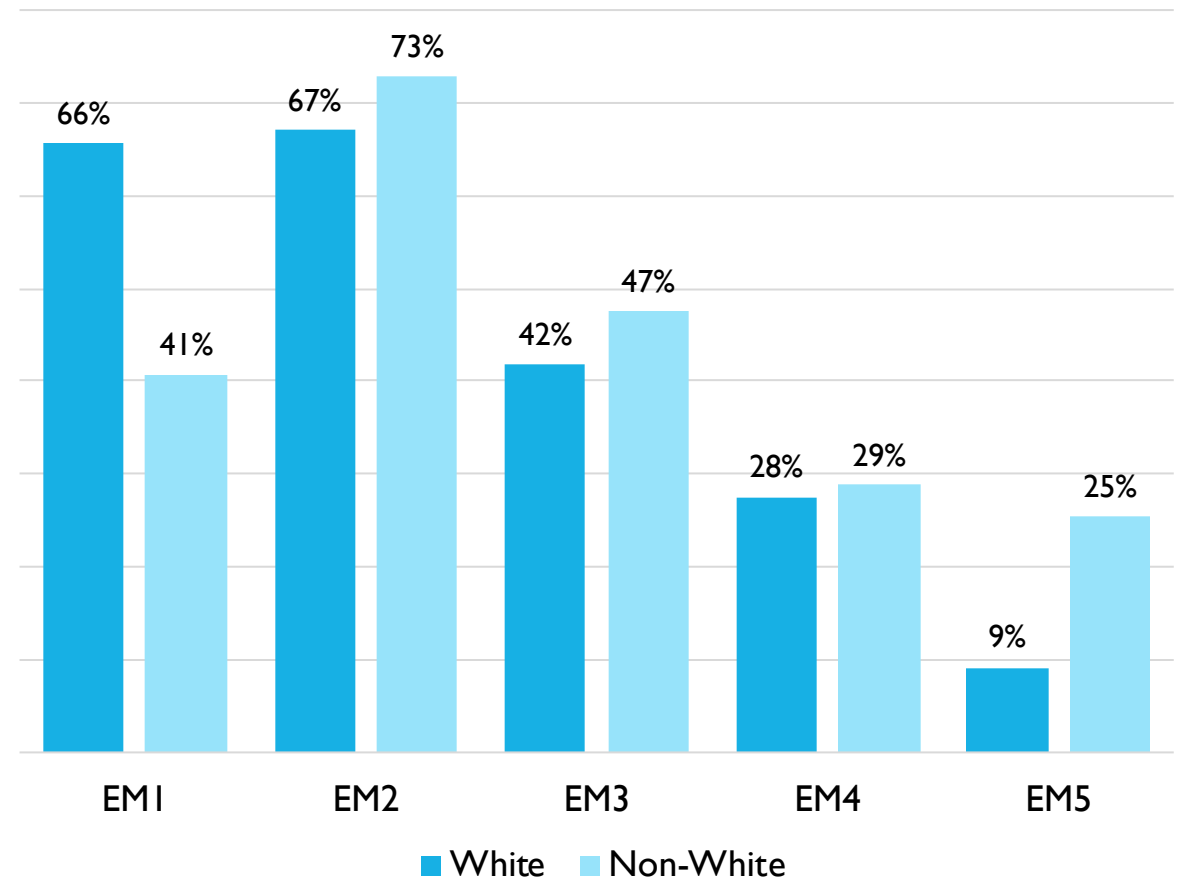


COVID-19 Exposure: Division II Athletes

WOMEN BY RACE



MEN BY RACE



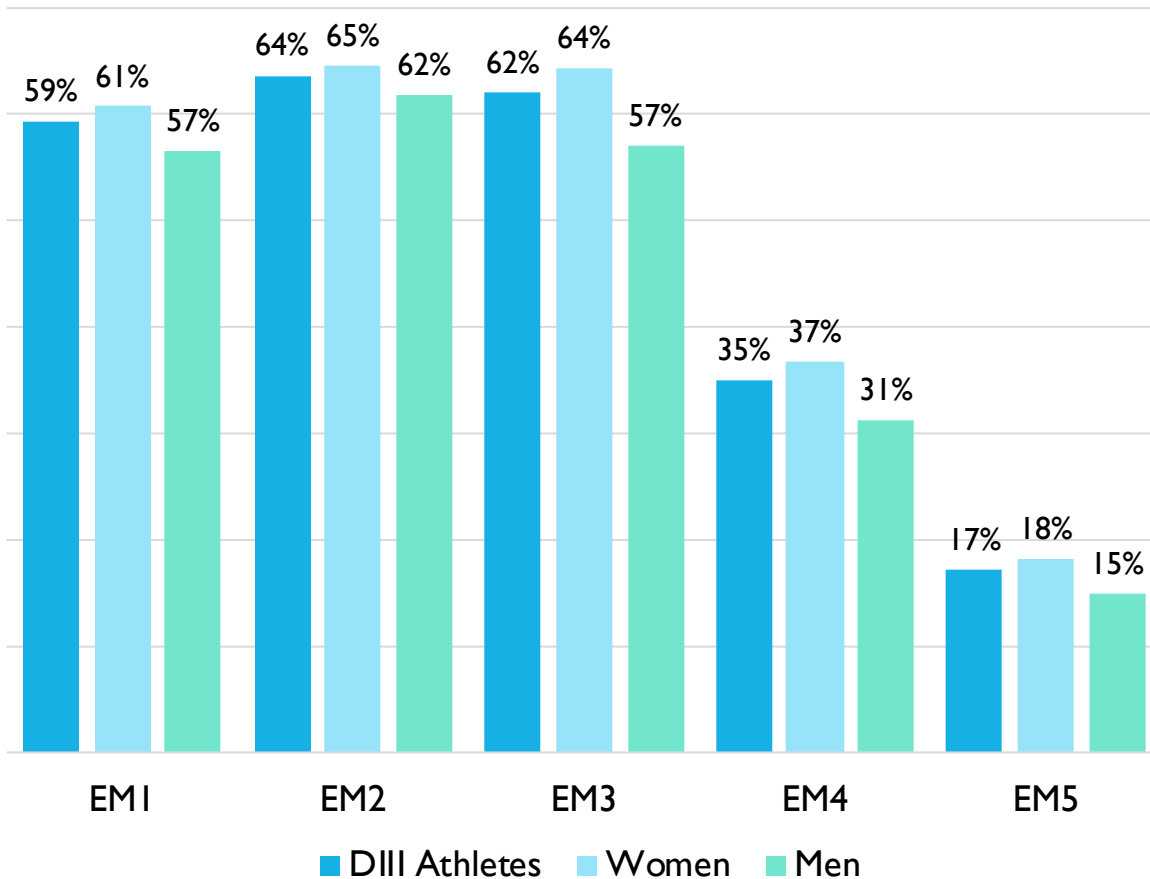


**COVID-19 EXPOSURE:
DIVISION III ATHLETES**

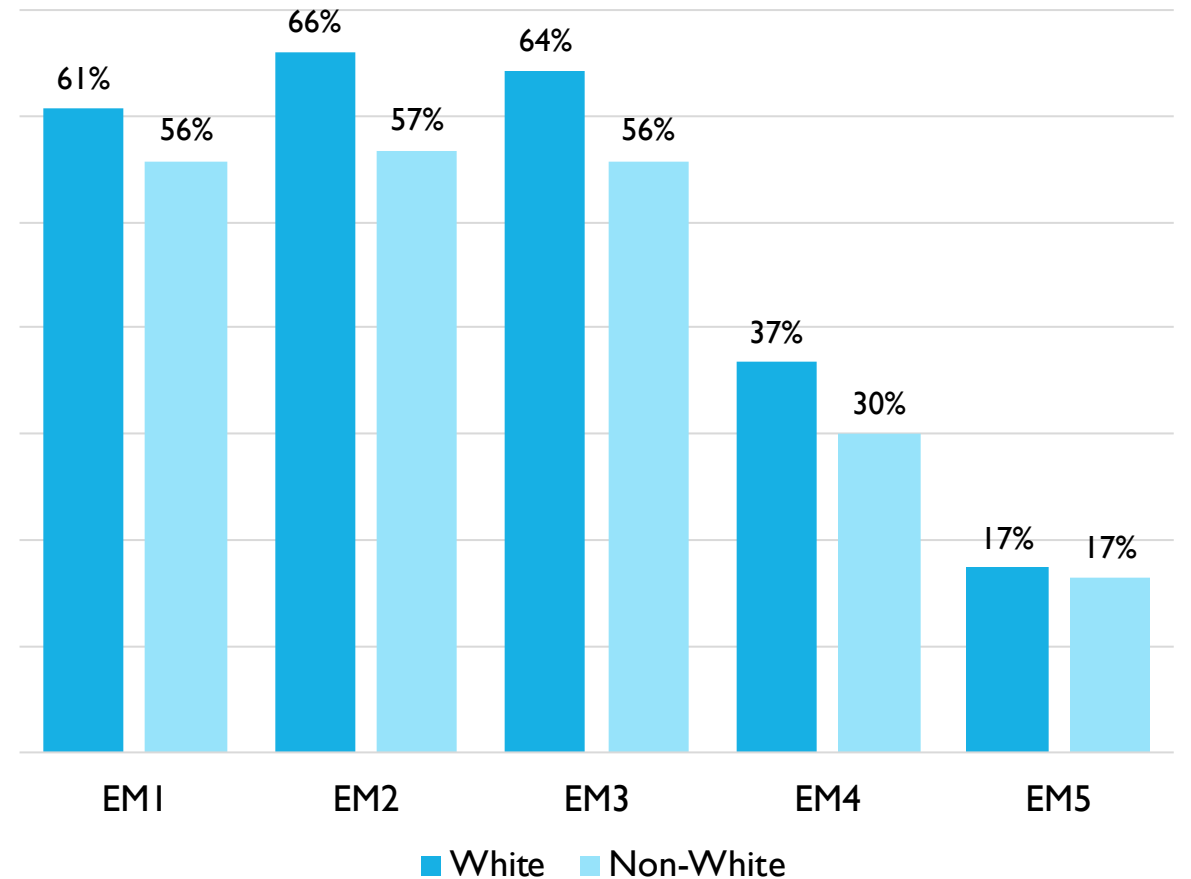


COVID-19 Exposure: Division III Athletes

GENDER

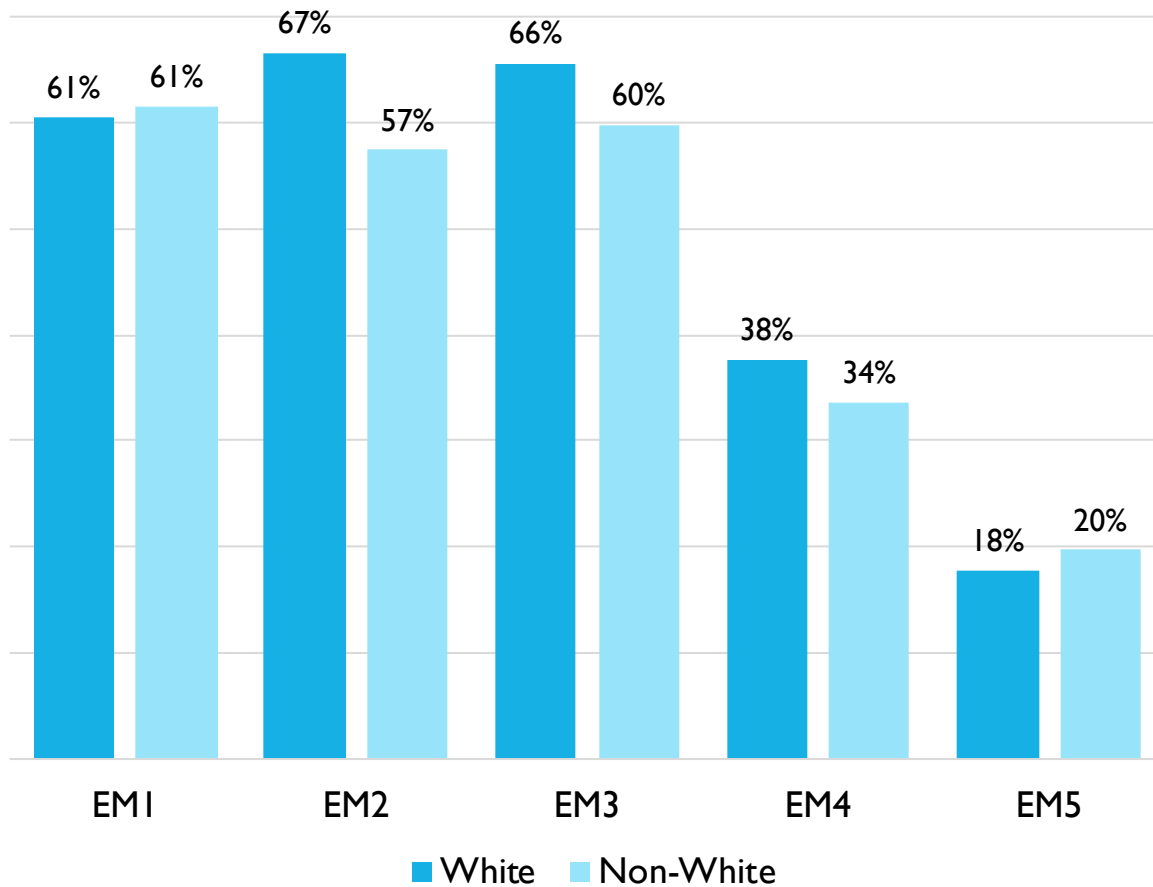


RACE

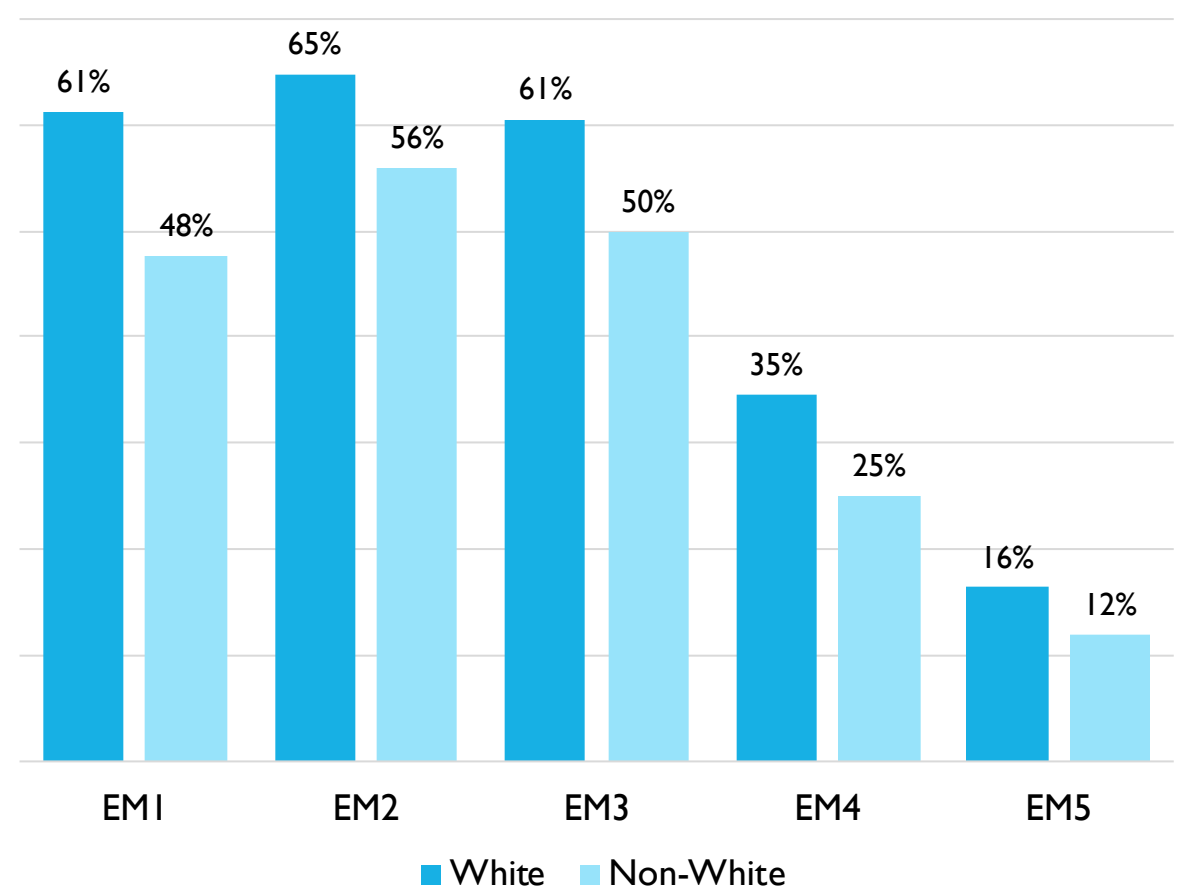


COVID-19 Exposure: Division III Athletes

WOMEN BY RACE



MEN BY RACE





COVID-19 EXPOSURE: CUMULATIVE EVENTS

IMPACT OF COVID-19 ON STUDENT ATHLETE'S HEALTH, PERFORMANCE, AND PSYCHOLOGICAL WELL-BEING

COVID-19 Exposure: Description of Measure

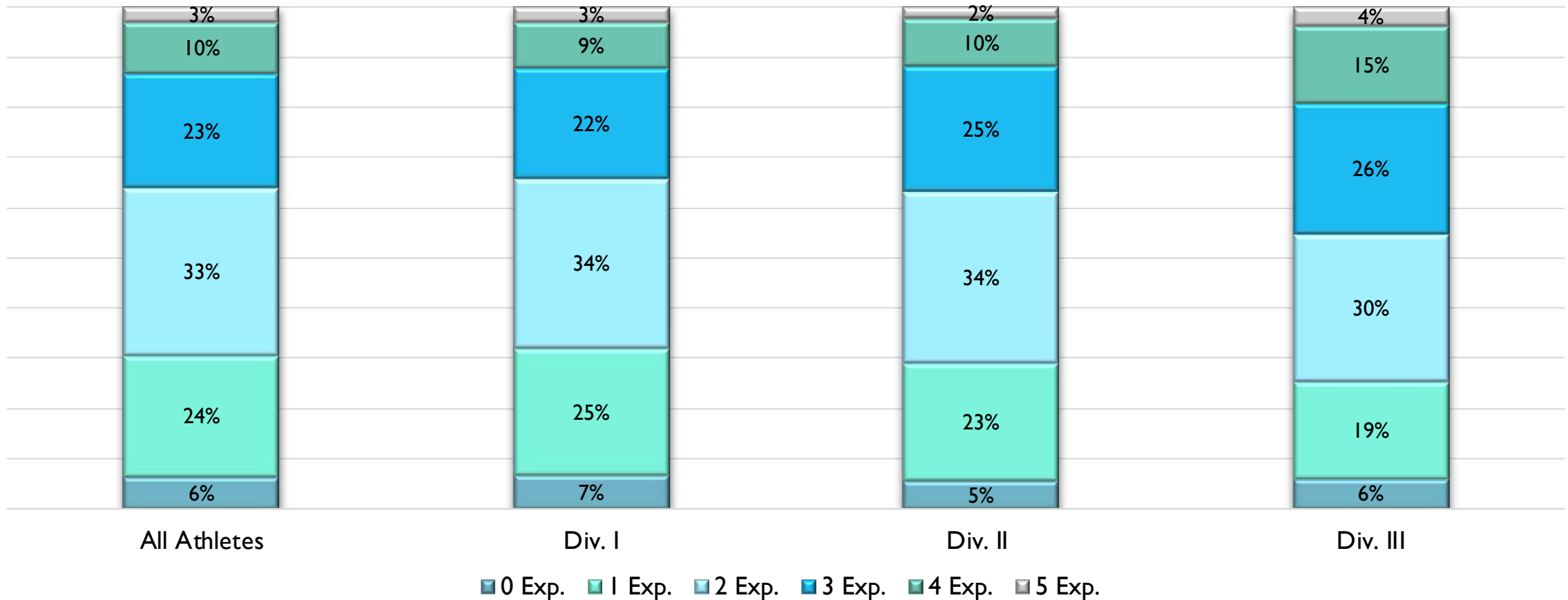
- Data presented in this section reflect the % of athletes who were exposed (cumulatively) to between 0 and 5 of the five COVID-19 Exposure events
- Data are presented in a heat graph such that each portion of the bar graph reflects the % of athletes who experienced the designated number of COVID-19 related events. For example, if the % associated with Exp2 is 25% in the women's bar, it means 25% of the women athletes responded YES to two of the exposure items
- The five exposure events were:
 - EM1 - Was your sport season, including championship, cancelled due to the COVID-19 virus?
 - EM2 - Were you required to leave your campus housing and move in somewhere else due to the virus?
 - EM3 - Do you expect that the changes your school has made in how classes are delivered will negatively affect your academic performance this semester?
 - EM4 - Have you, or someone close to you, been quarantined due to the possibility of having the COVID-19 virus?
 - EM5 - Have you, or someone close to you, been diagnosed with the COVID-19 virus?

COVID-19 Exposure: Summary of Results

- 94% of Athletes had been exposed to ONE or more of the COVID events
- 36% of the Athletes had been exposed to THREE or more of the COVID events
- There was little variability in cumulative COVID exposure across Athlete Gender and Race

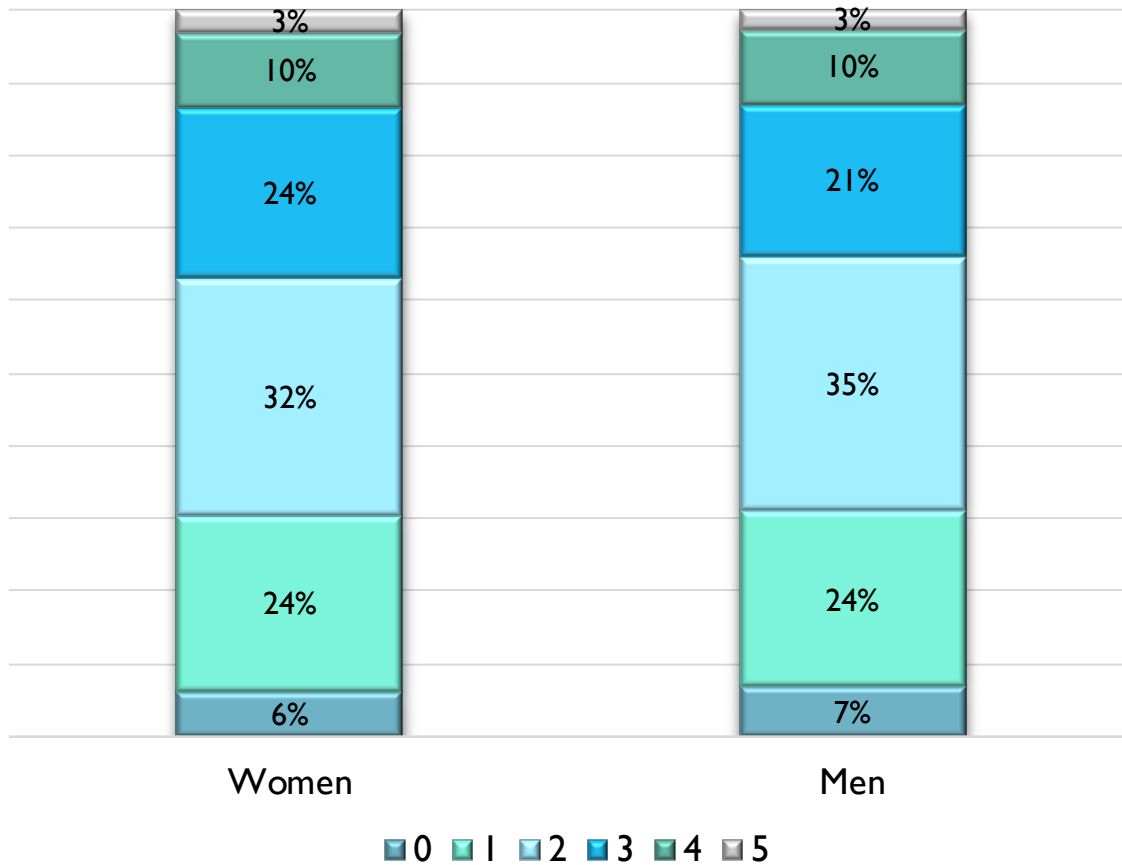
COVID-19 Exposure: All Athletes

DIVISION

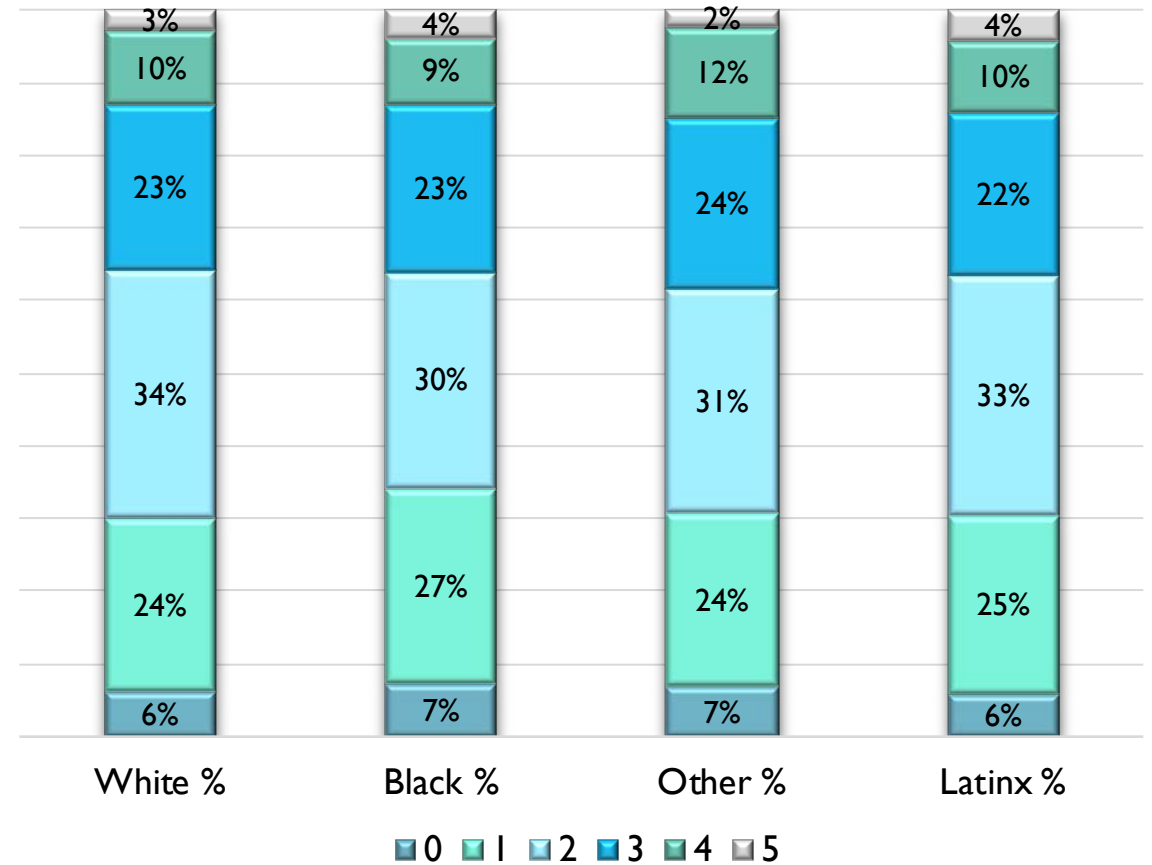


COVID-19 Exposure: All Athletes

GENDER

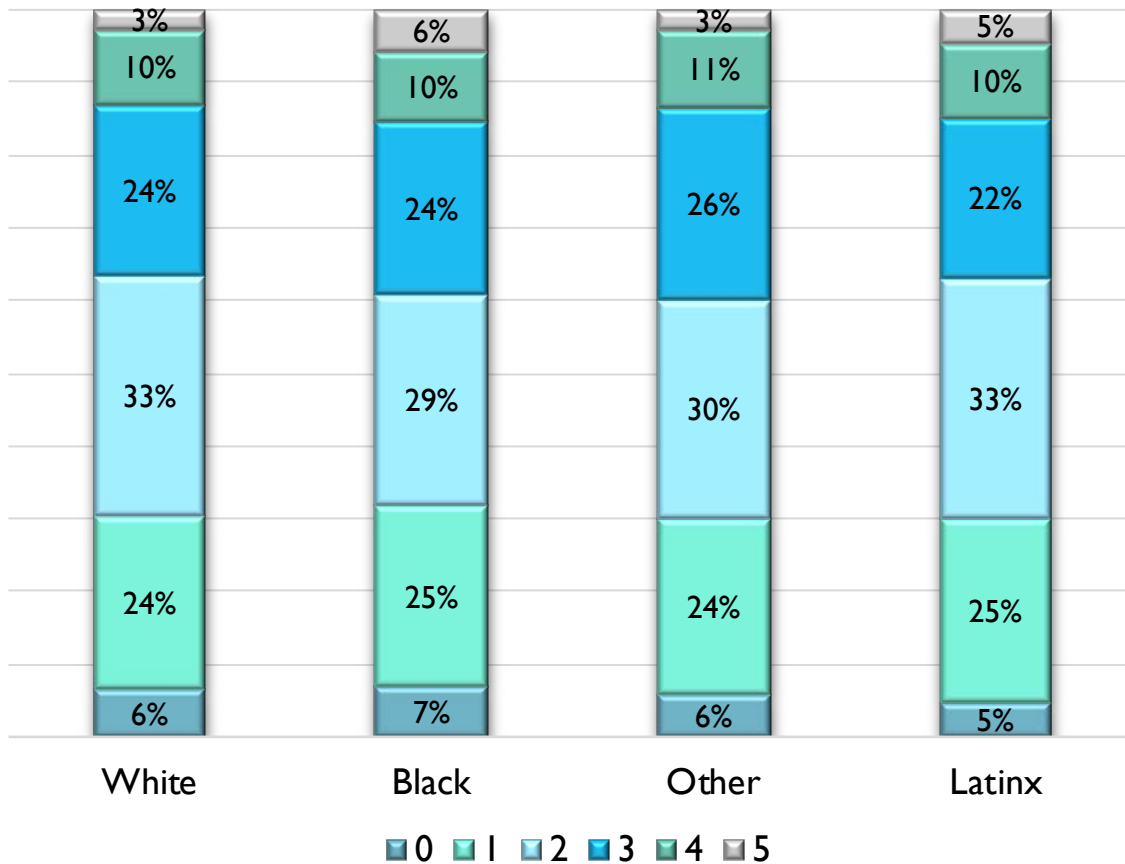


RACE

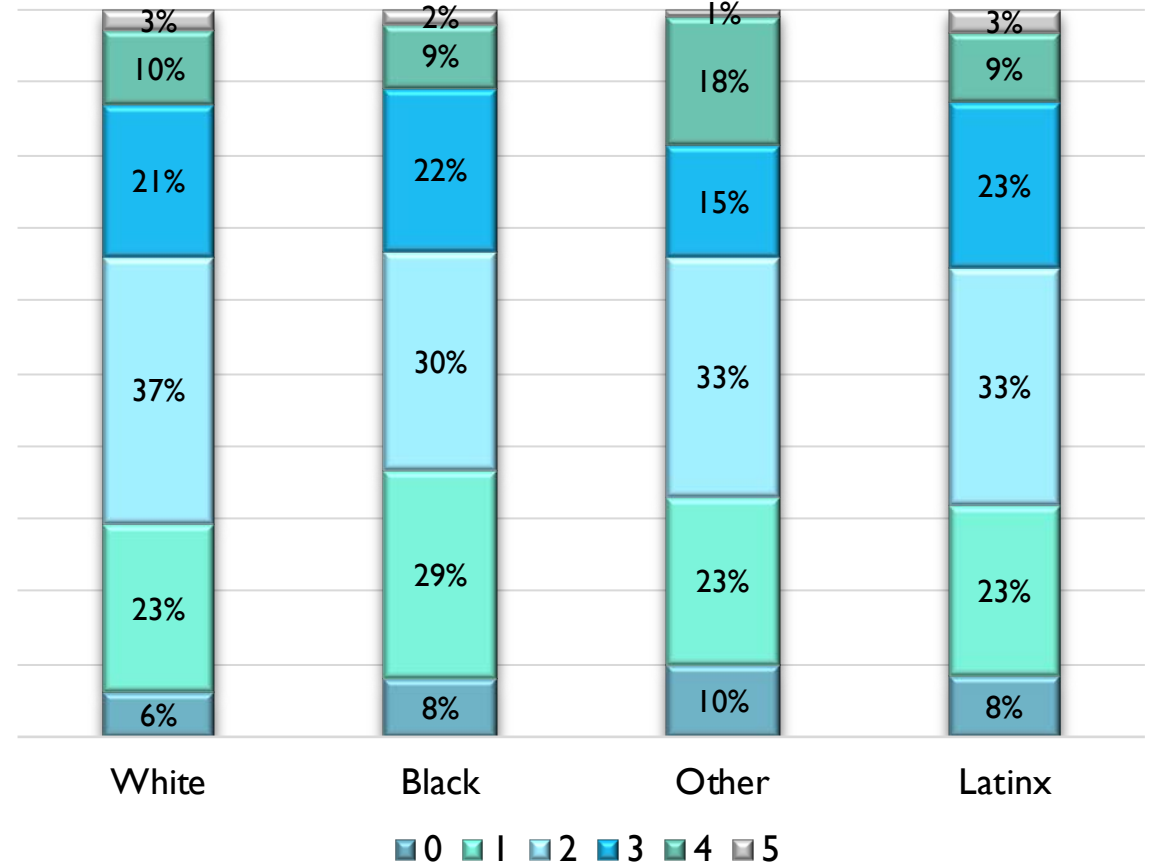


COVID-19 Exposure: All Athletes

WOMEN BY RACE



MEN BY RACE



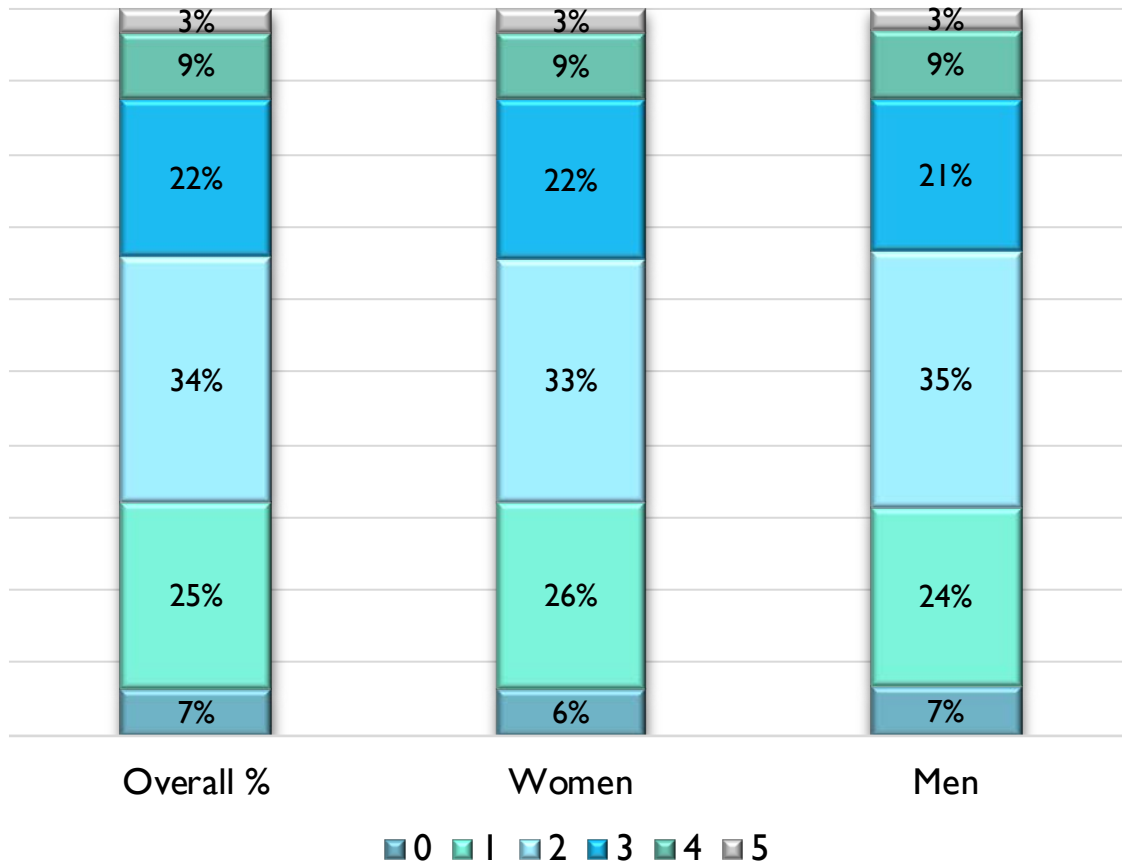


**COVID-19 EXPOSURE:
DIVISION I ATHLETES**

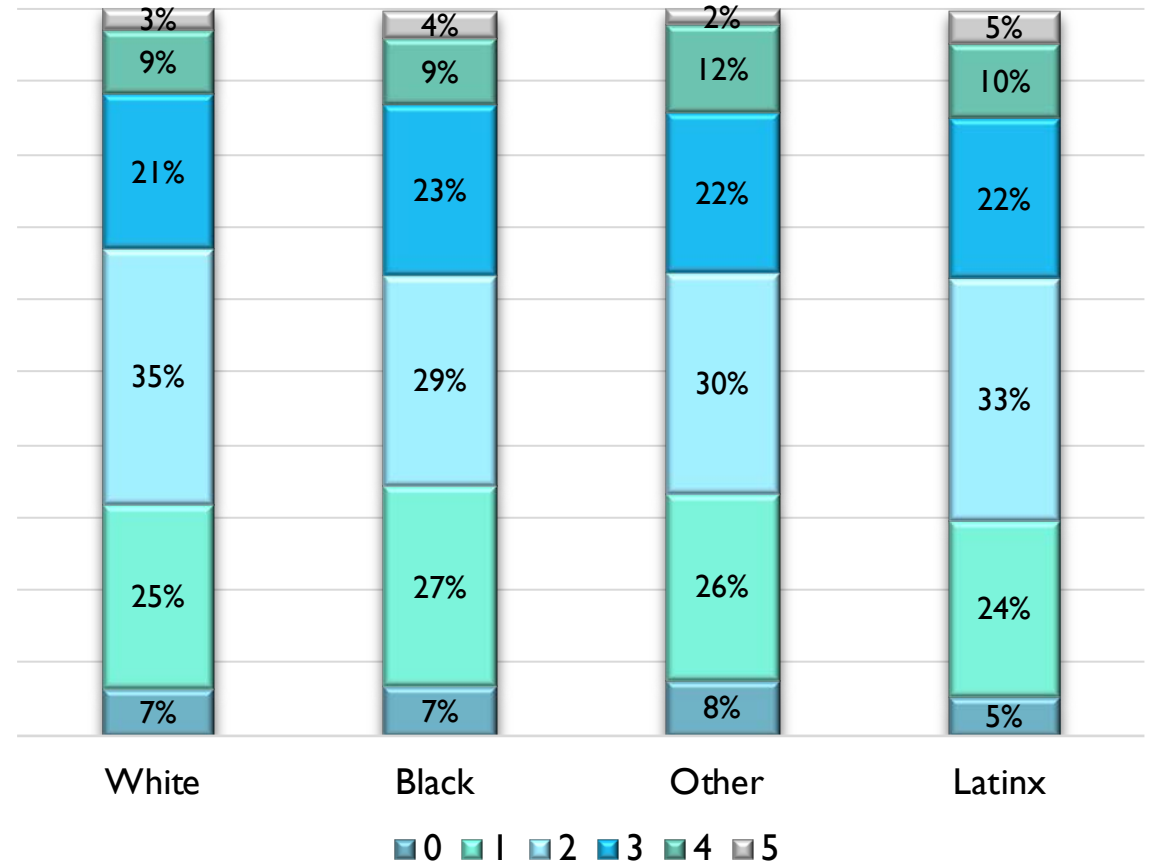


COVID-19 Exposure: Division I Athletes

GENDER

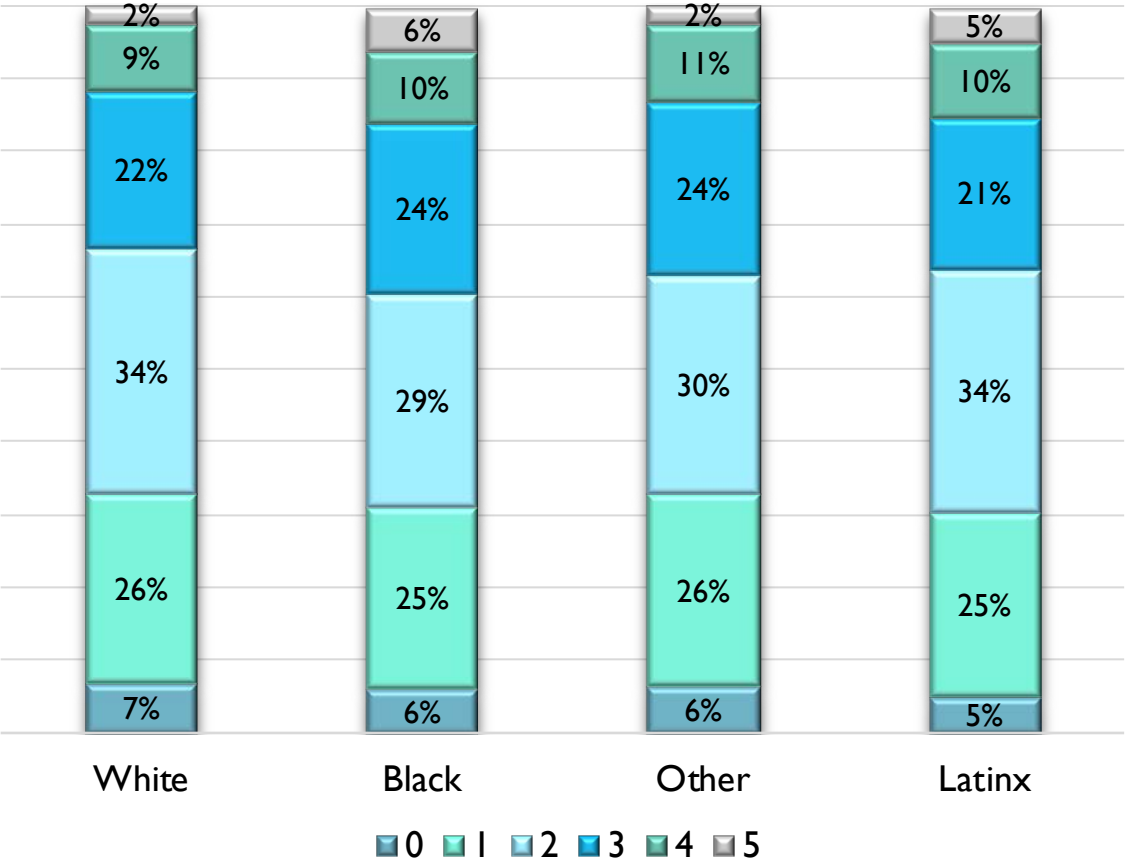


RACE

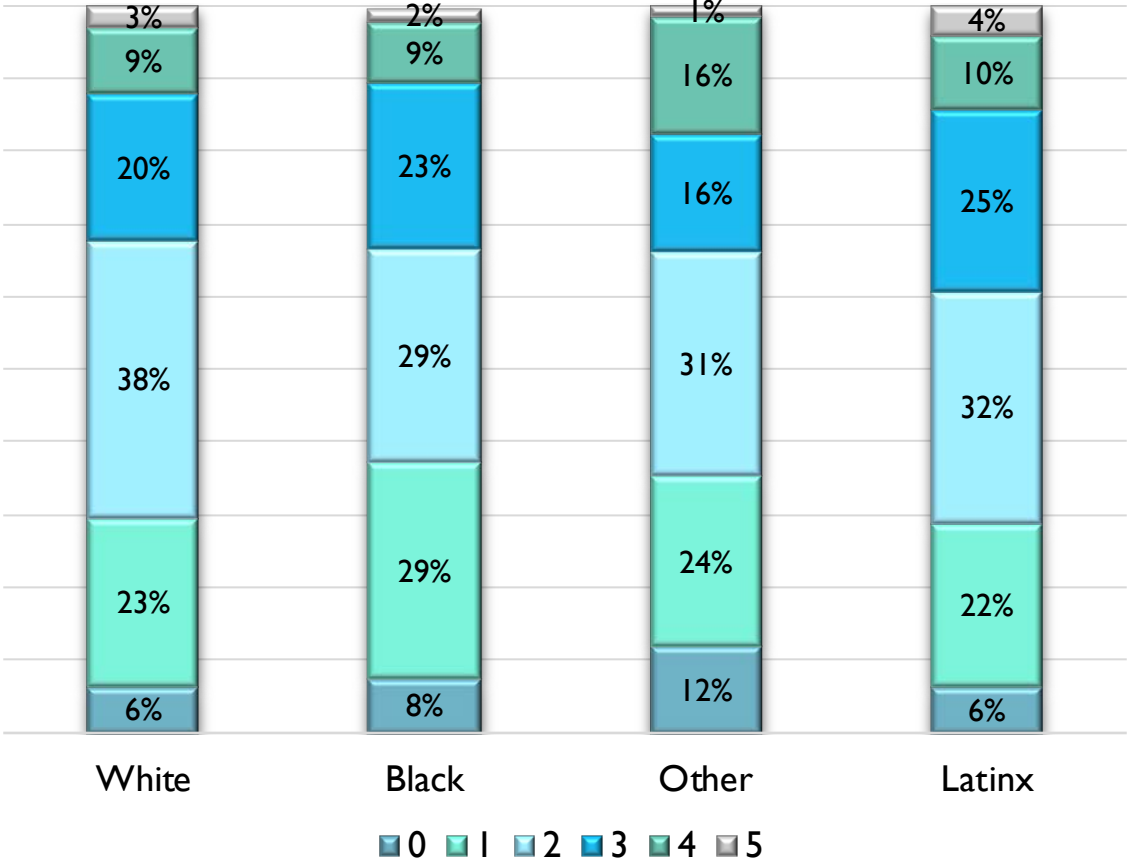


COVID-19 Exposure: Division I Athletes

WOMEN BY RACE



MEN BY RACE



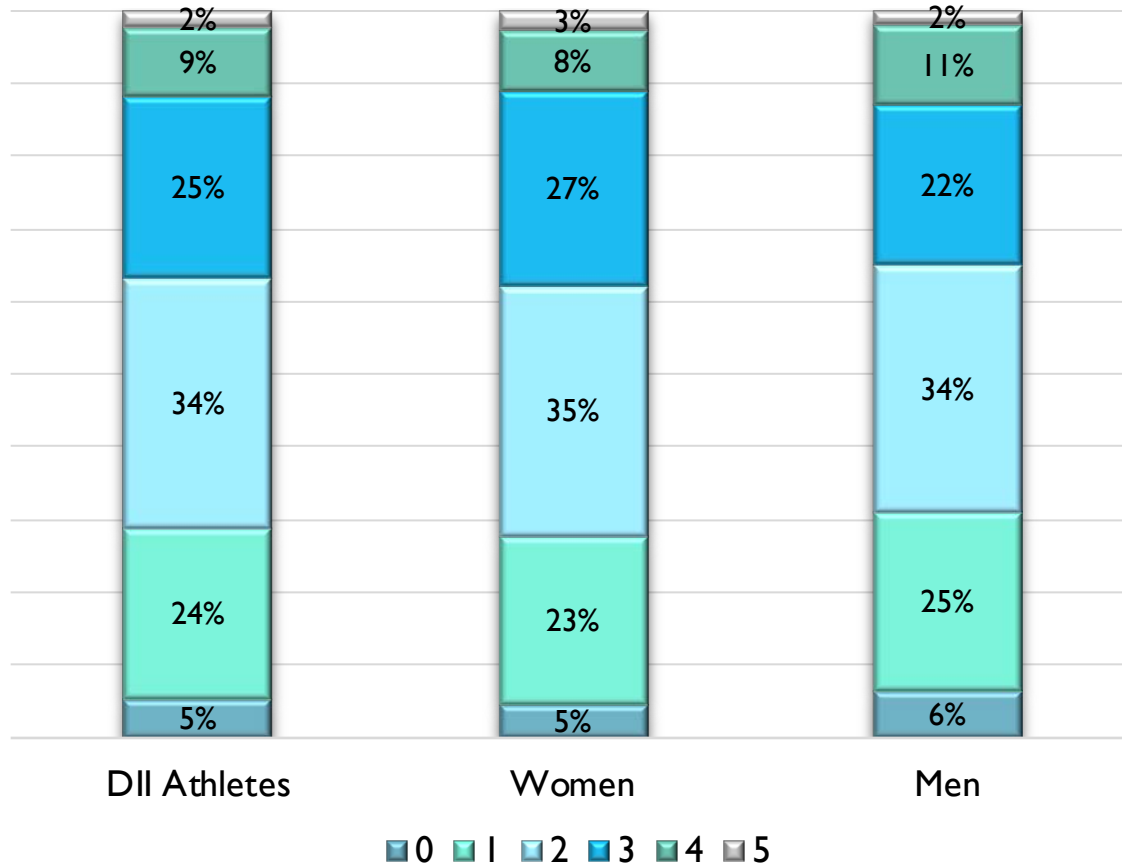


COVID-19 EXPOSURE:
DIVISION II ATHLETES

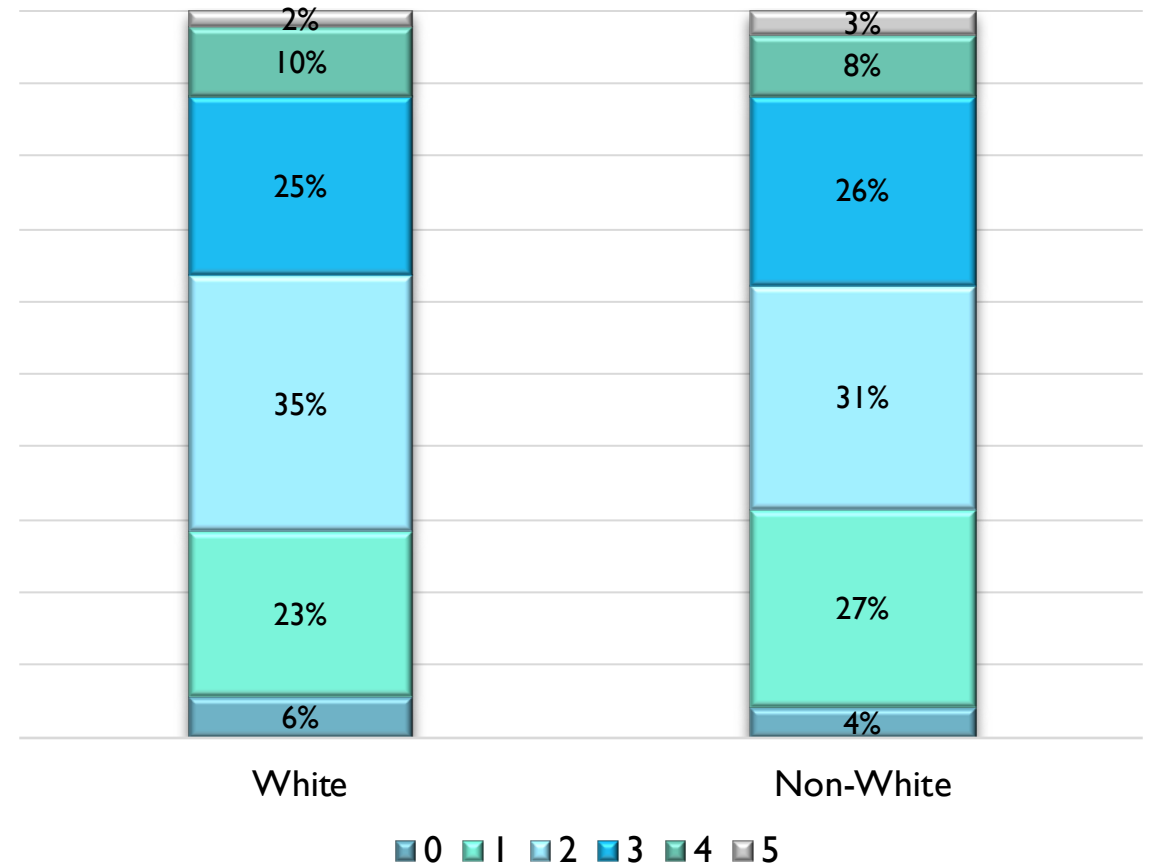


COVID-19 Exposure: Division II Athletes

GENDER

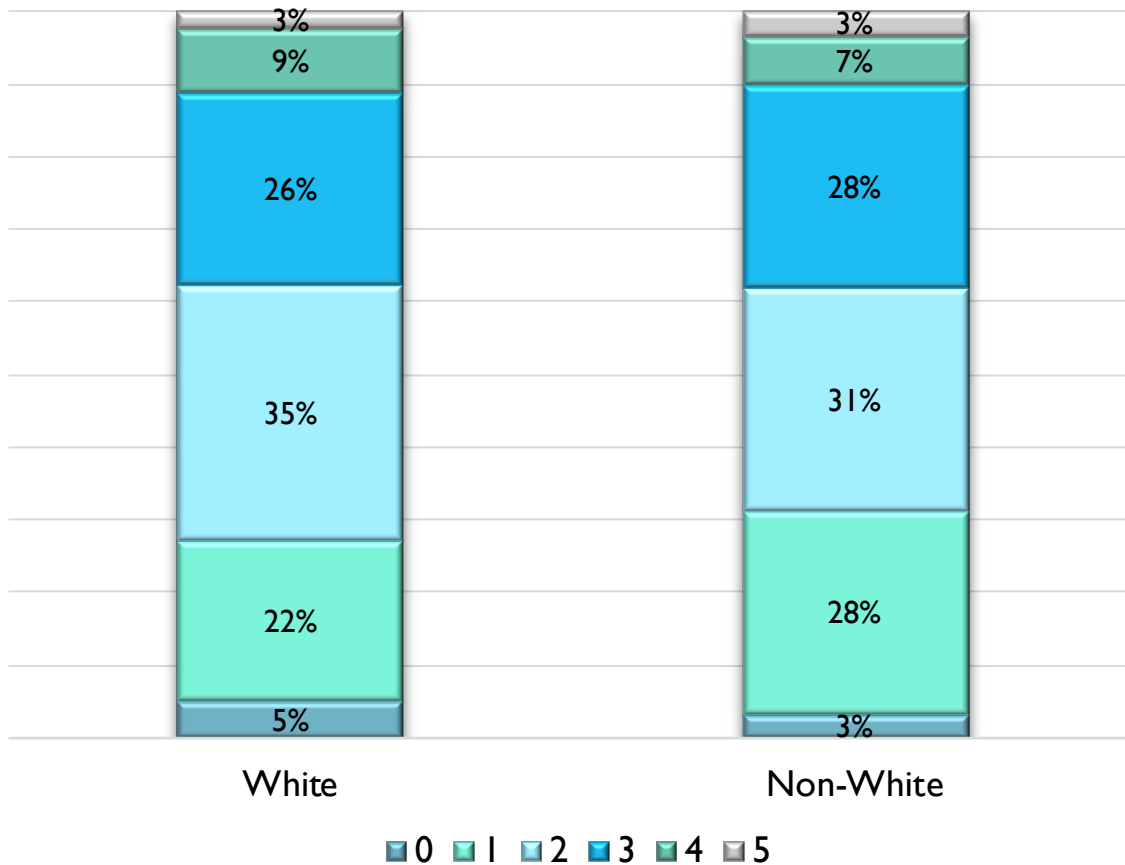


RACE



COVID-19 Exposure: Division II Athletes

WOMEN BY RACE



MEN BY RACE



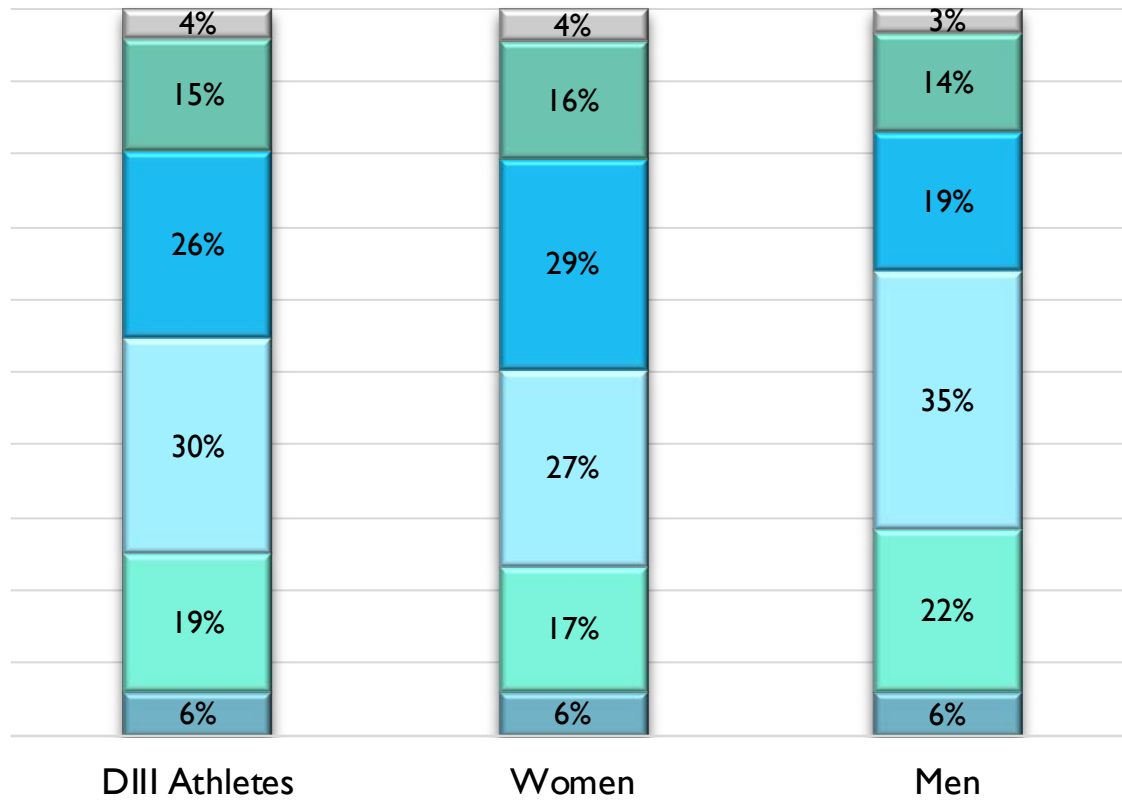


**COVID-19 EXPOSURE:
DIVISION III ATHLETES**

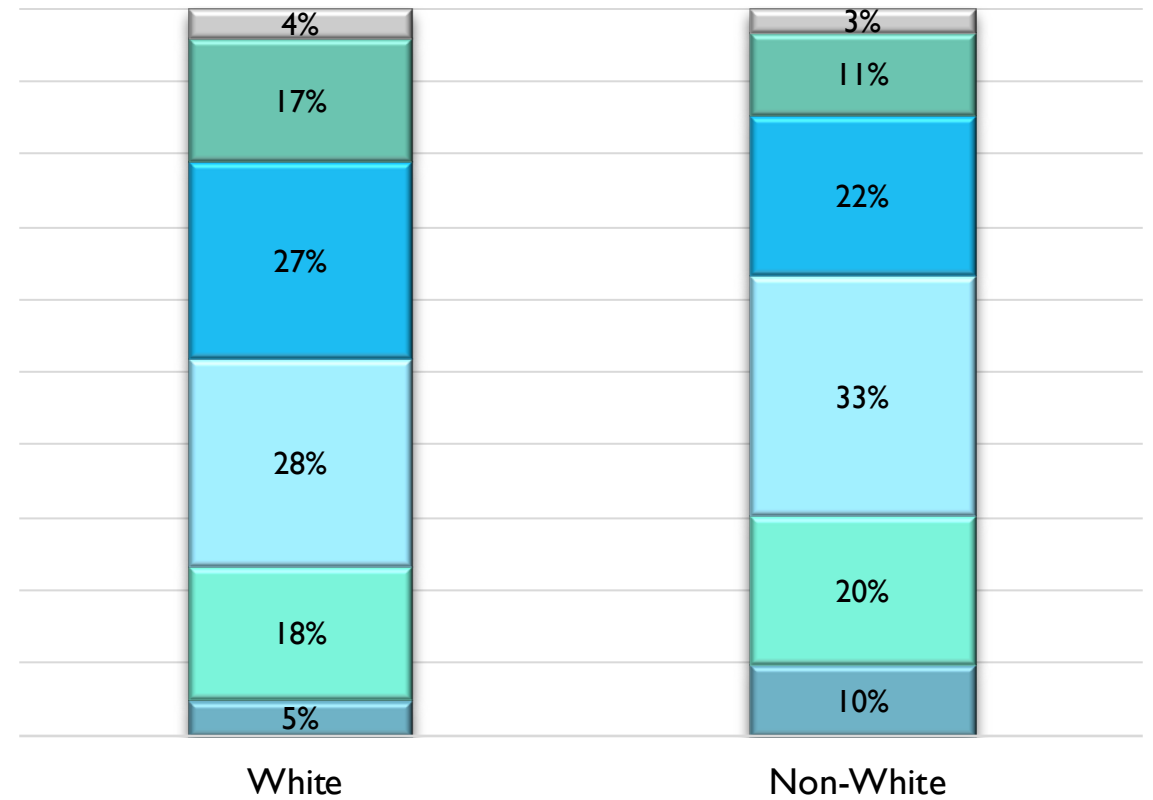


COVID-19 Exposure: Division III Athletes

GENDER



RACE

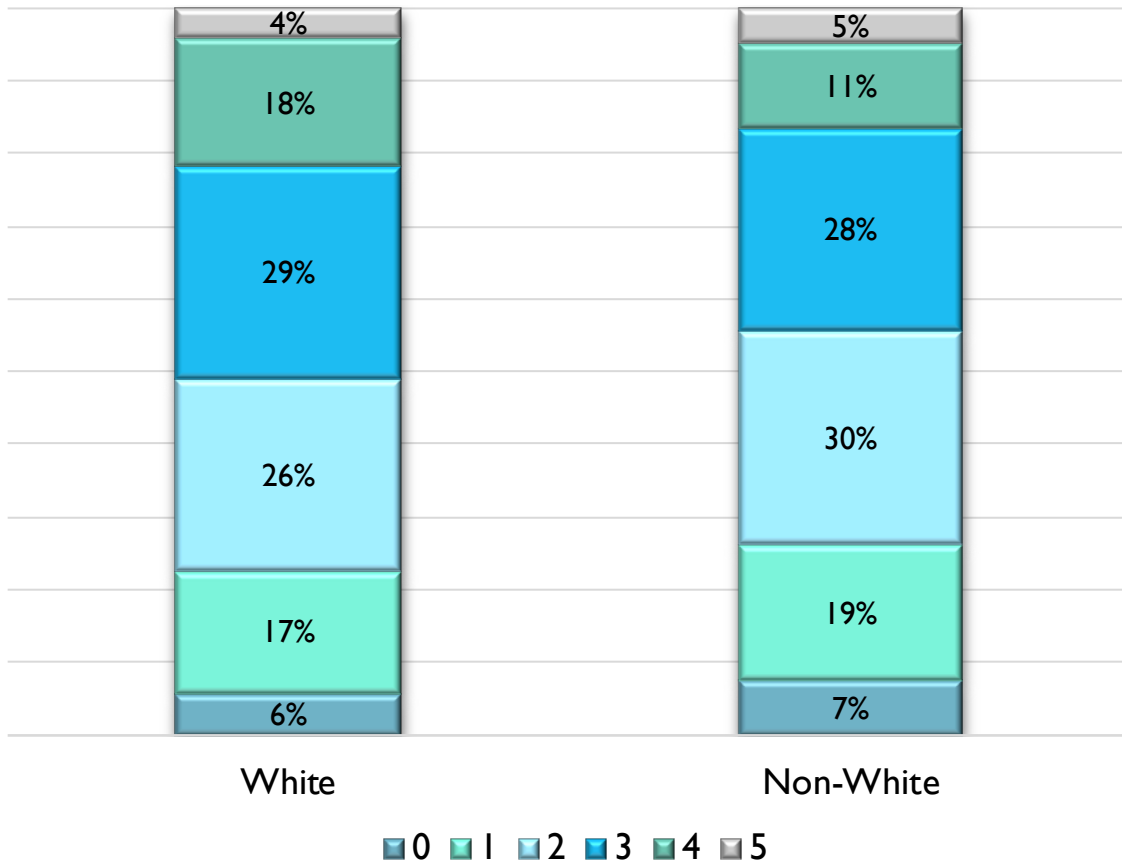


0 1 2 3 4 5

0 1 2 3 4 5

COVID-19 Exposure: Division III Athletes

WOMEN BY RACE



MEN BY RACE



A female golfer is shown in profile, crouching on a golf course. She is wearing a green short-sleeved shirt, a white visor, and white athletic shoes. Her hair is pulled back in a ponytail. She is looking down at a golf club that is on the ground. The background is a blurred green field with some trees in the distance. The overall tone of the image is somewhat somber, with a dark overlay.

DEPRESSION

IMPACT OF COVID-19 ON STUDENT ATHLETE'S HEALTH, PERFORMANCE, AND PSYCHOLOGICAL WELL-BEING

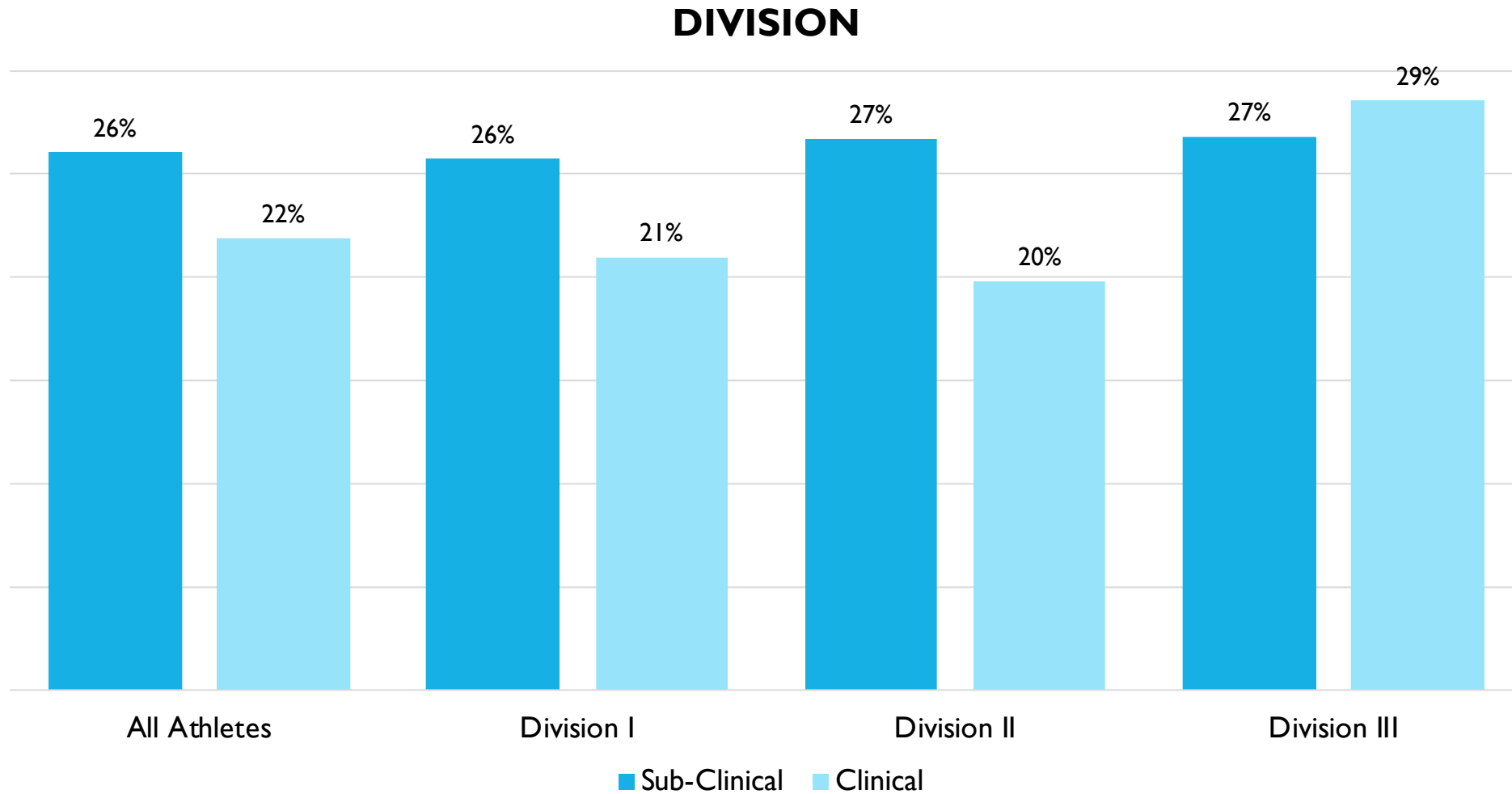
Depression: Description of Measure

- Athletes completed the 2-item Patient Health Questionnaire-2 (PHQ-2), which is based on the original PHQ-9, a widely used instrument to screen for depression risk
- The following cut-off scores were used to determine the athletes' current level of risk for depression:
 - A. None to slight risk = 0 to 1
 - B. Subclinical level = 2
 - C. Clinical level = 3 and above
- Data presented in the bar graphs reflect the % of athletes who were classified as either “subclinical” or “clinical” in their level of depression

Depression: Summary of Results

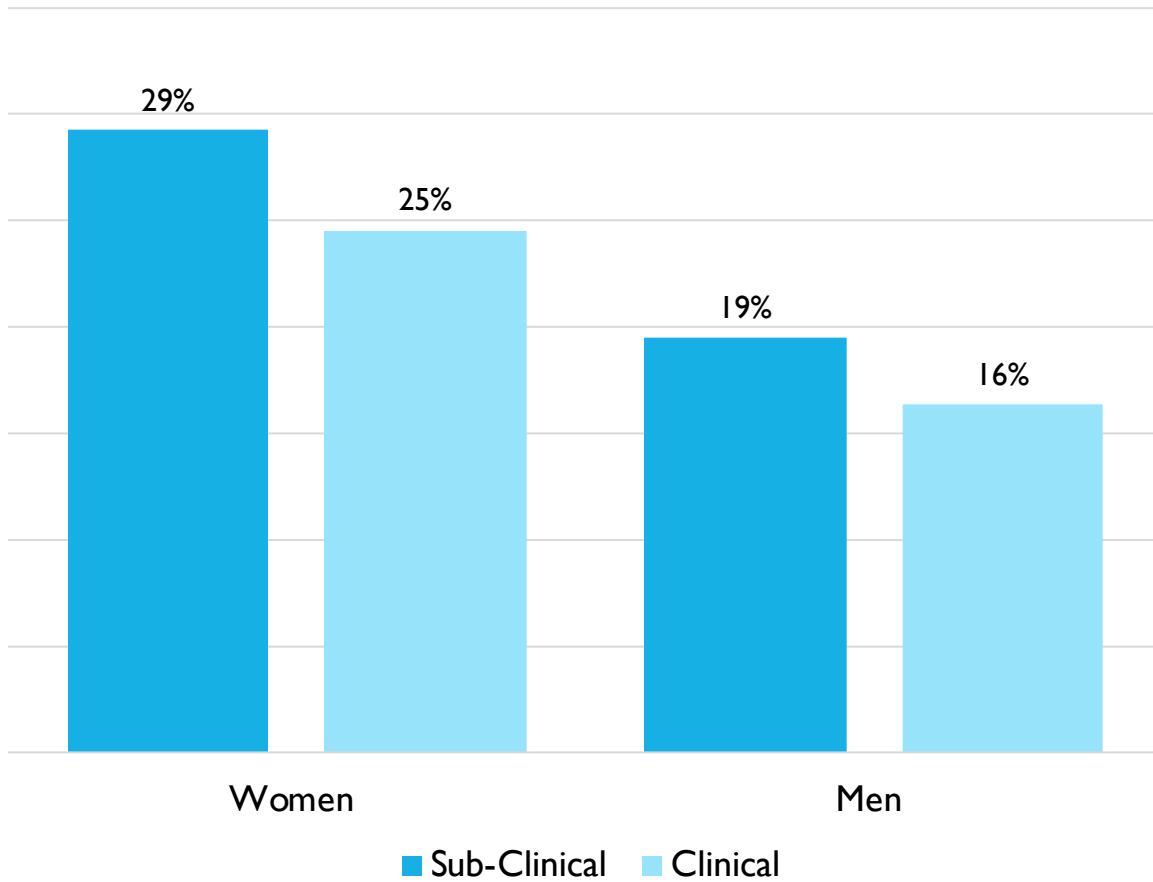
- Just over half of the all Athletes reported no risk of depression
- However, 26% scored at the subclinical, and 22% at the clinical level
- Women were approximately 1.5 times more likely to report symptoms at a subclinical or clinical level compared to the Men
- A slightly greater % of Black Athletes were likely to report having no risk of depression compared to any other racial group

Depression: All Athletes

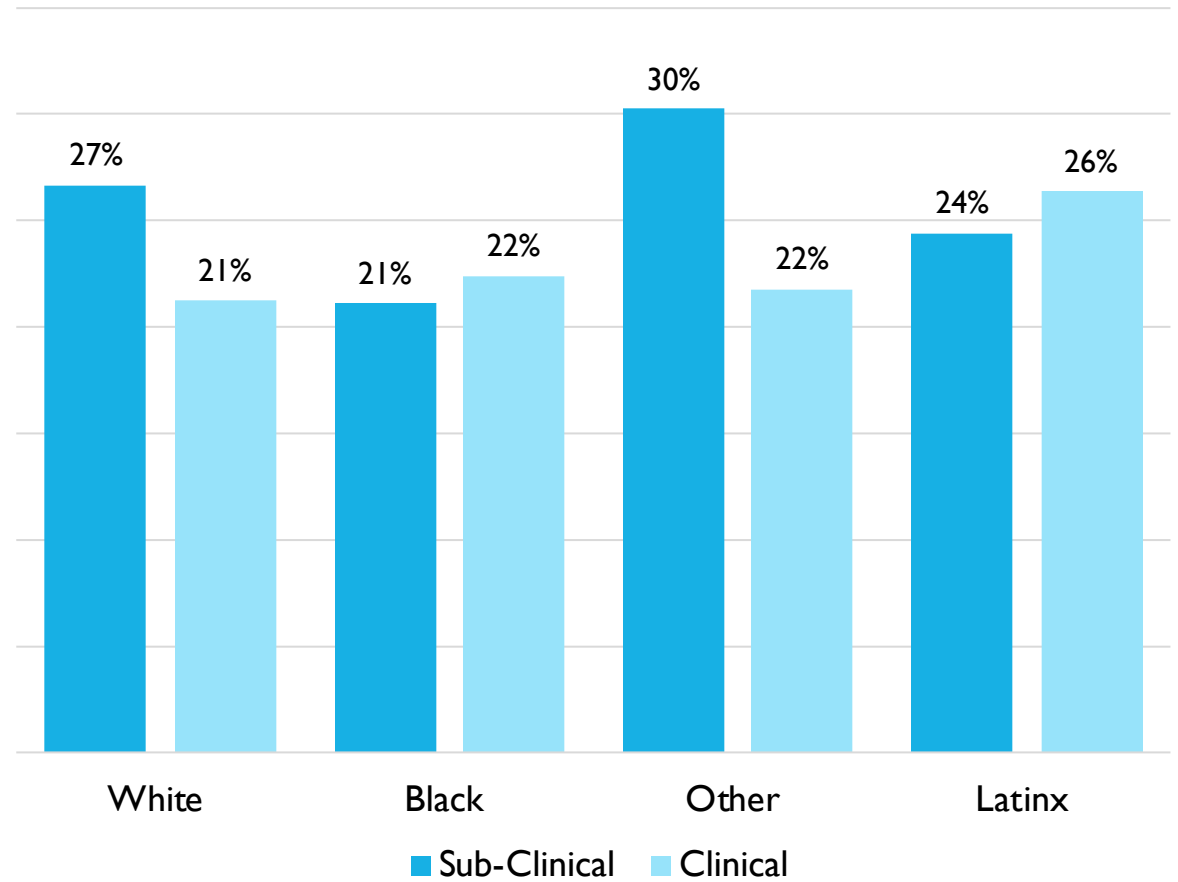


Depression: All Athletes

GENDER

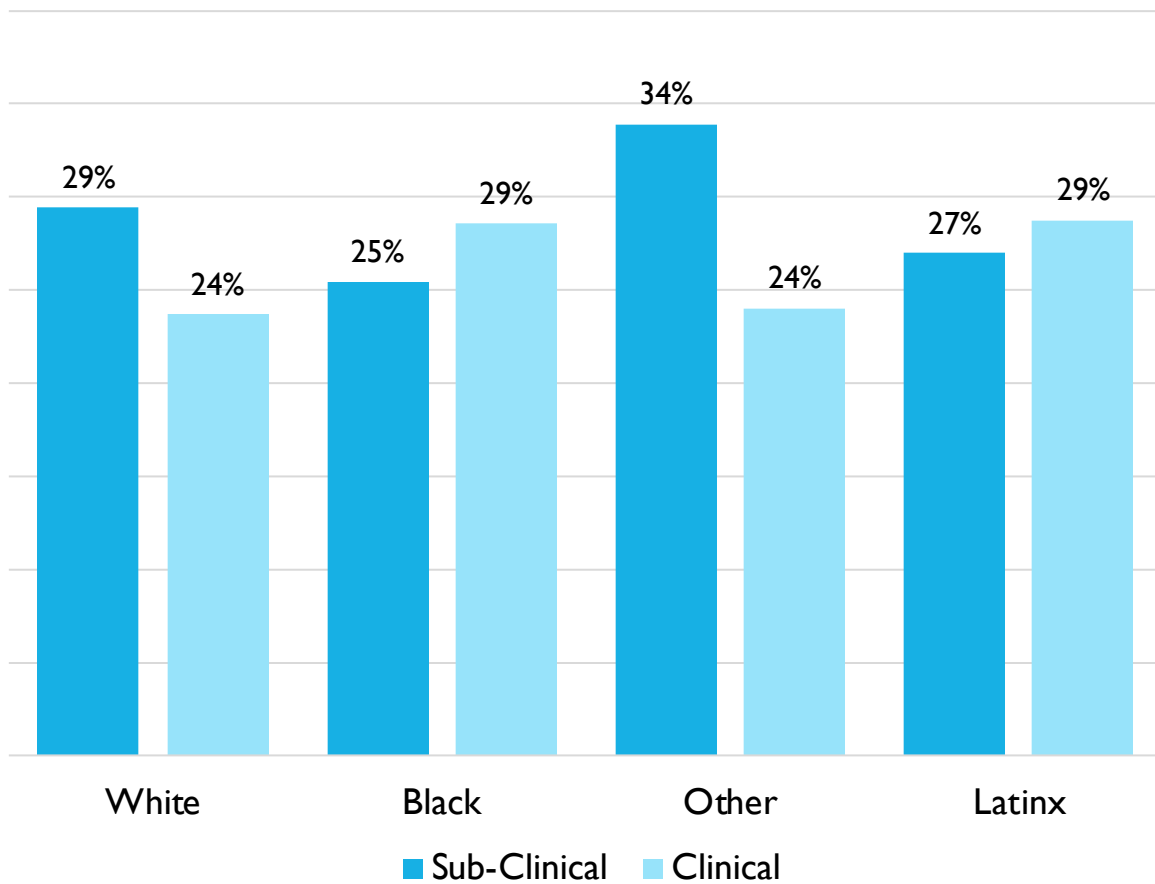


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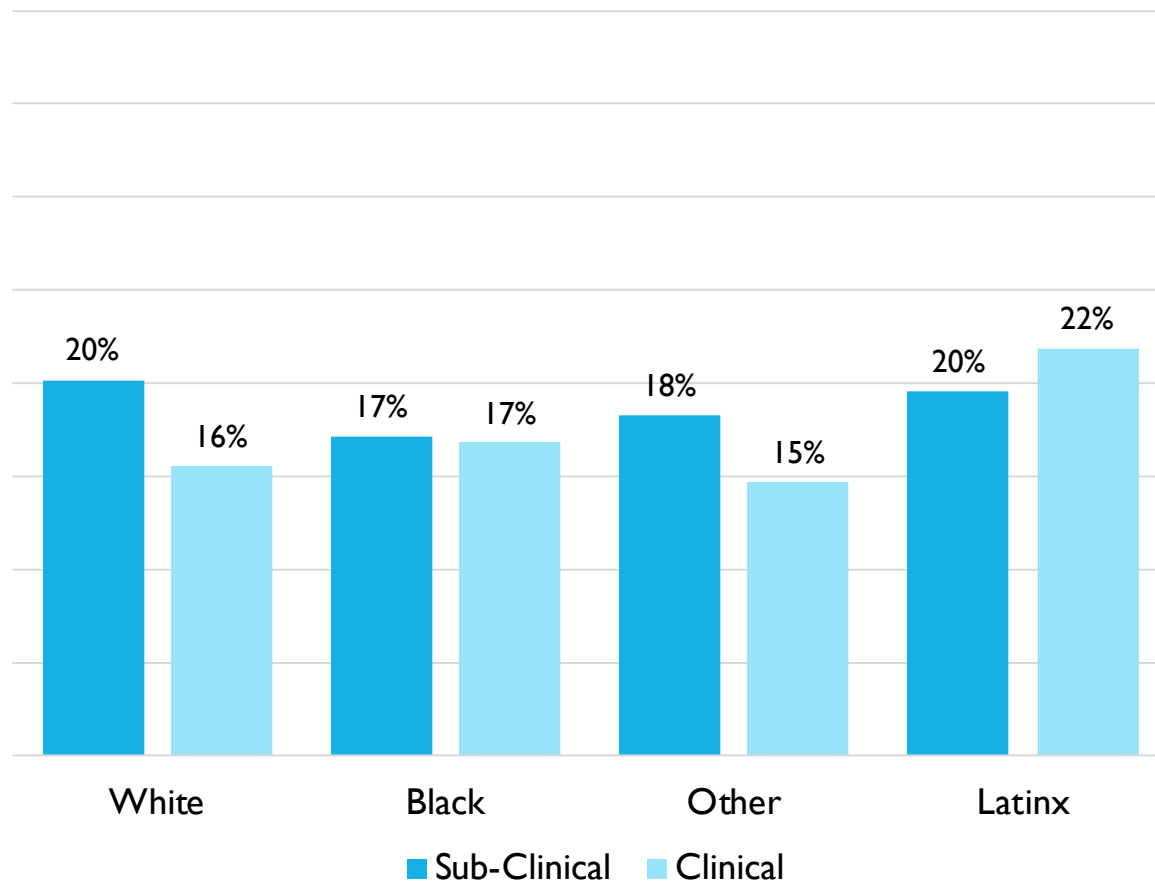


Depression: All Athletes

WOMEN BY RACE



MEN BY RACE



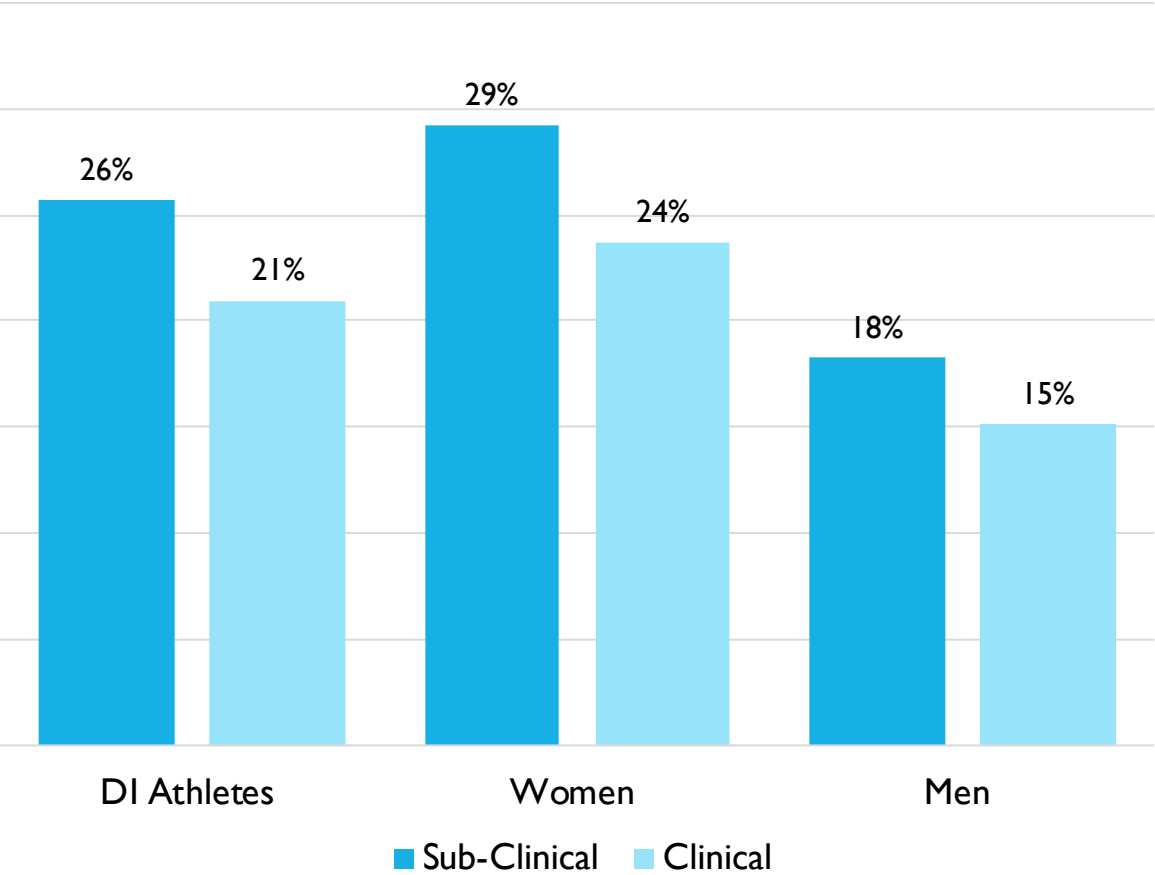


DEPRESSION:
DIVISION I ATHLETES

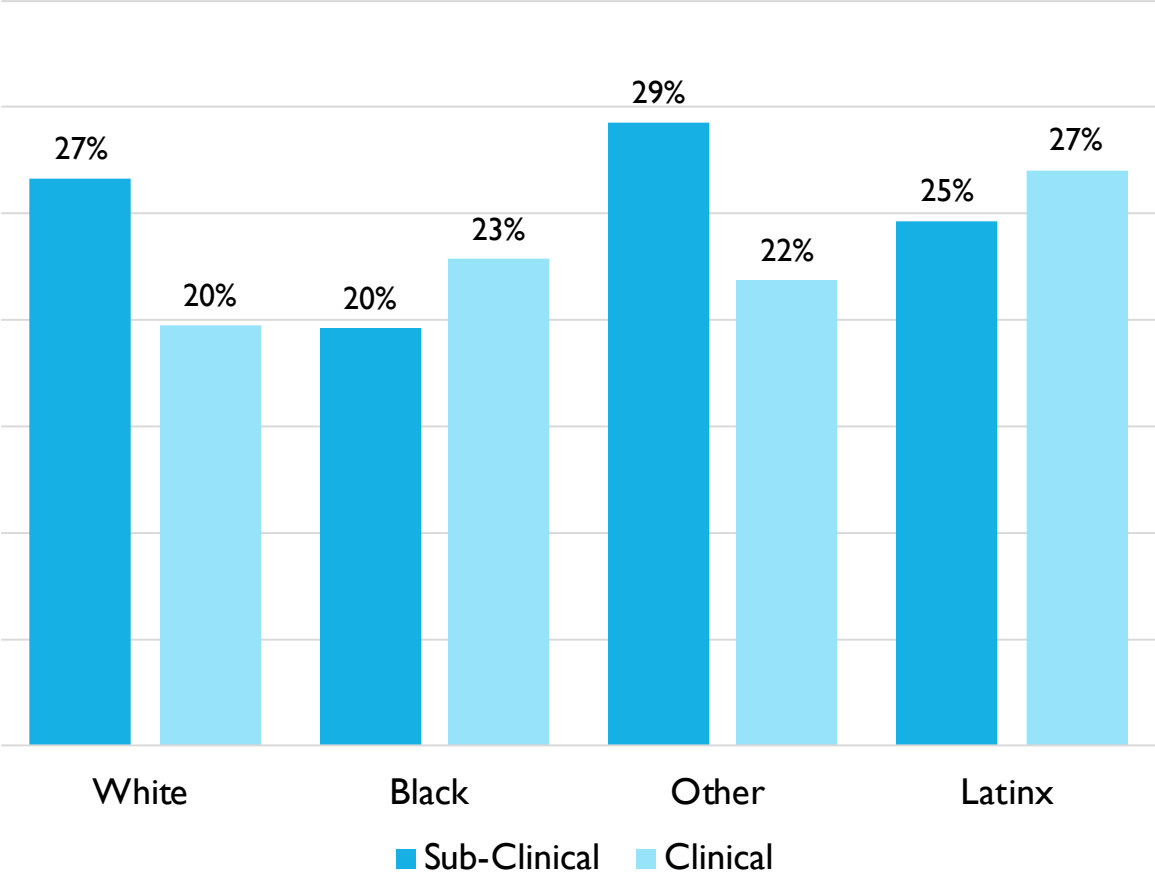


Depression: Division I Athletes

GENDER

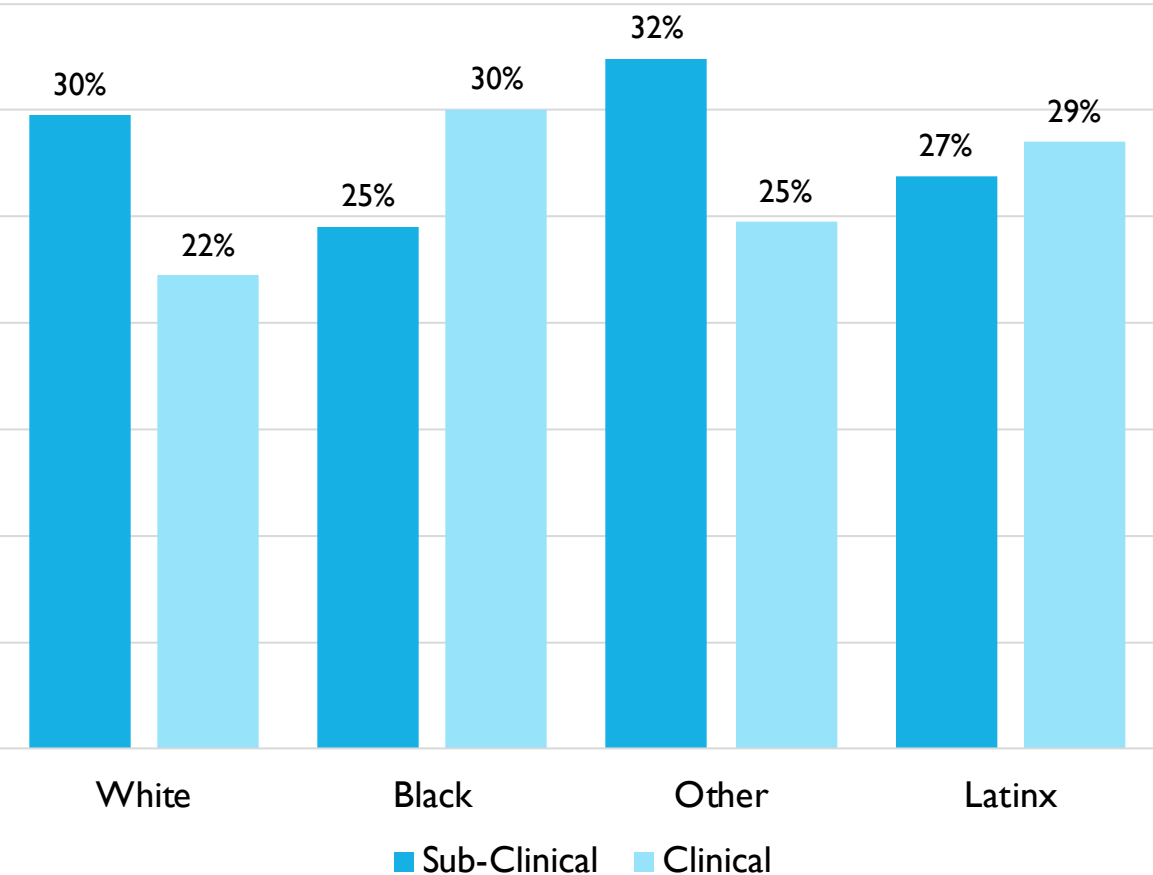


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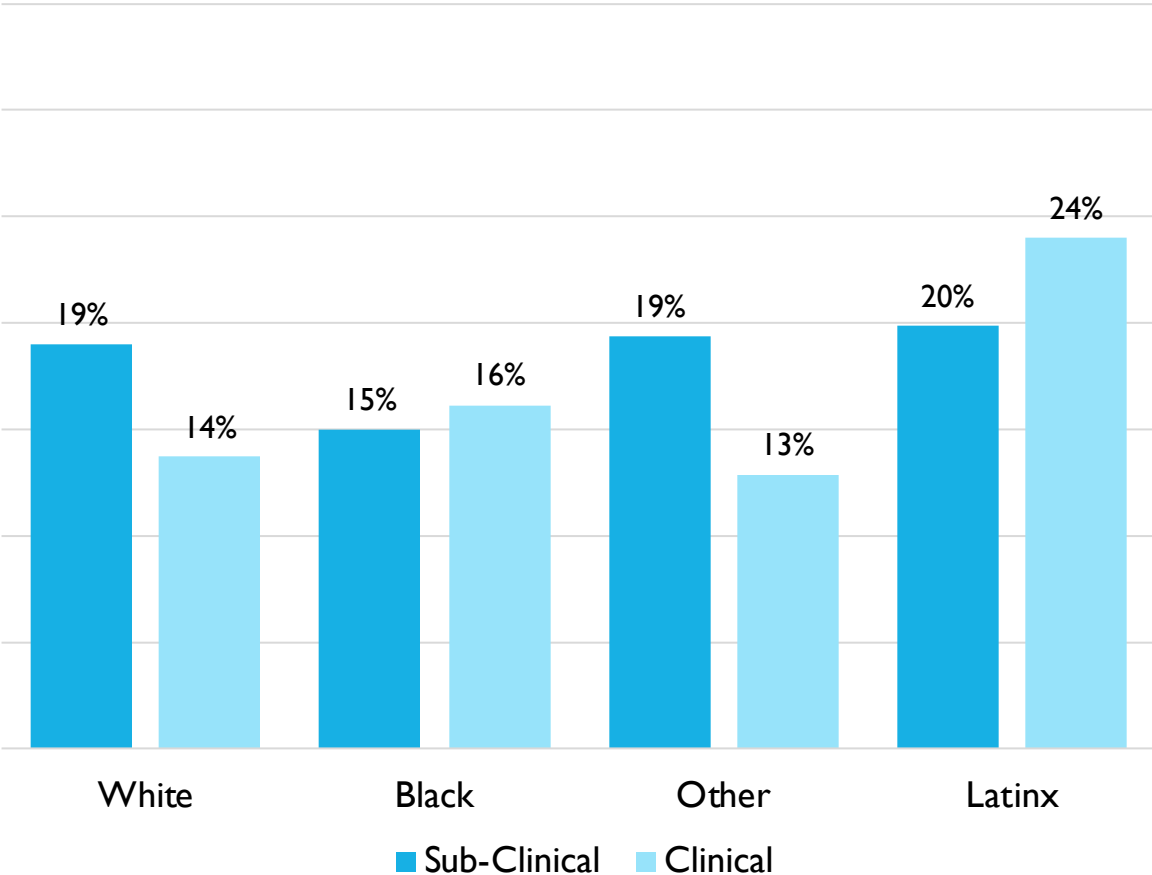


Depression: Division I Athletes

WOMEN BY RACE



MEN BY RACE



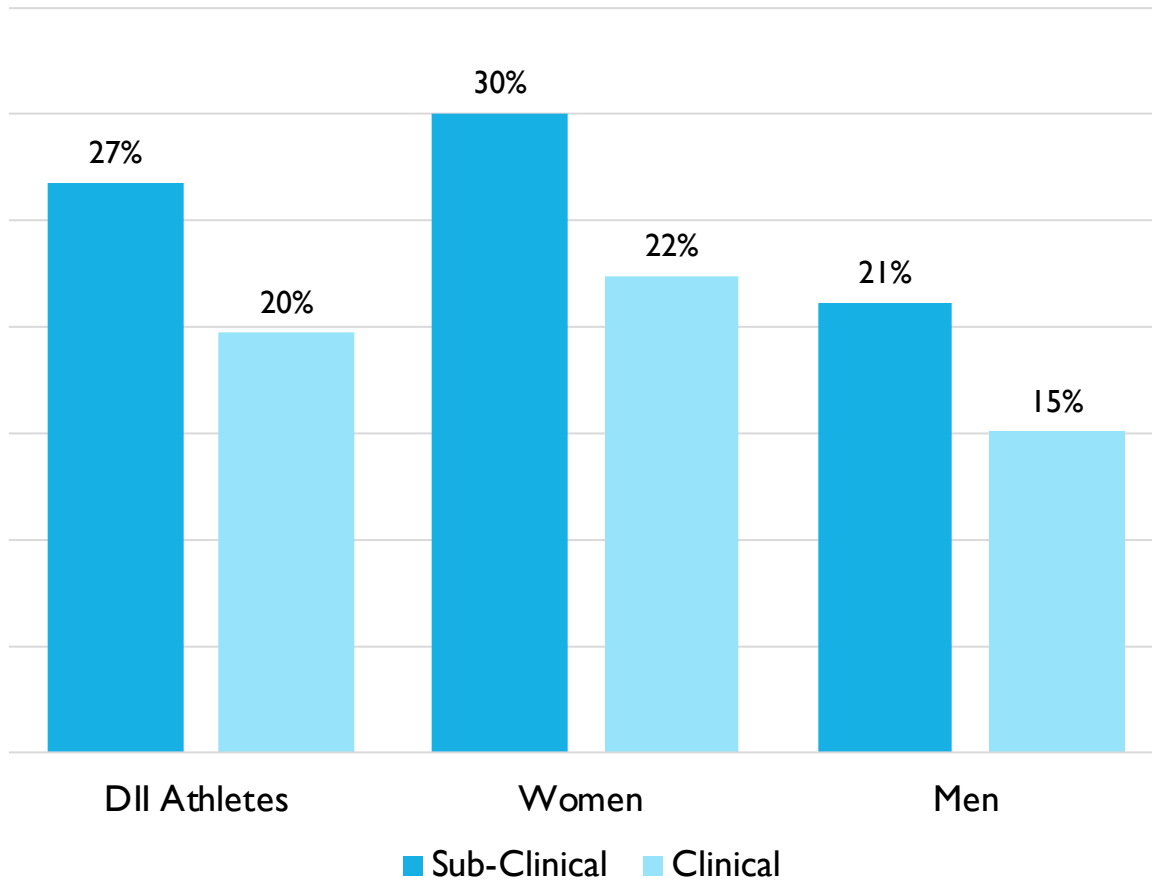


DEPRESSION:
DIVISION II ATHLETES

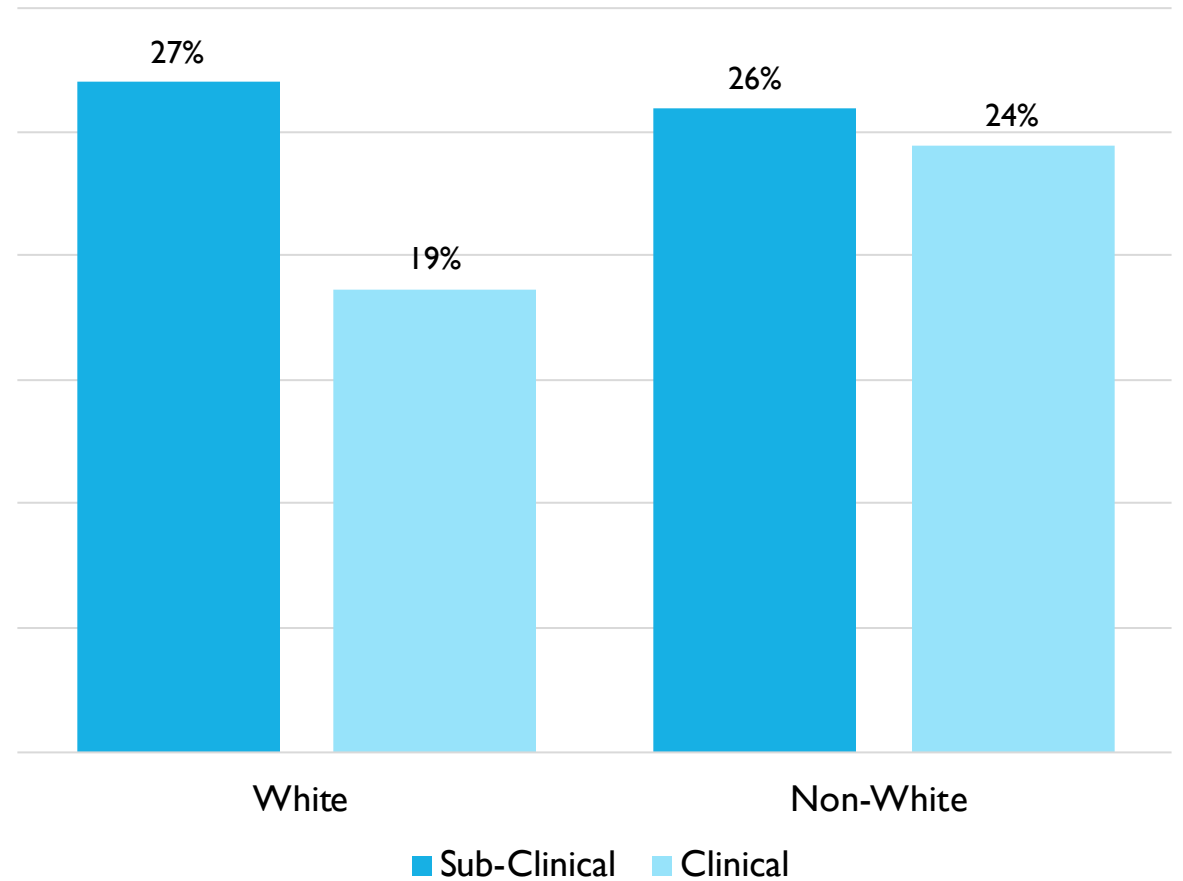


Depression: Division II Athletes

GENDER

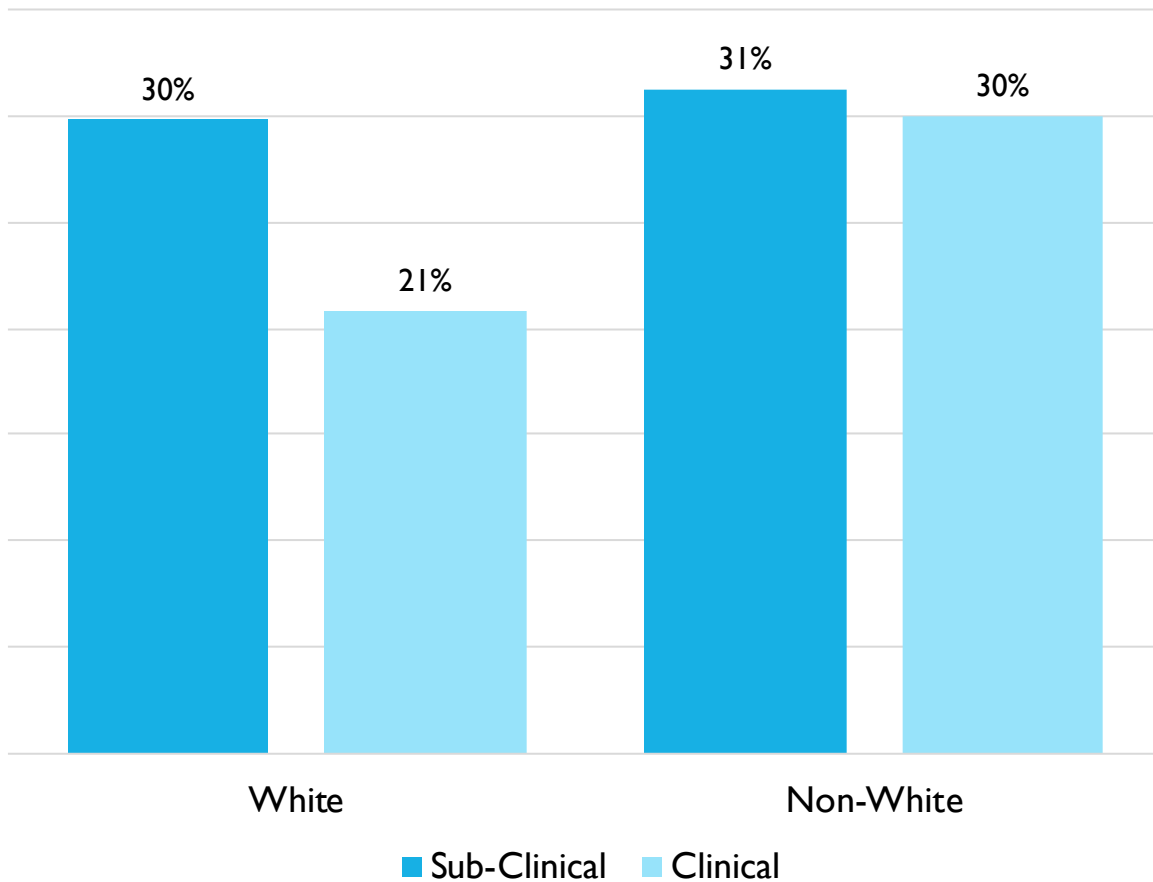


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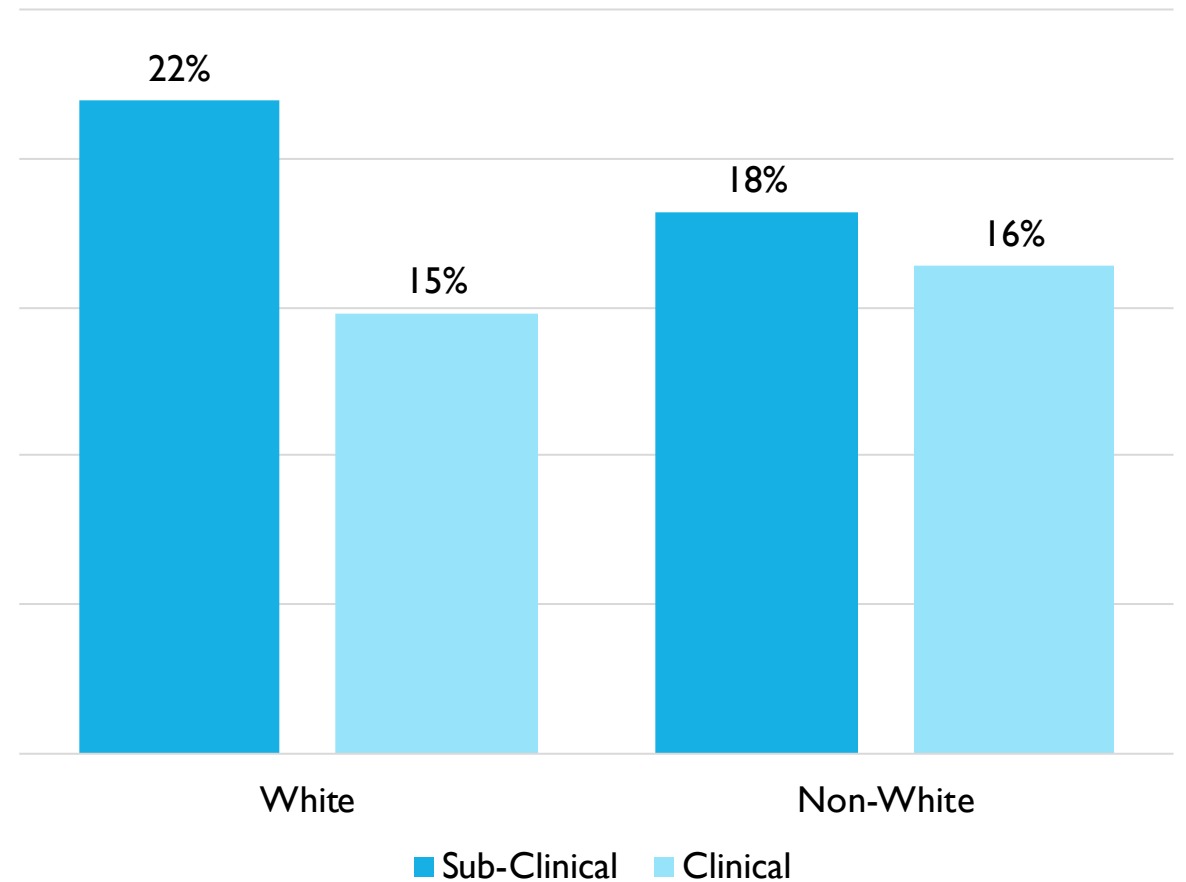


Depression: Division II Athletes

WOMEN BY RACE



MEN BY RACE



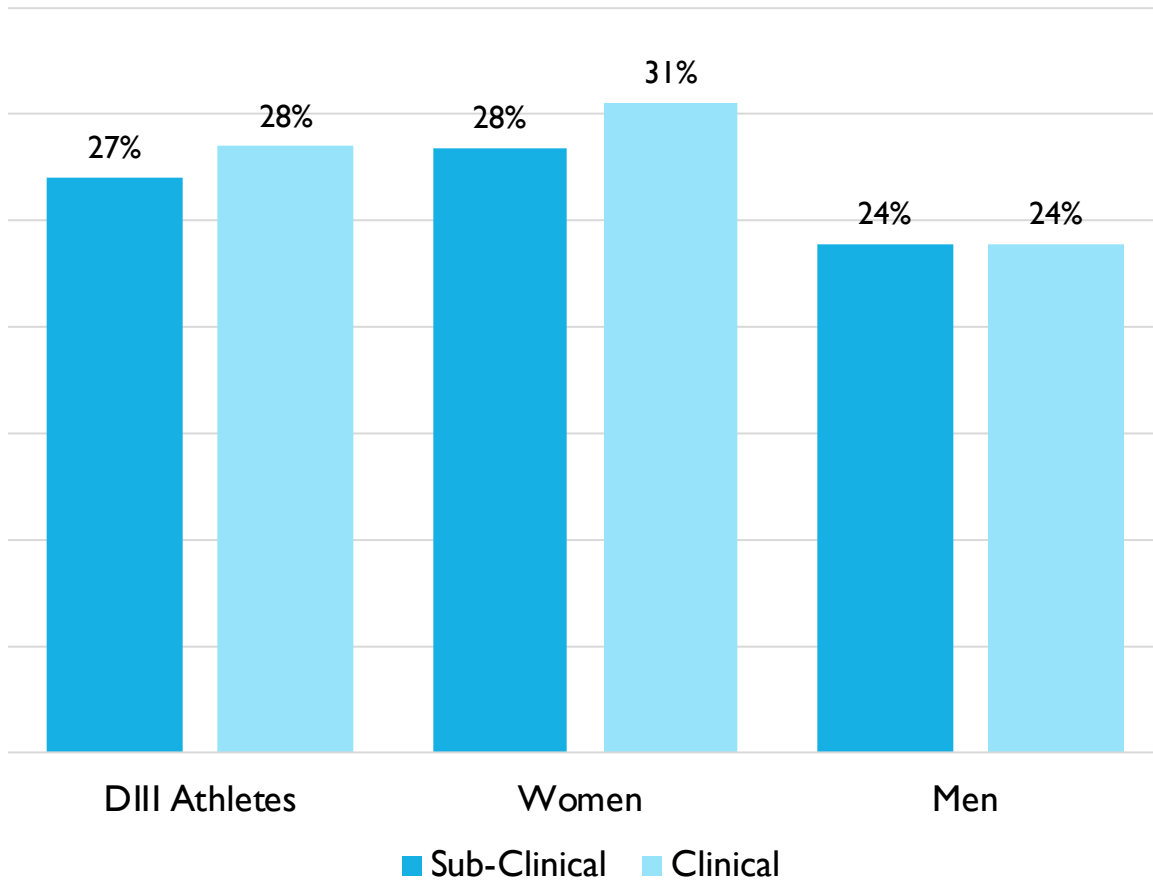


DEPRESSION:
DIVISION III ATHLETES

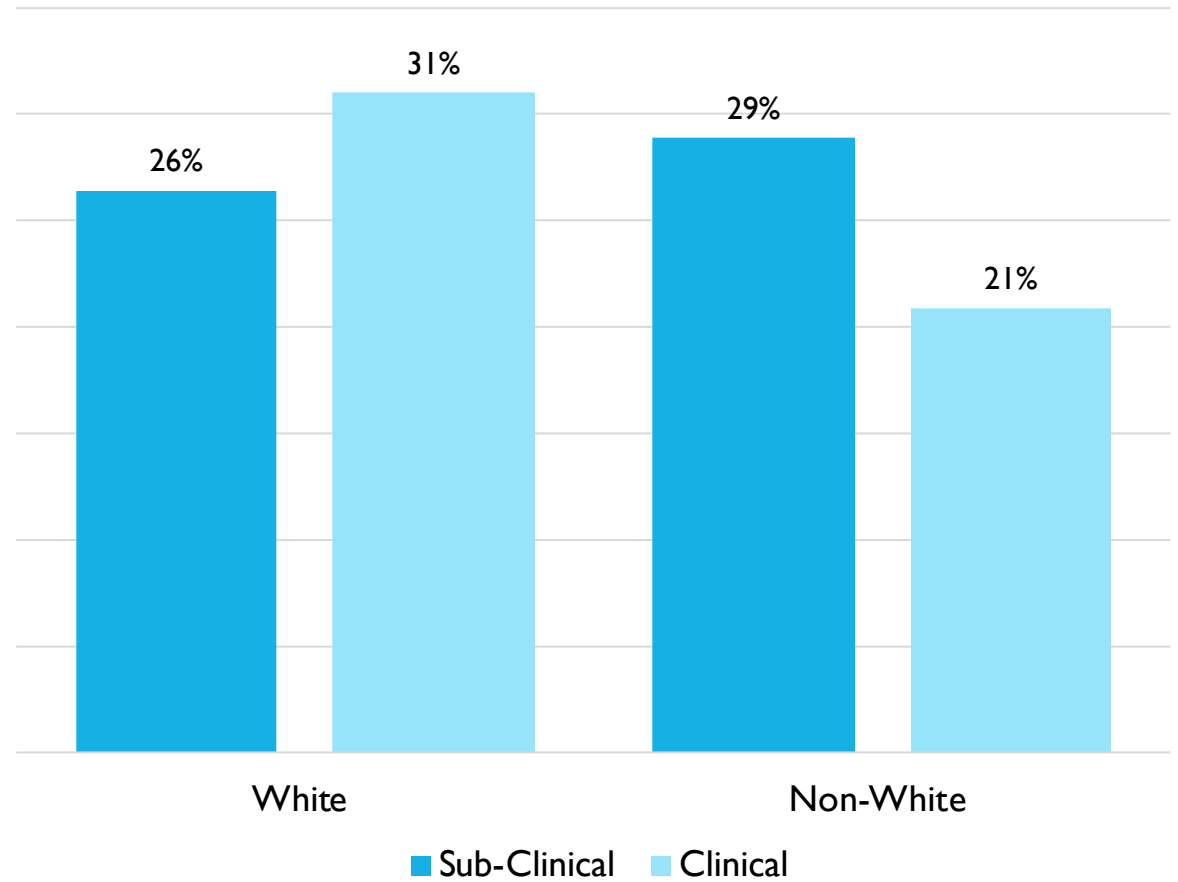


Depression: Division III Athletes

GENDER

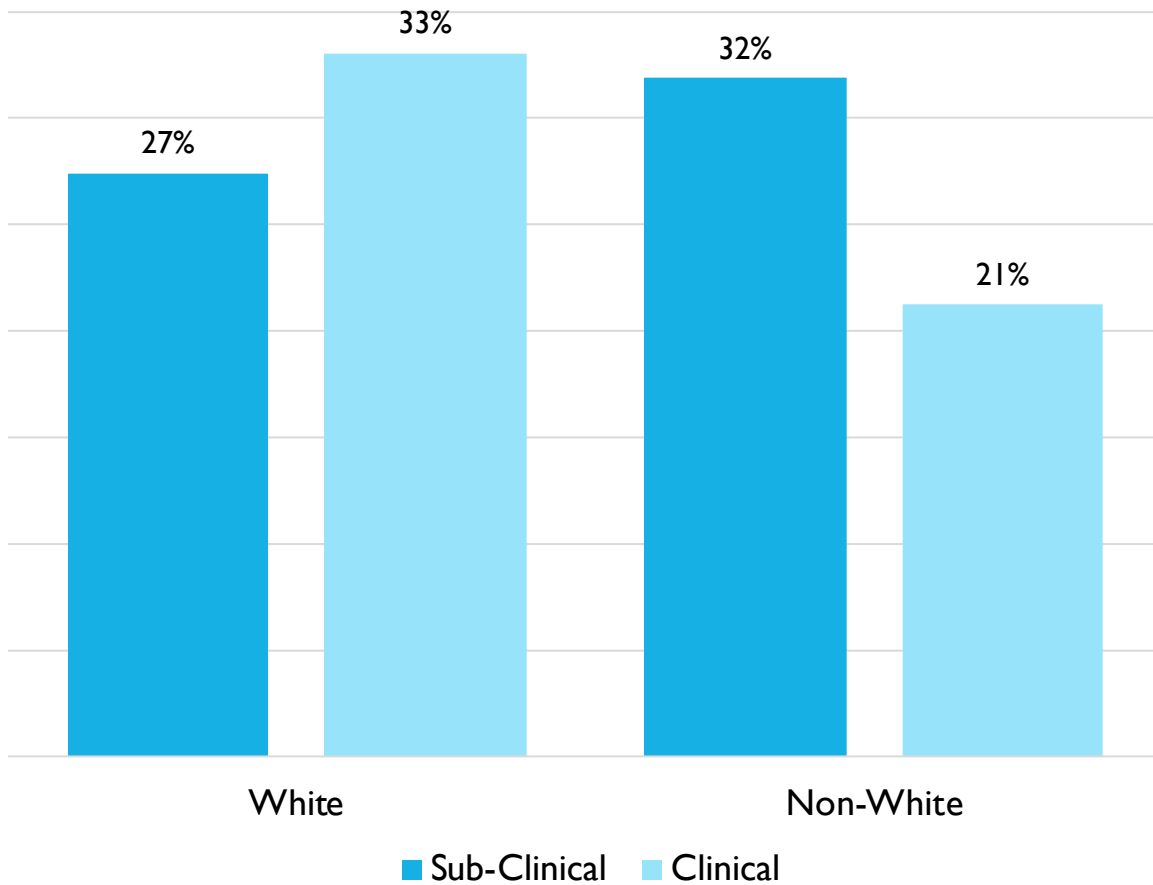


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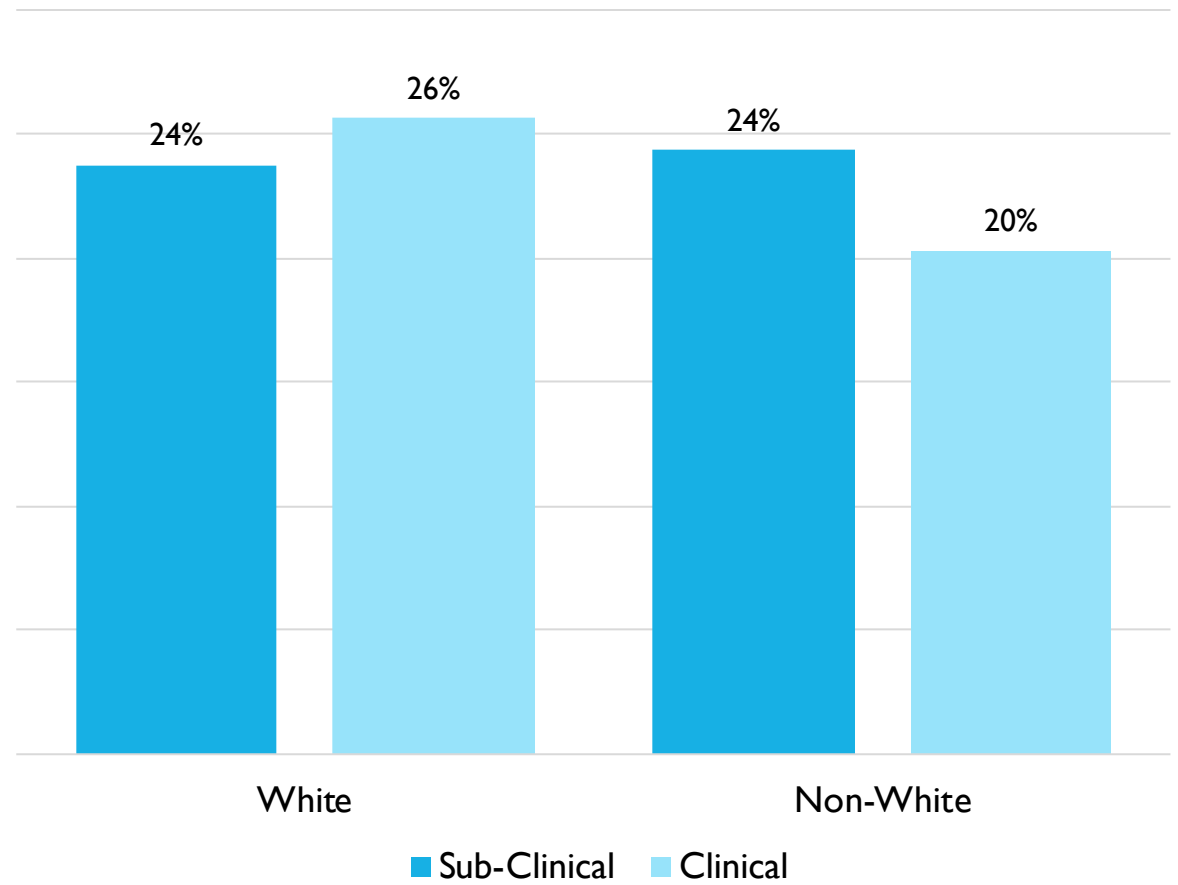


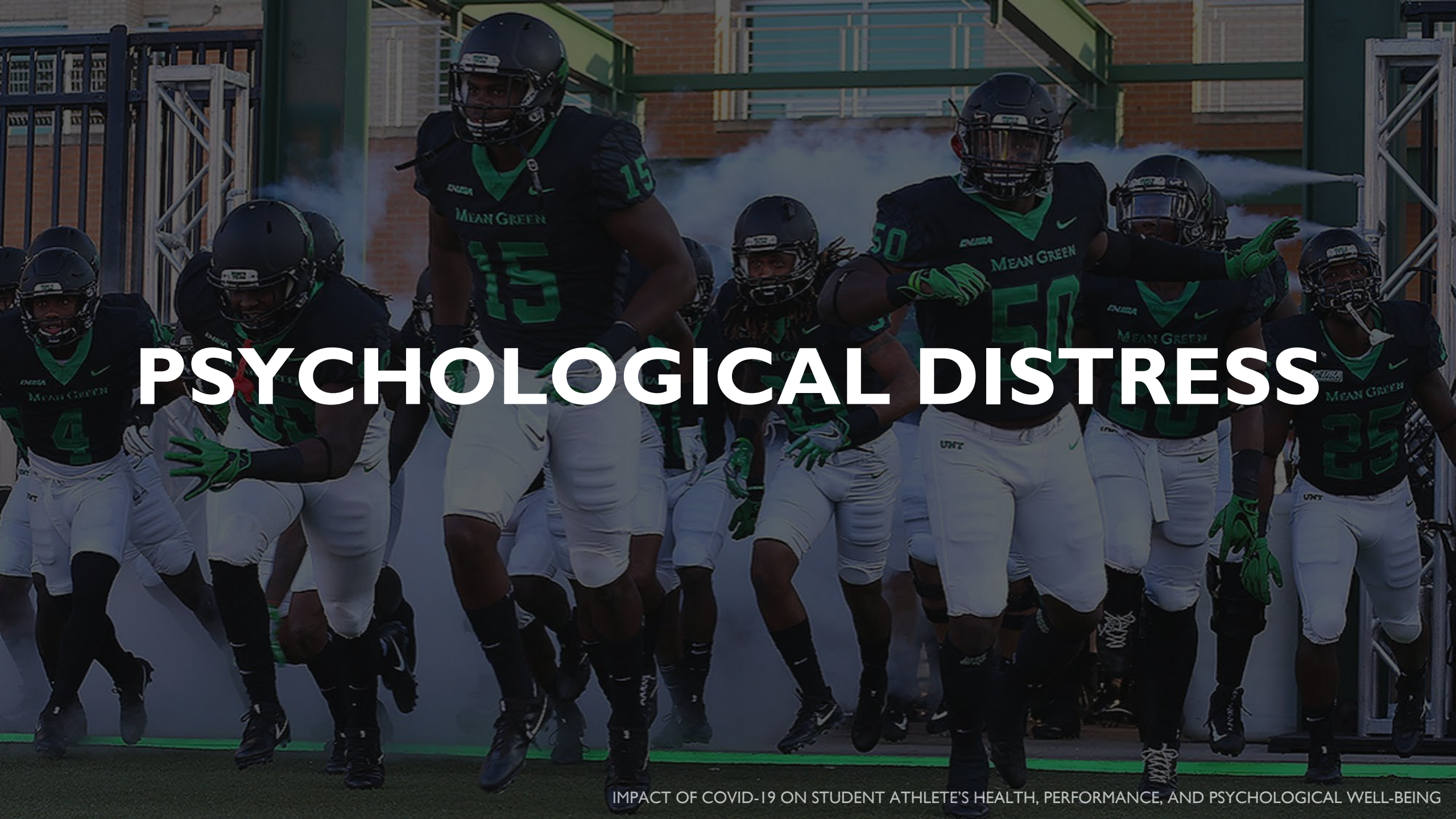
Depression: Division III Athletes

WOMEN BY RACE



MEN BY RACE





PSYCHOLOGICAL DISTRESS

Psychological Distress: Description of Measure

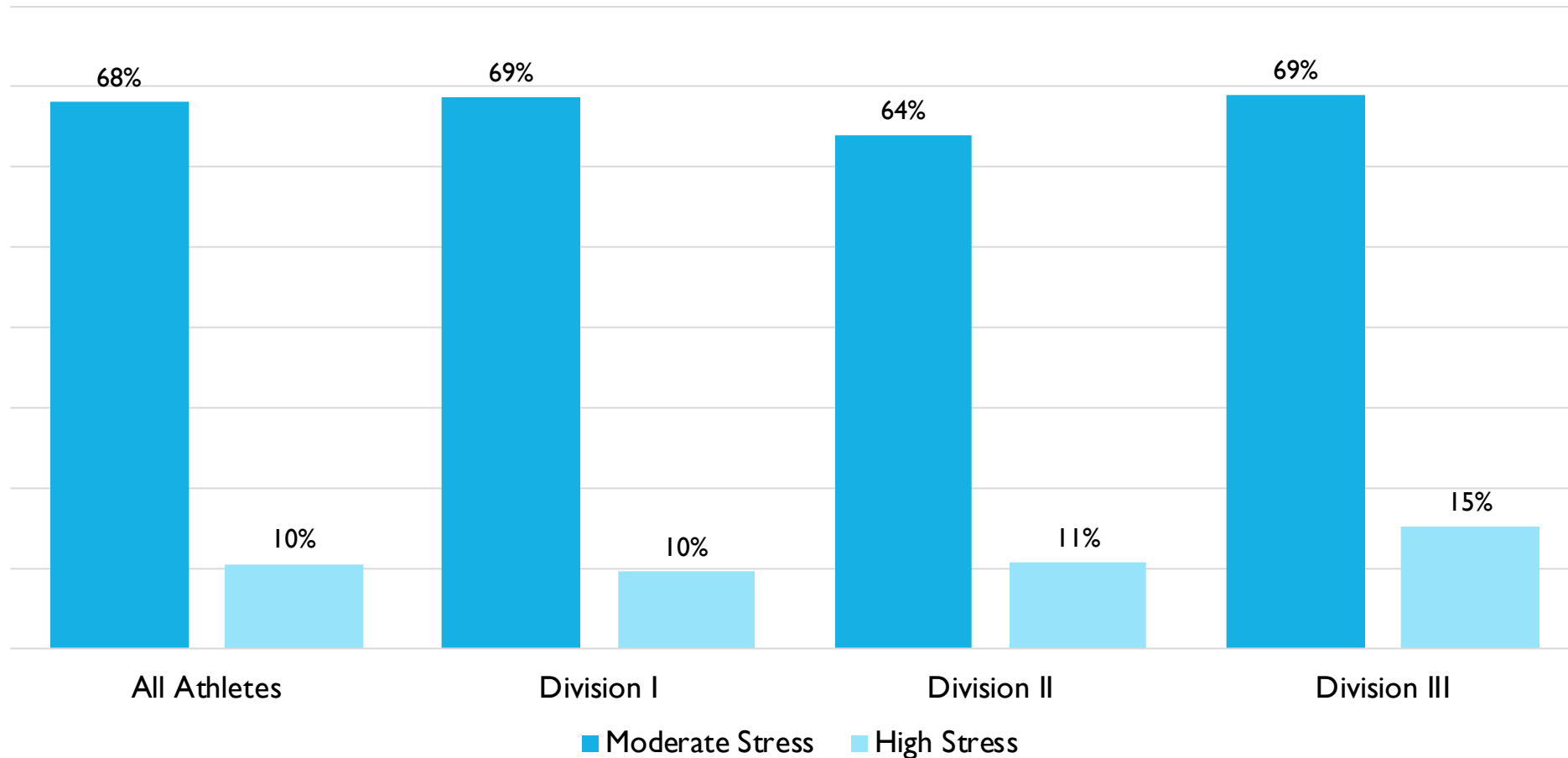
- Athletes completed the 10-item Perceived Stress Scale (PSS), which is widely used measure to assess psychological distress. The PSS also correlates highly with measures of general anxiety
- The following cut-off scores were used to determine the athletes' current levels of psychological distress: :
 - A. Low psychological distress = 0 to 13
 - B. Moderate psychological distress = 14 to 26
 - C. High psychological distress = 27 to 40
- Data presented in the bar graphs reflect the % of athletes who were classified as either experiencing “moderate” or ‘high’ levels of psychological distress

Psychological Distress: Summary of Results

- Between 10% and 15% of Athletes reported high levels of psychological distress; the majority of Athletes (> 60%) had psychological distress levels that were moderate
- Approximately 25% more Women than Men report moderate or severe levels of psychological distress
- There was almost no variability in Athletes' psychological distress levels when considered by Race

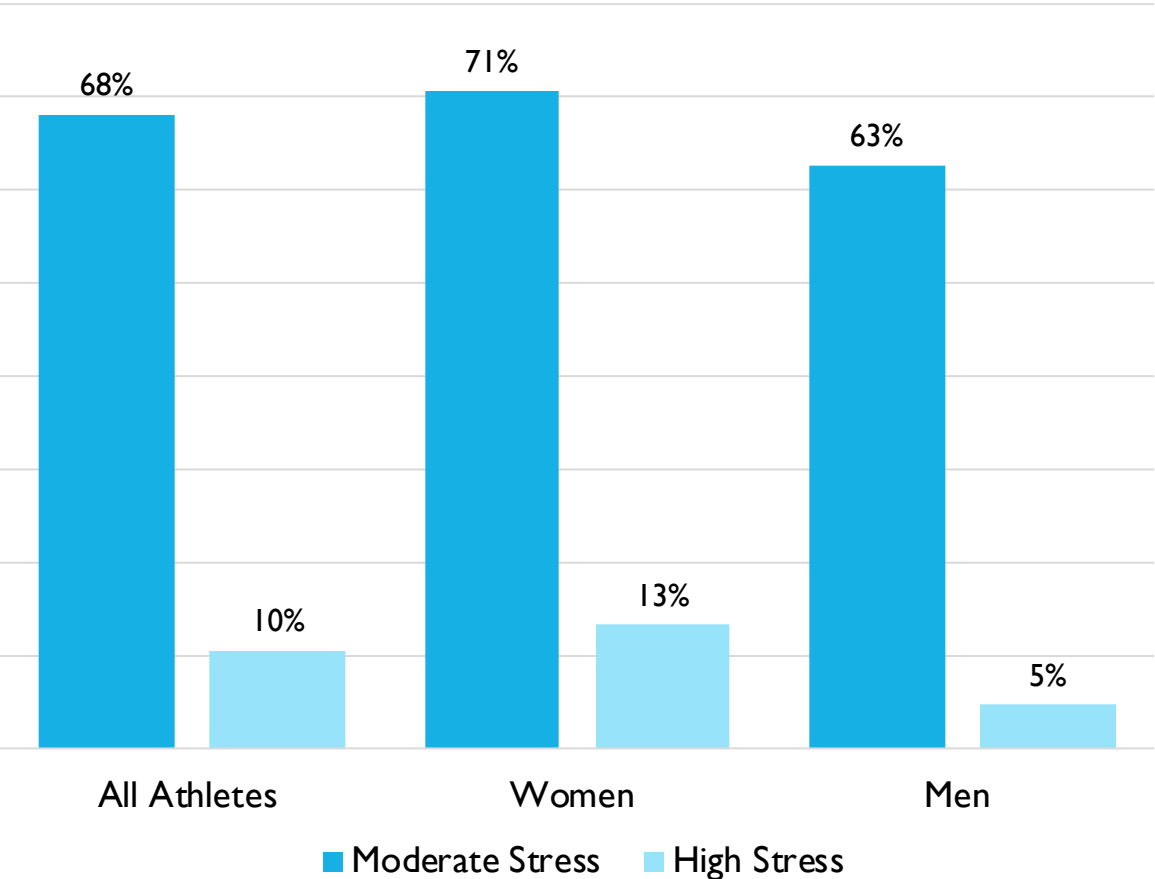
Psychological Distress: All Athletes

DIVISION

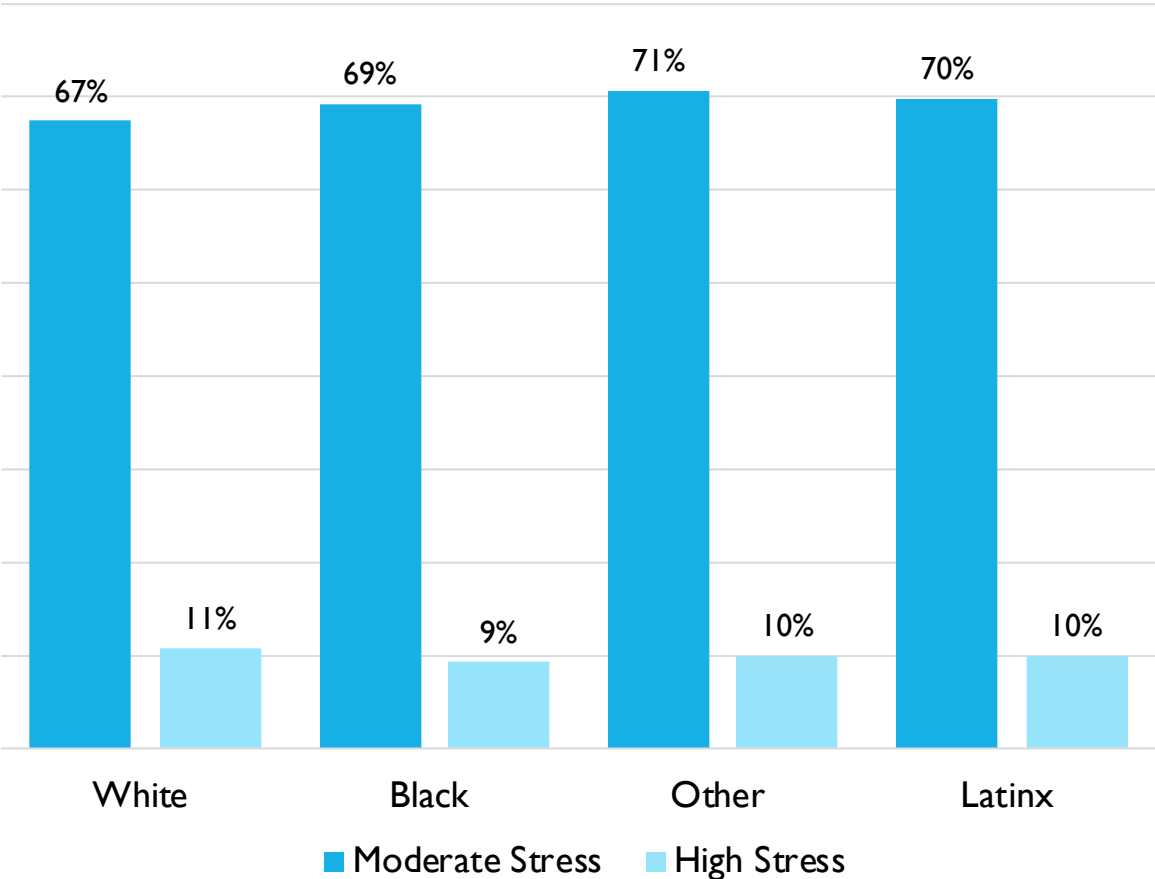


Psychological Distress: All Athletes

GENDER

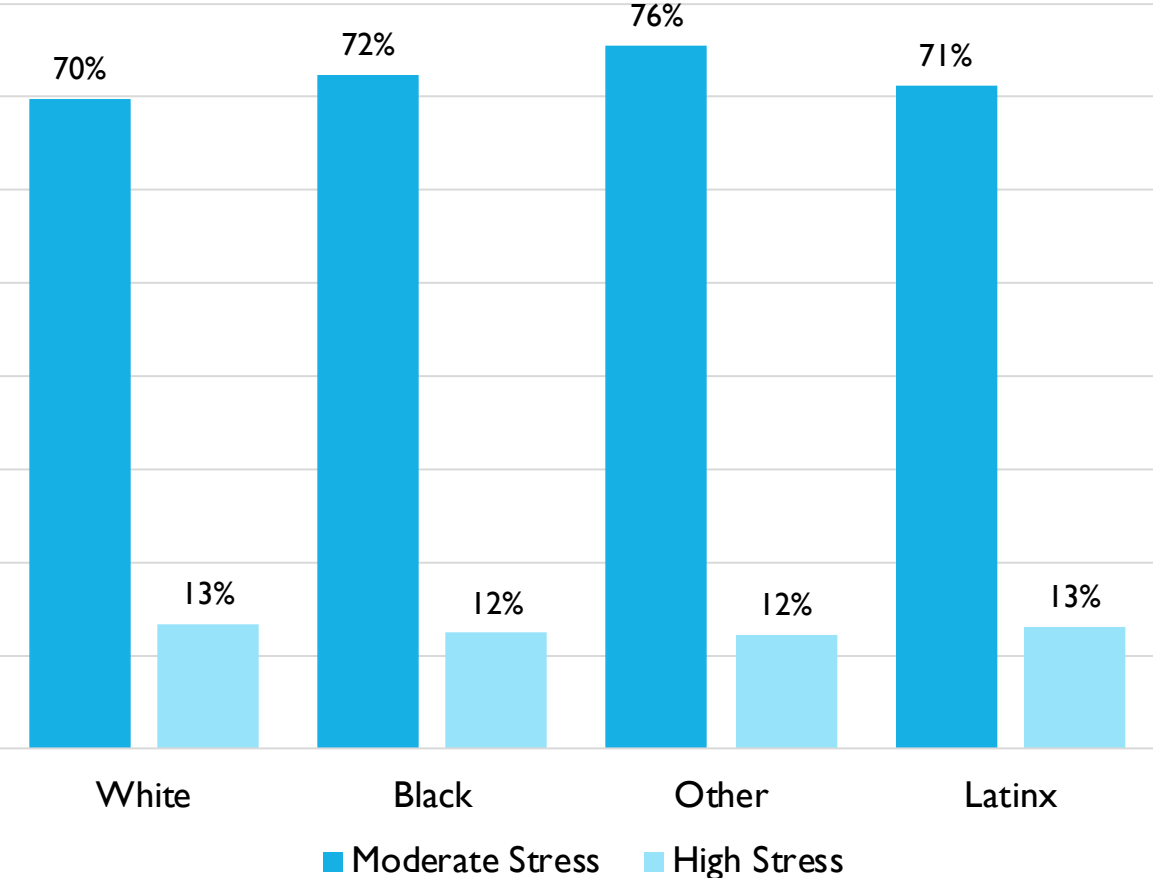


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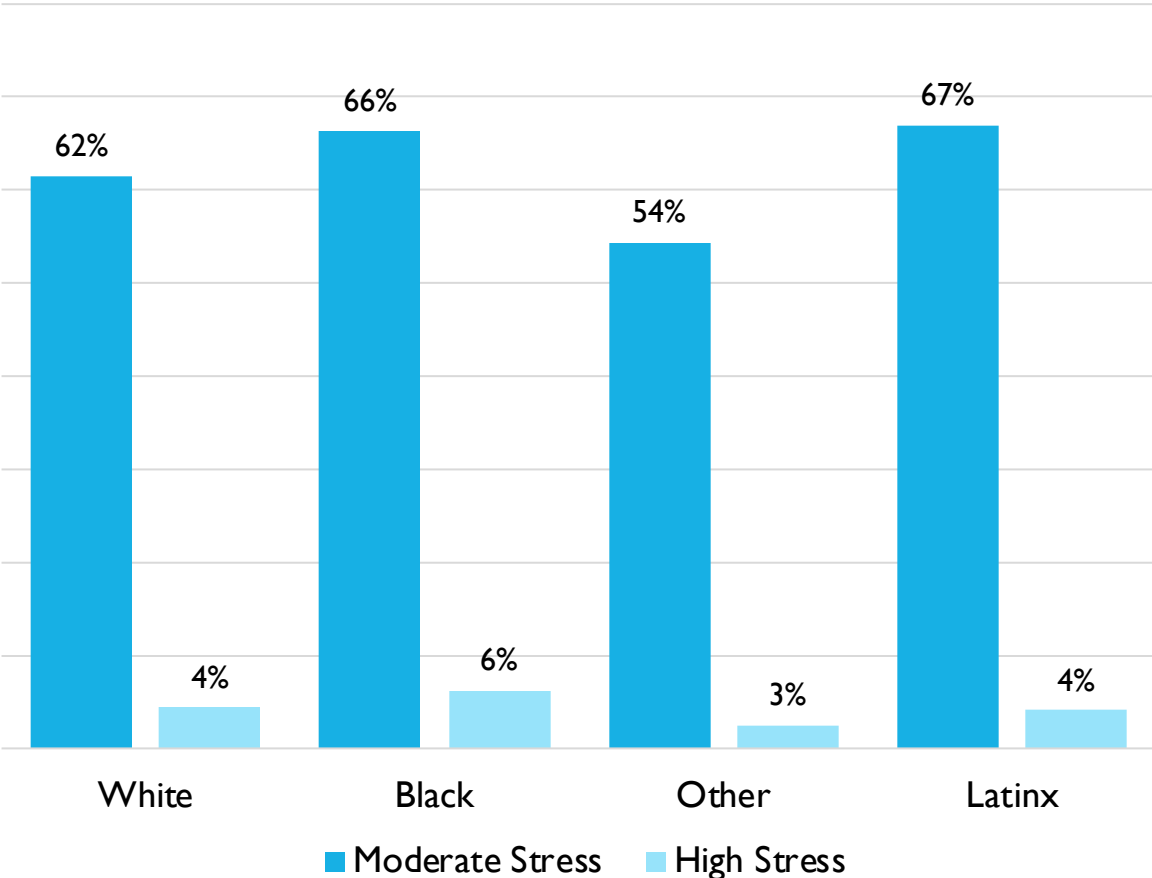


Psychological Distress: All Athletes

WOMEN BY RACE



MEN BY RACE



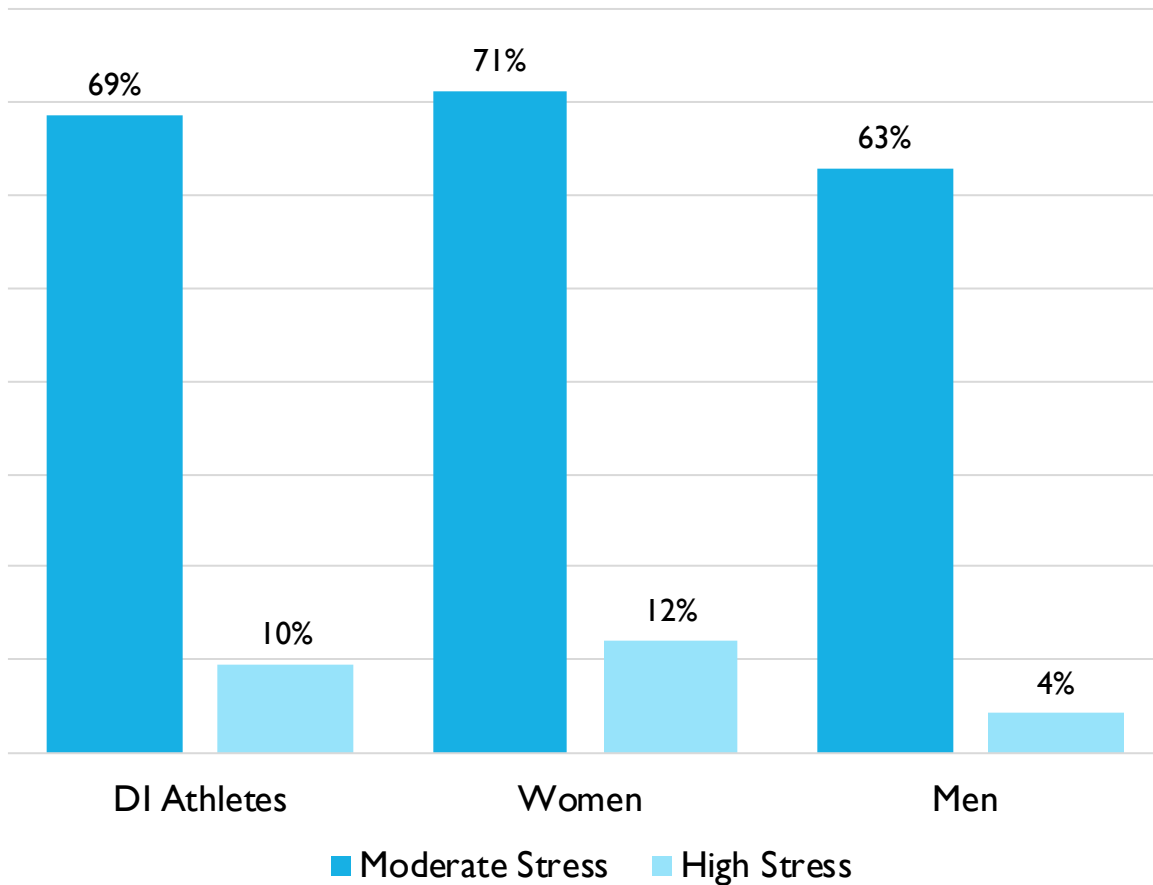


**PSYCHOLOGICAL
DISTRESS:
DIVISION I ATHLETES**

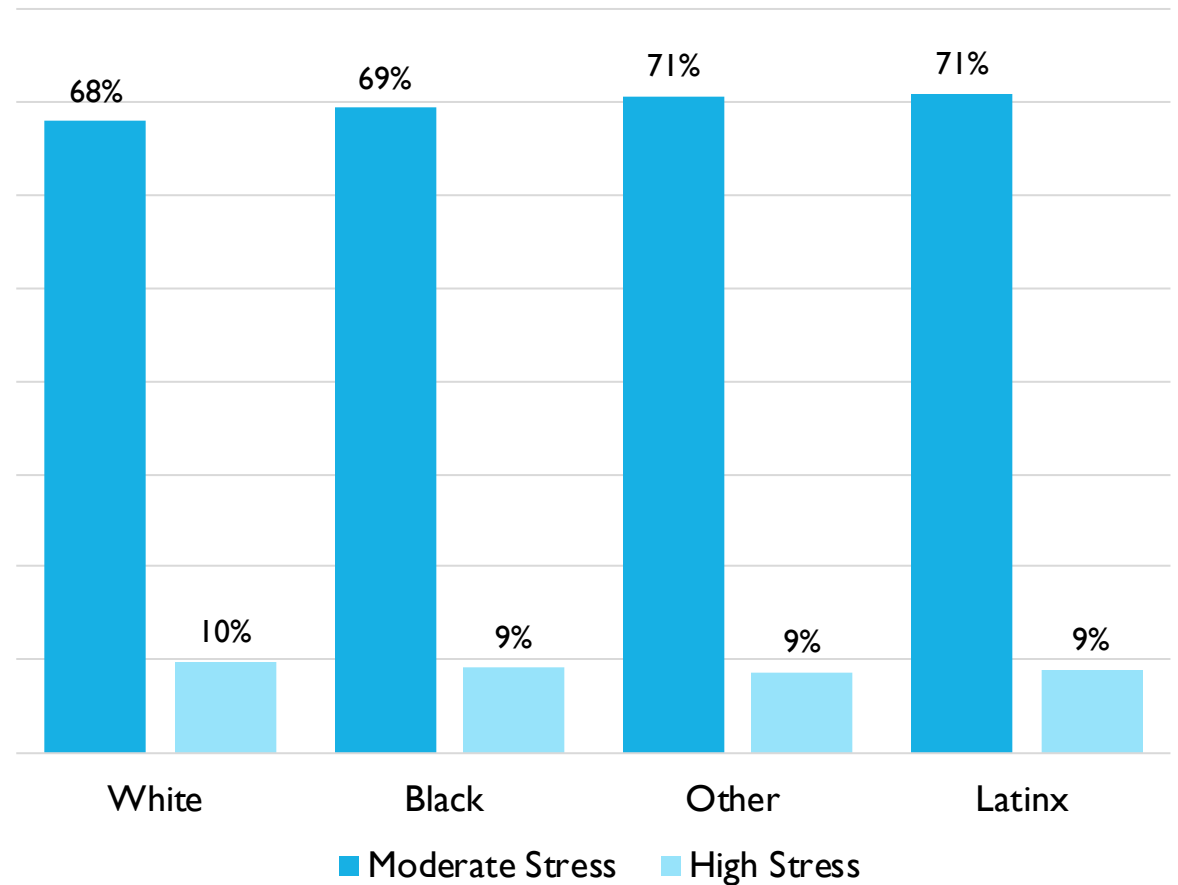


Psychological Distress: Division I Athletes

GENDER

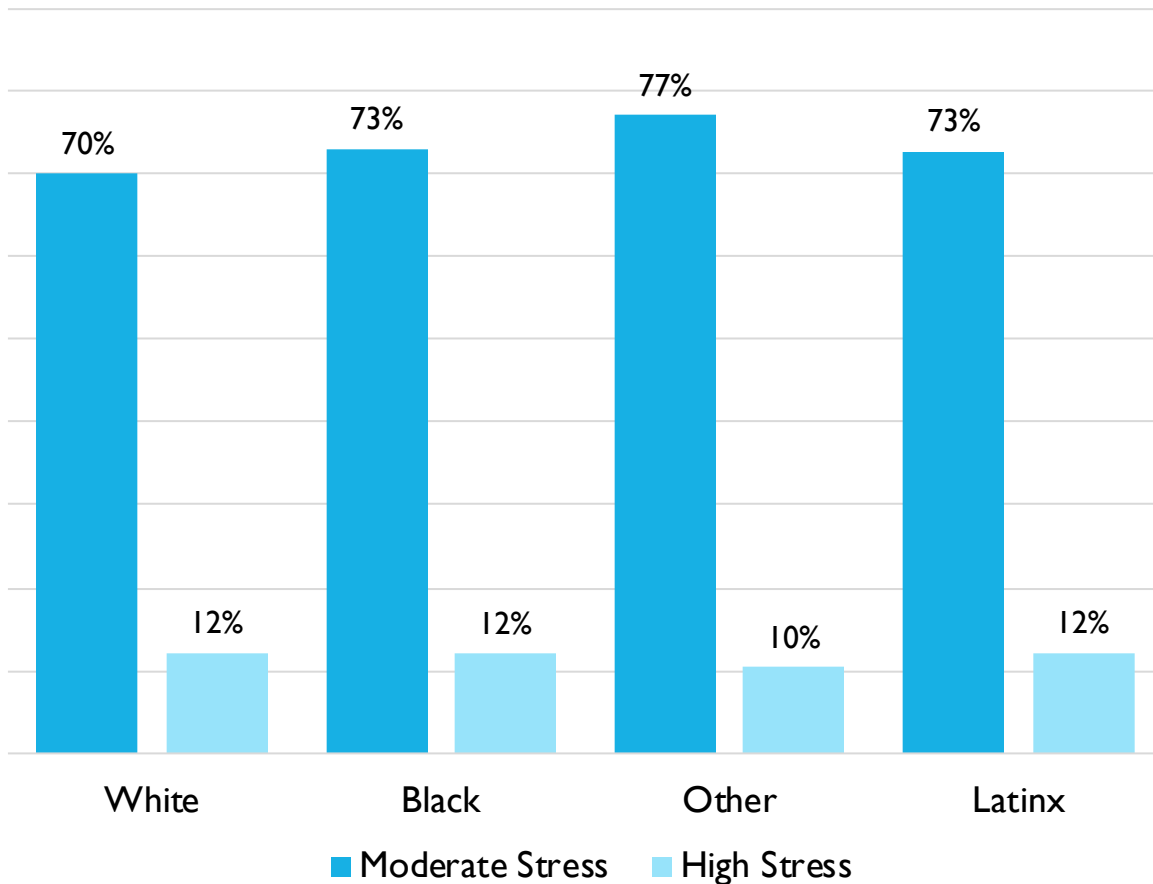


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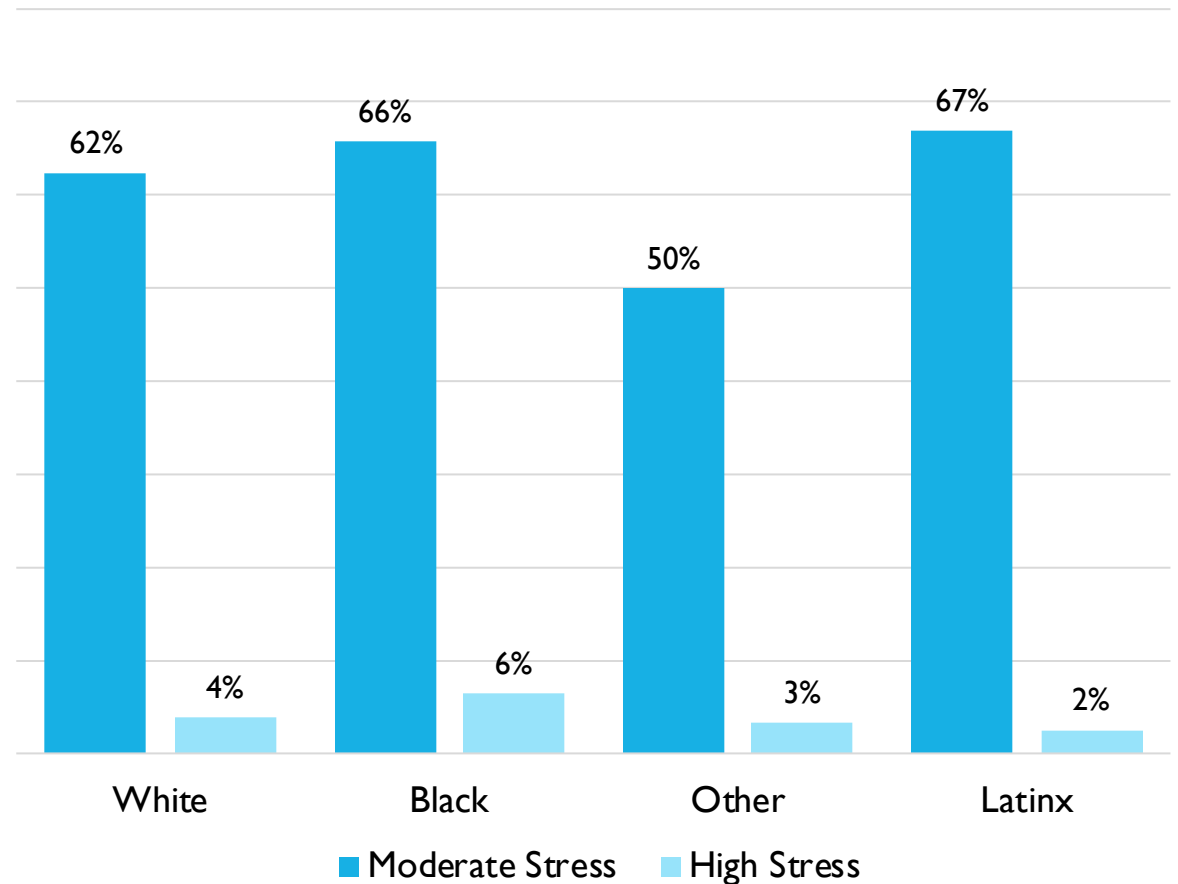


Psychological Distress: Division I Athletes

WOMEN BY RACE



MEN BY RACE



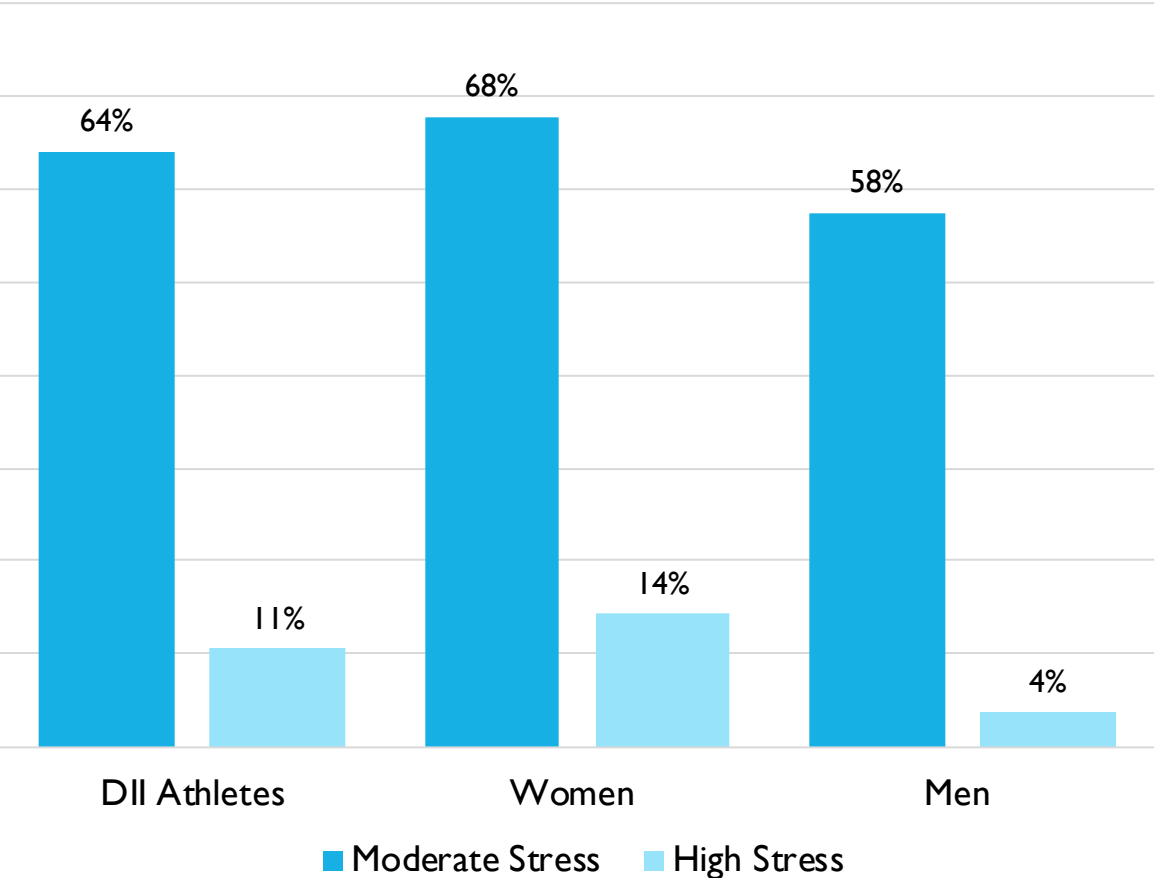


**PSYCHOLOGICAL
DISTRESS:
DIVISION II ATHLETES**

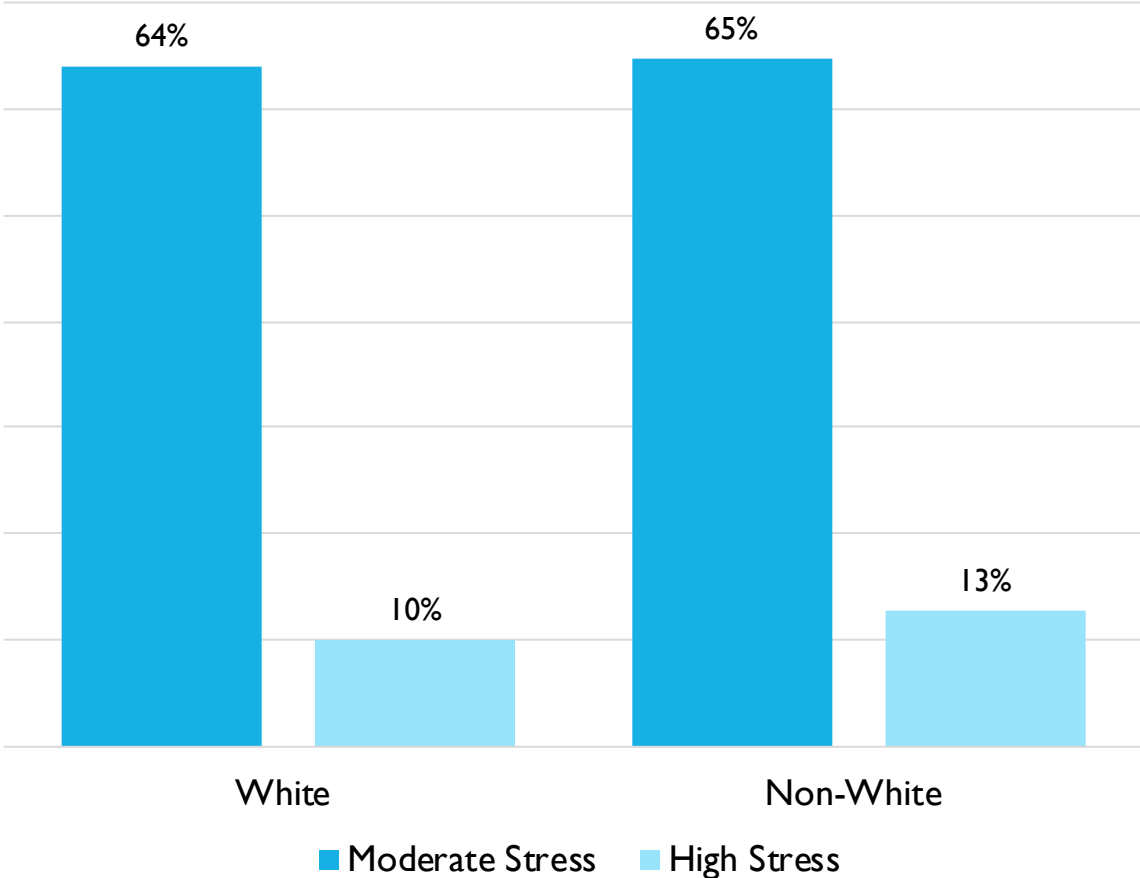


Psychological Distress: Division II Athletes

GENDER

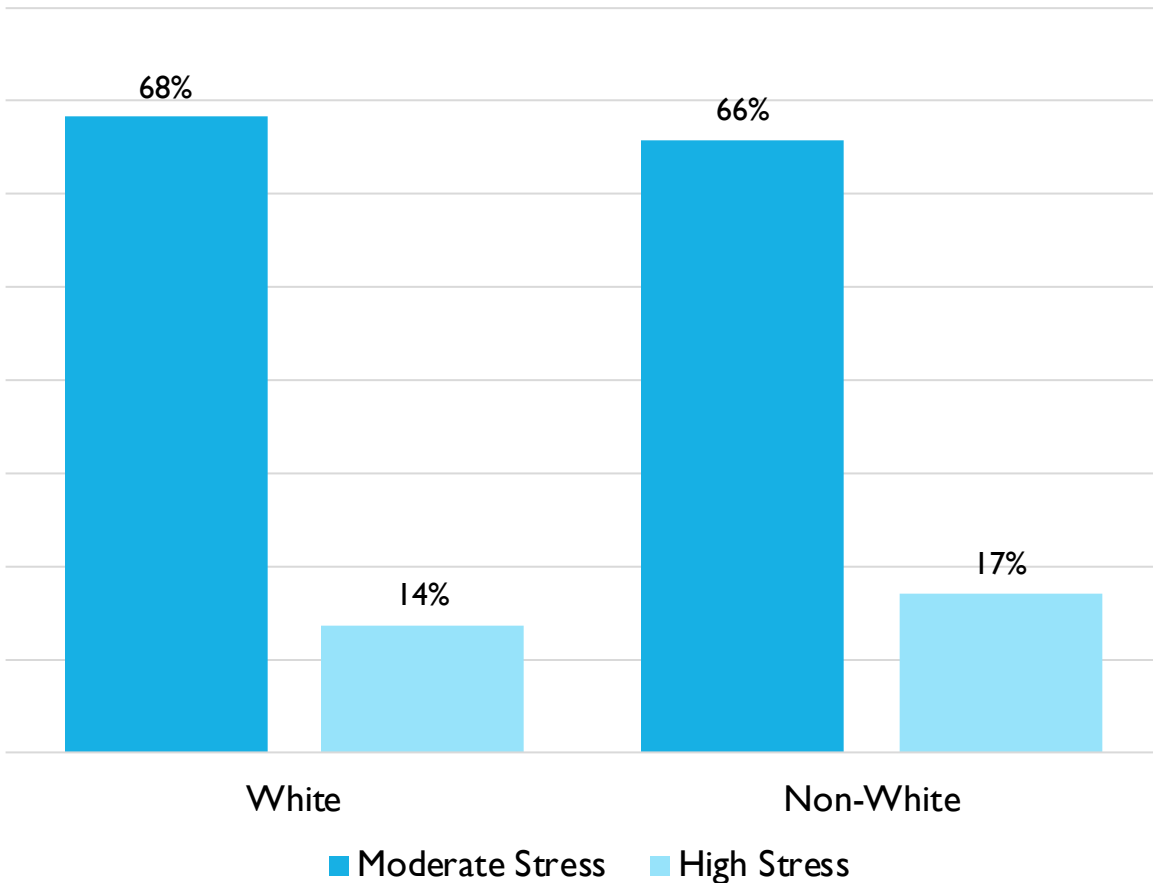


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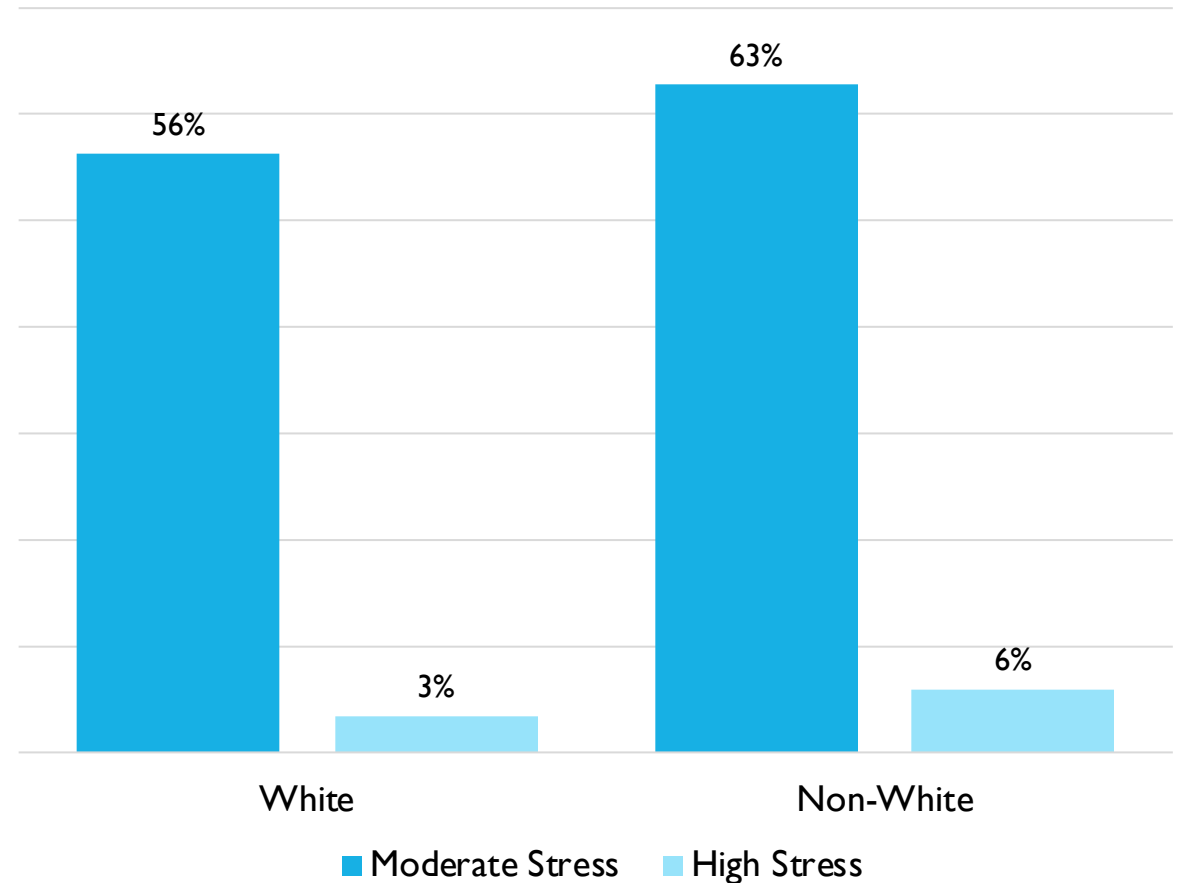


Psychological Distress: Division II Athletes

WOMEN BY RACE



MEN BY RACE



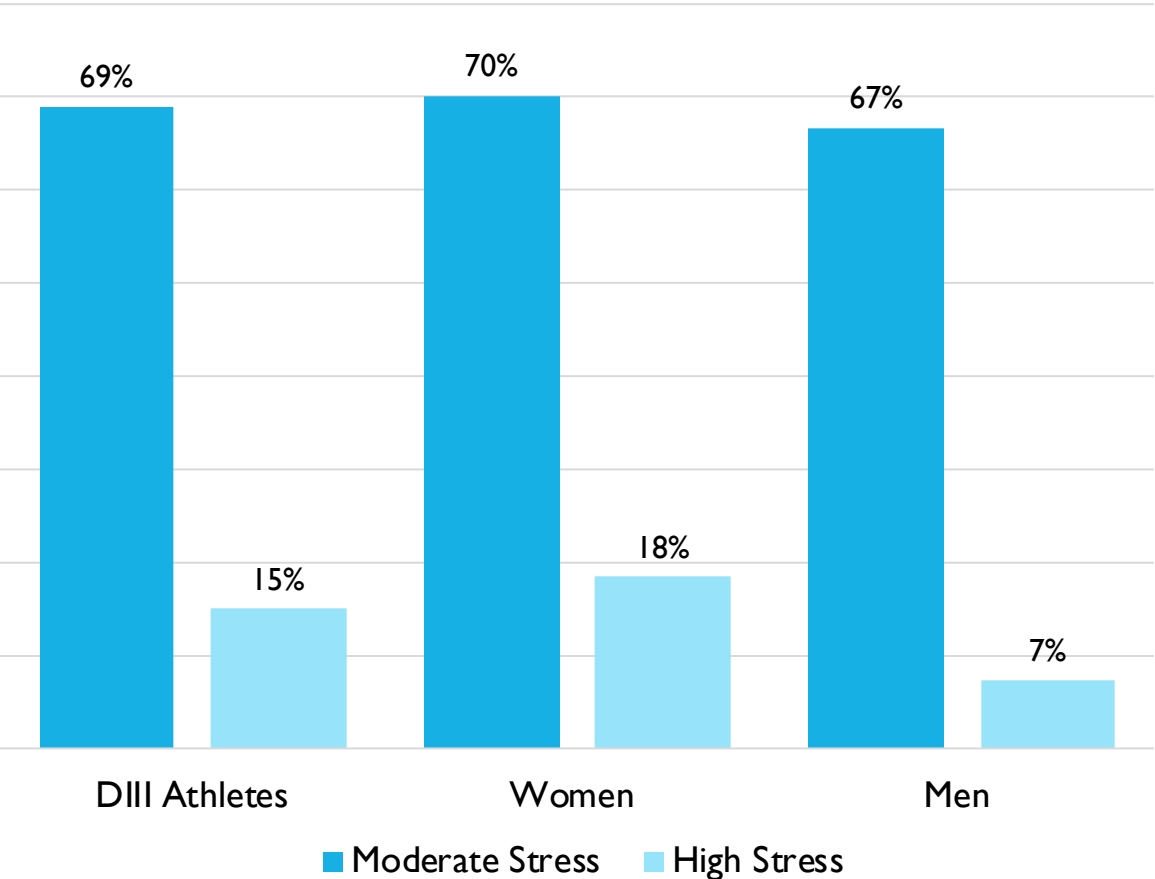


**PSYCHOLOGICAL
DISTRESS:
DIVISION III ATHLETES**

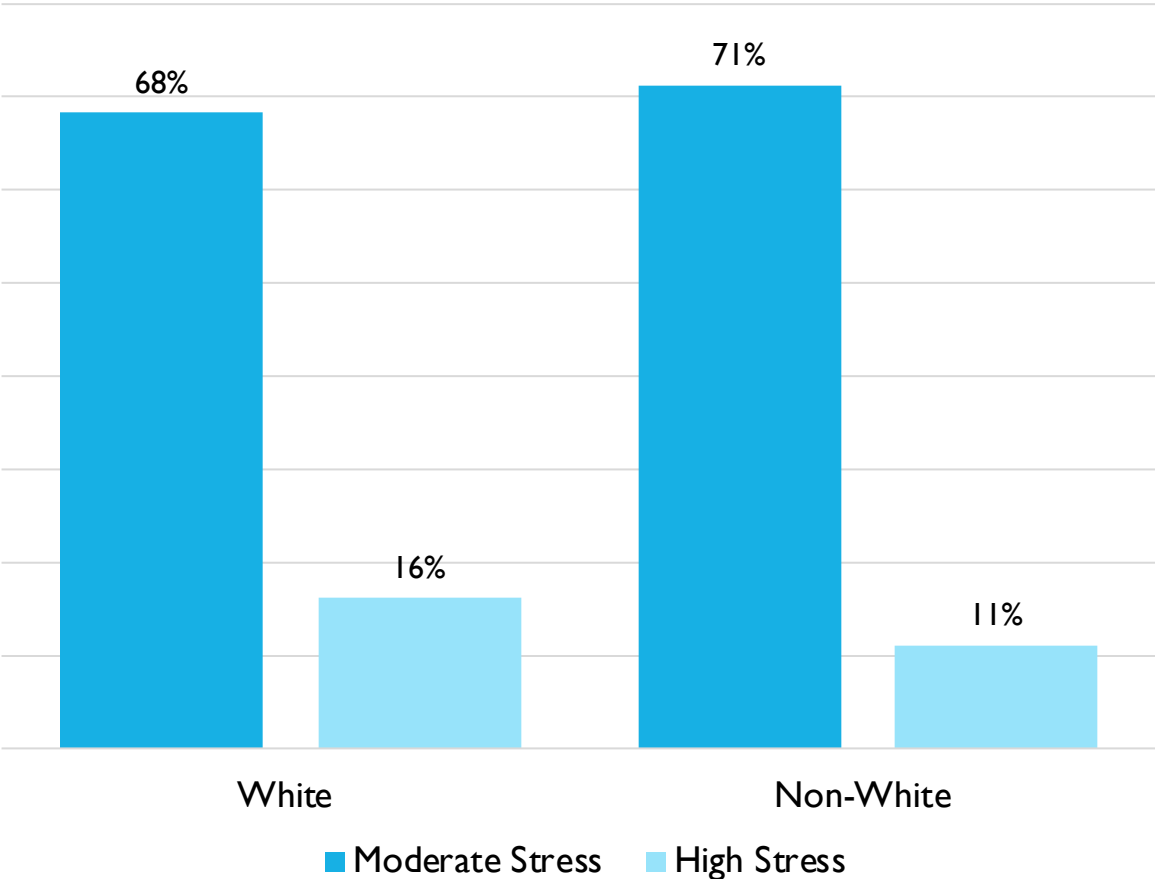


Psychological Distress: Division III Athletes

GENDER

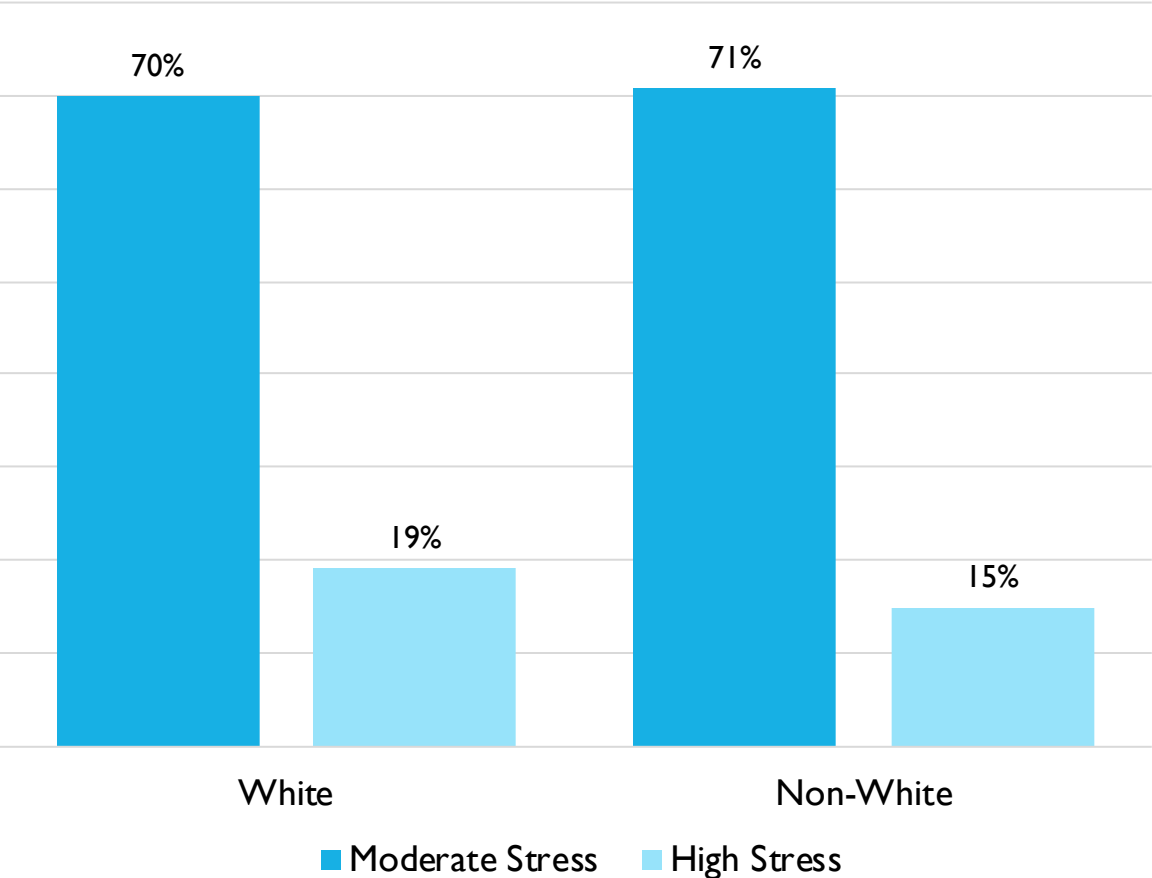


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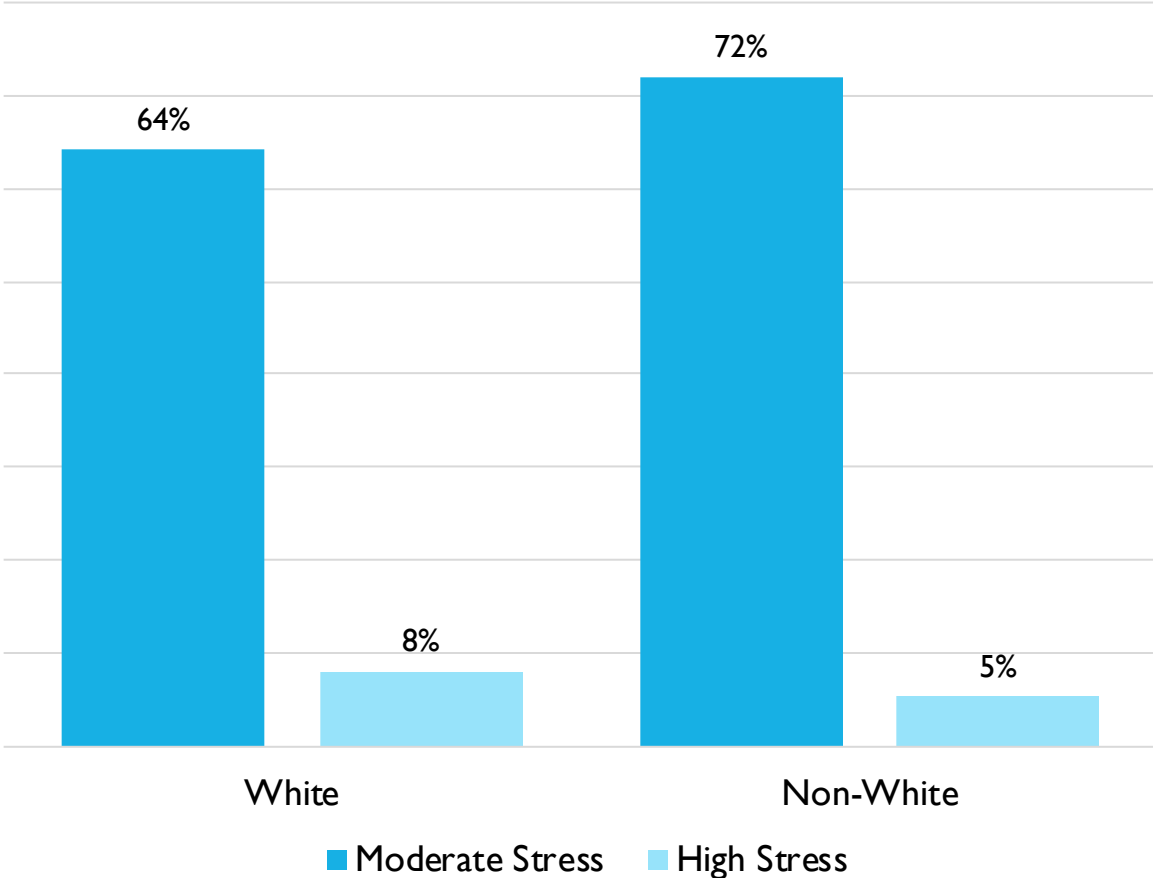


Psychological Distress: Division III Athletes

WOMEN BY RACE



MEN BY RACE





SATISFACTION WITH LIFE

IMPACT OF COVID-19 ON STUDENT ATHLETE'S HEALTH, PERFORMANCE, AND PSYCHOLOGICAL WELL-BEING

Satisfaction with Life: Description of Measure

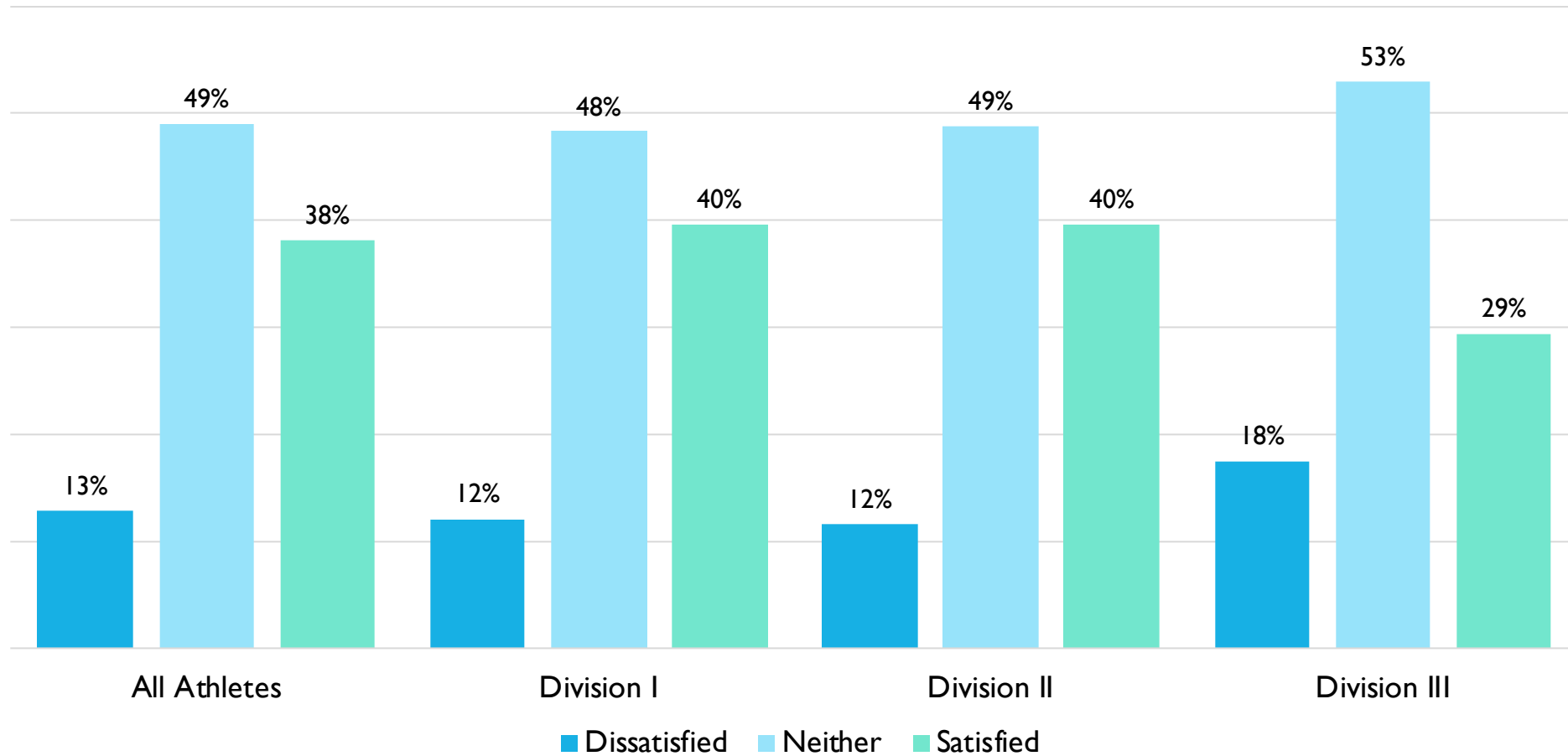
- The athletes completed the 5-item Satisfaction with Life Scale (SWLS), which is a widely used measure of global life satisfaction, a component of subjective well-being
- The following cut-off scores were used to determine the athletes' current satisfaction:
 - A. Dissatisfied = 5 to 14
 - B. Neither (dissatisfied nor satisfied) = 15 to 25
 - C. Satisfied = 26 to 35
- Data presented in the bar graphs reflect the % of athletes who were classified within each level of life satisfaction

Satisfaction with Life: Summary of Results

- Almost 40% of the Athletes reported being satisfied with their current lives
- 13%, though, said they were dissatisfied
- Satisfaction levels varied slightly by Gender, with more Men reporting being satisfied
- Satisfaction levels varied slightly by Race; slightly more White Athletes were satisfied whereas slightly more Black Athletes were dissatisfied

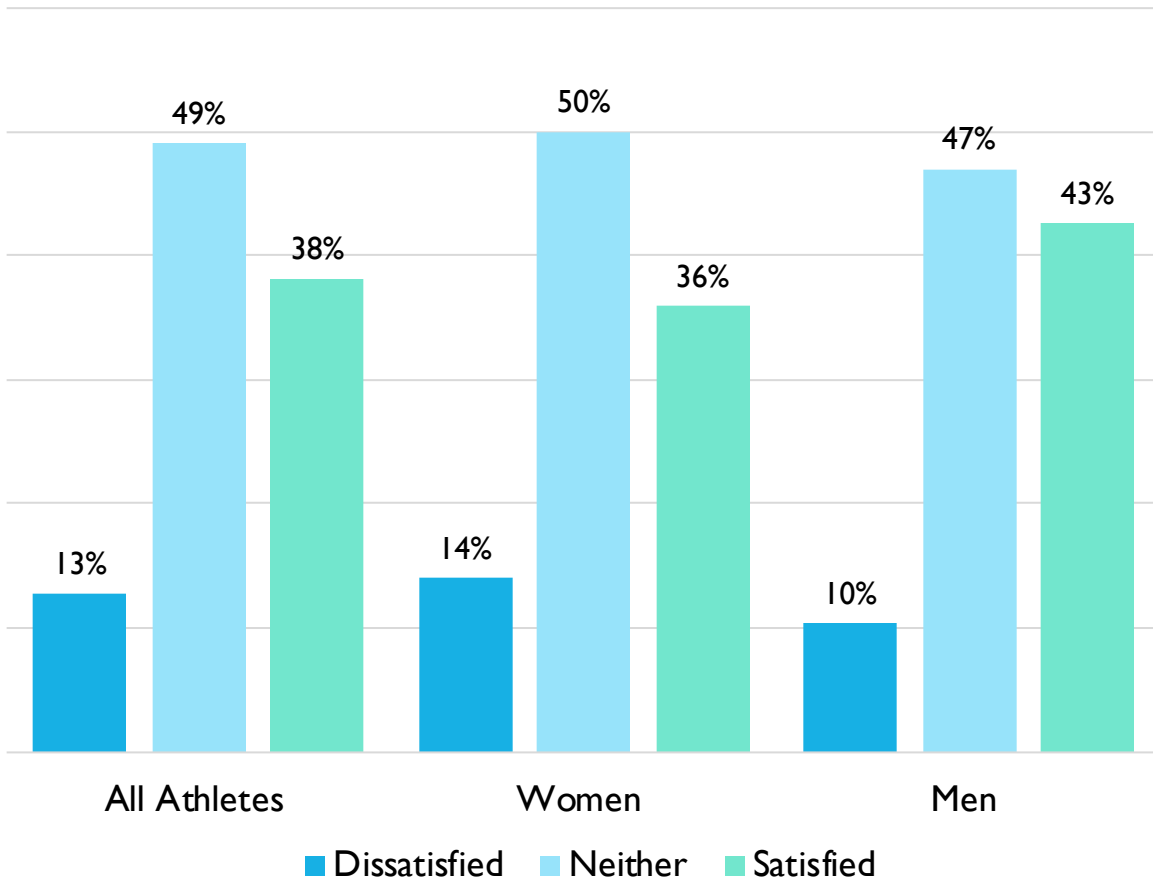
Satisfaction with Life: All Athletes

DIVISION

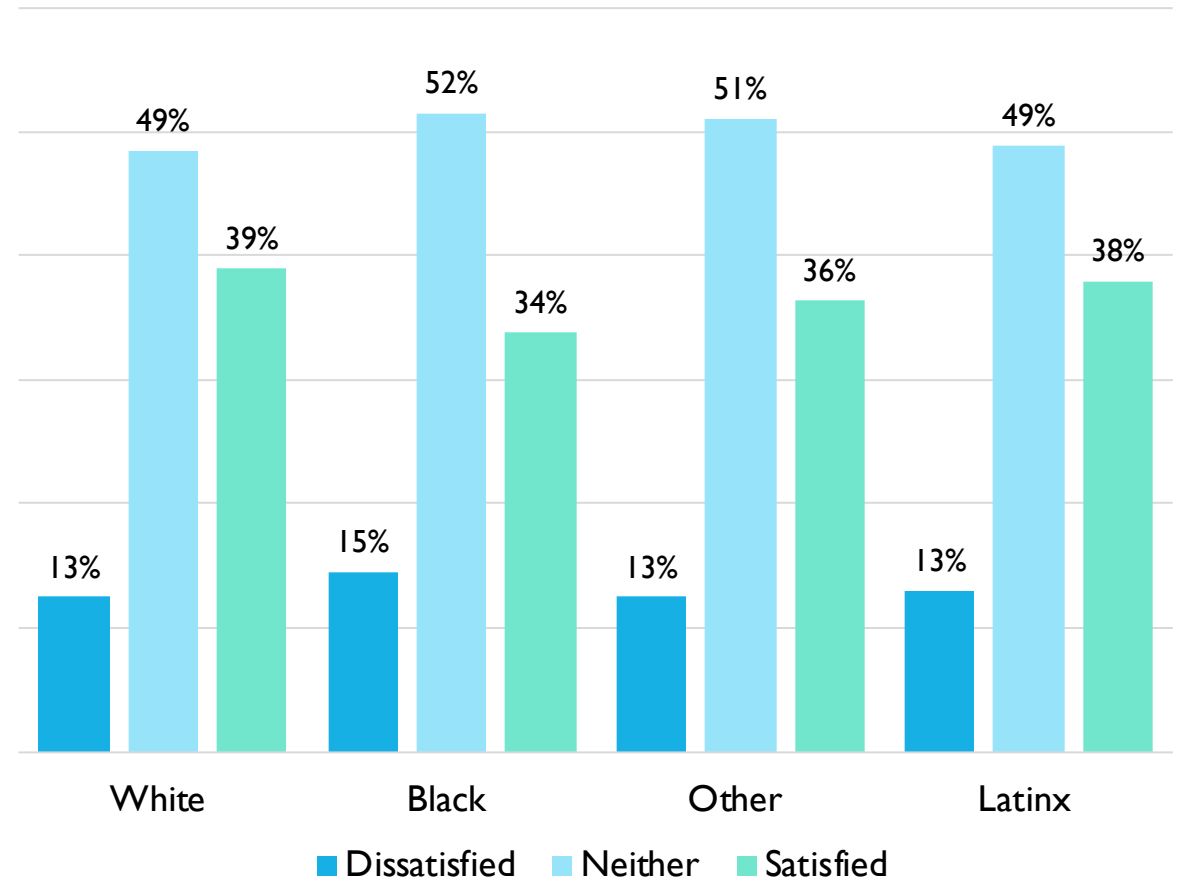


Satisfaction with Life: All Athletes

GENDER

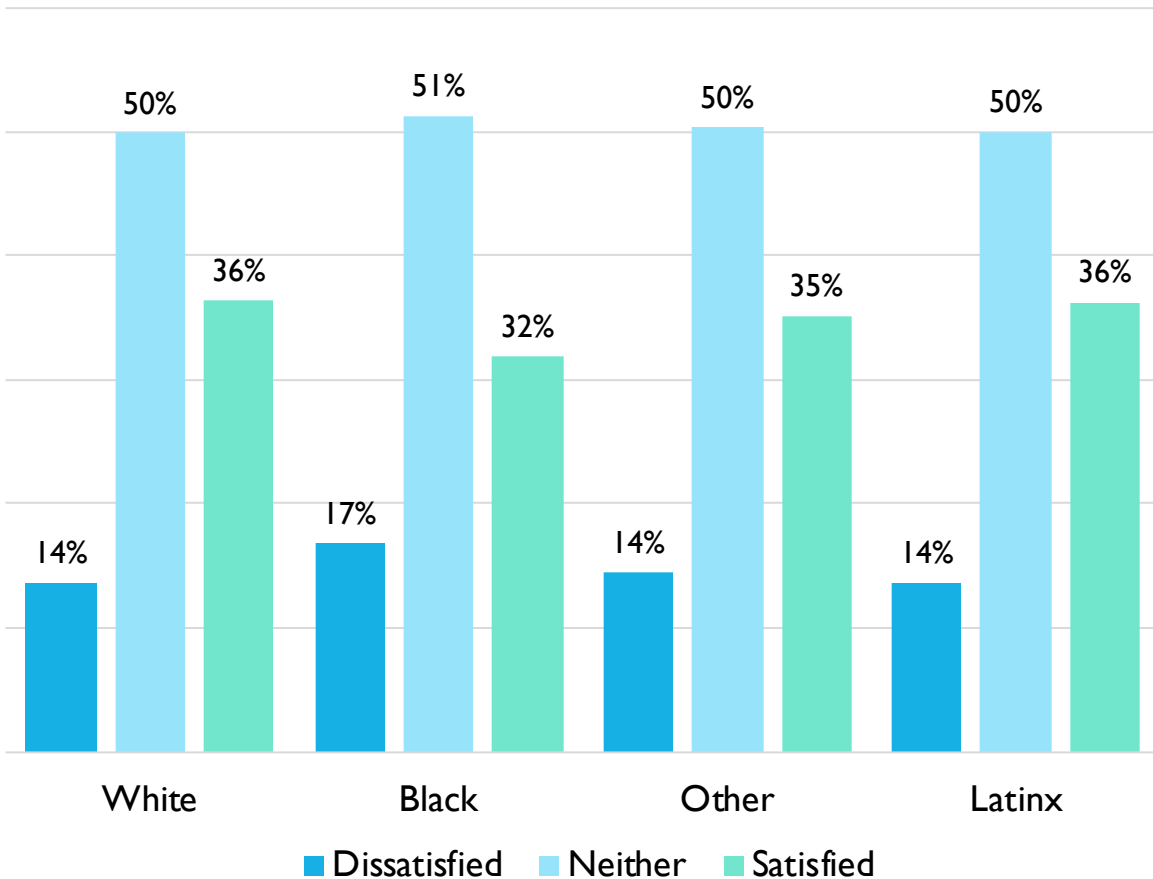


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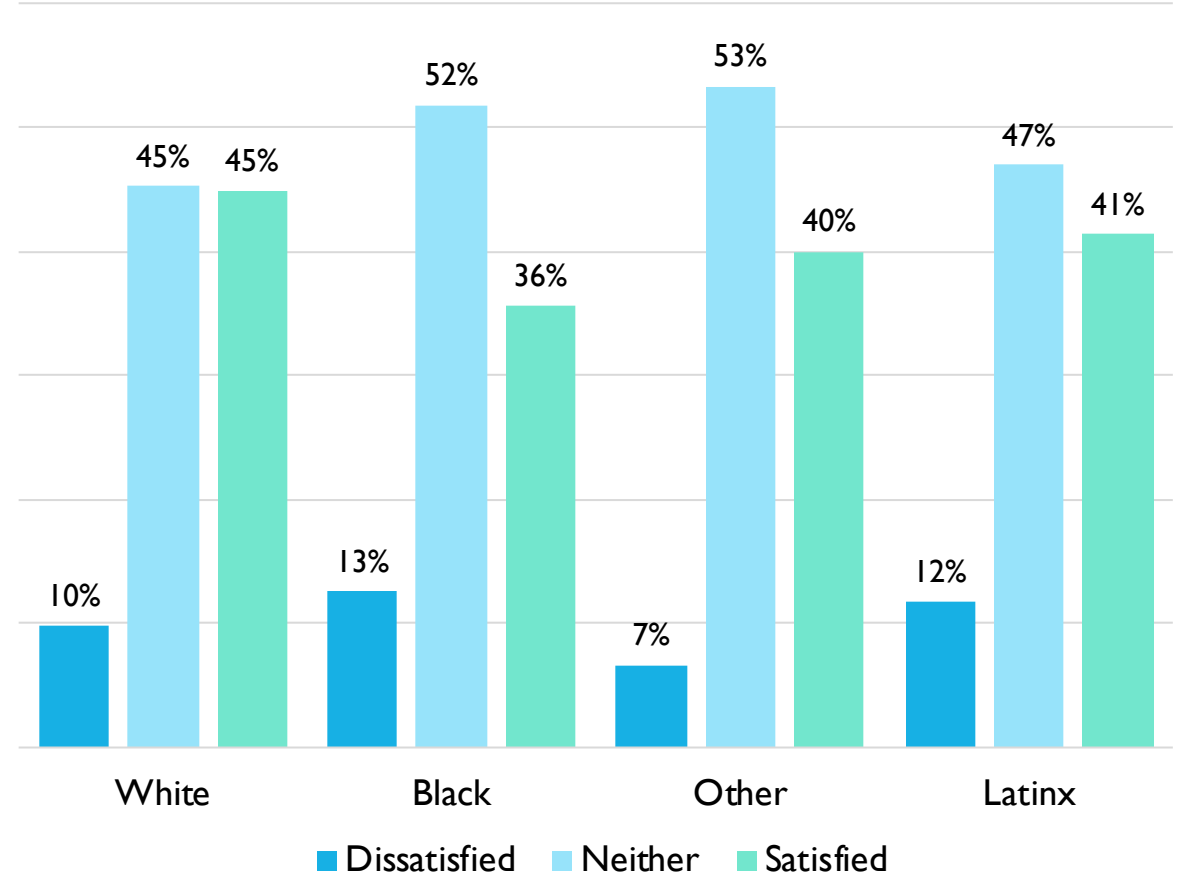


Satisfaction with Life: All Athletes

WOMEN BY RACE



MEN BY RACE





SATISFACTION

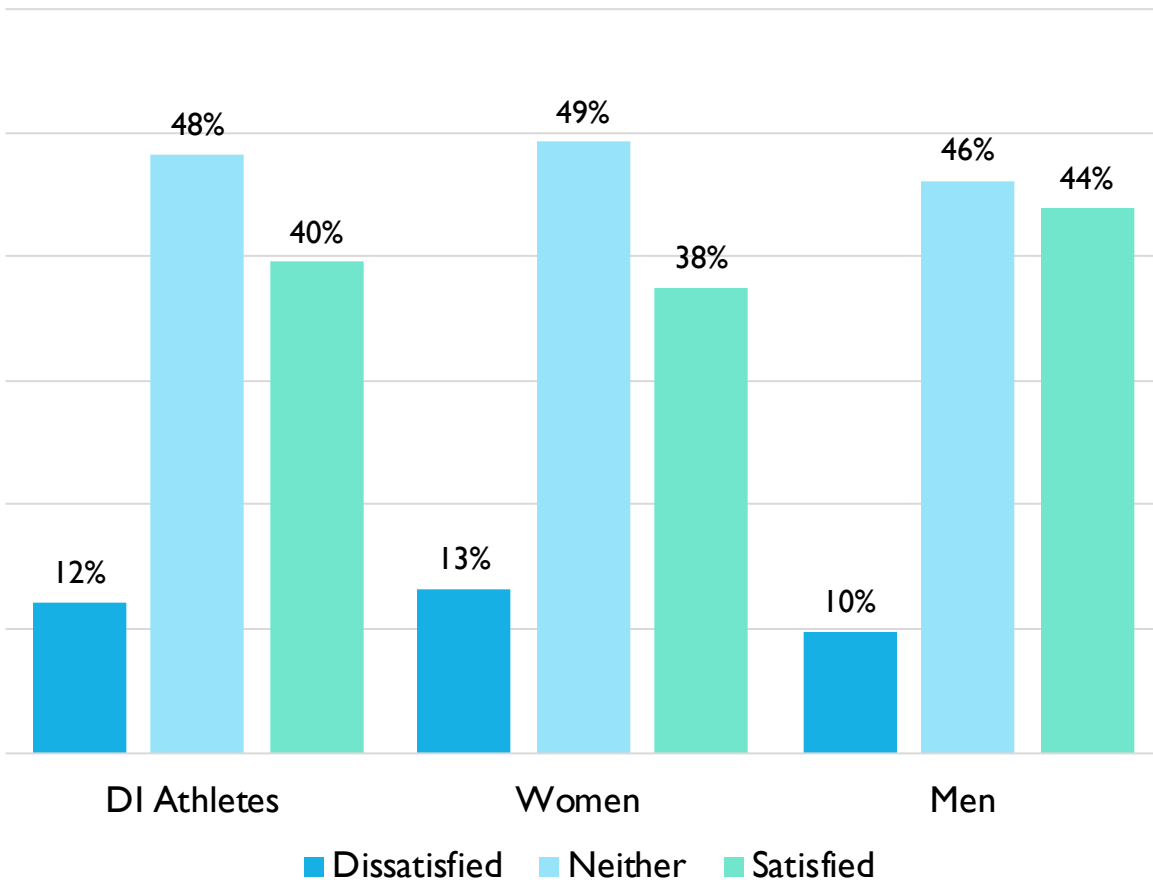
WITH LIFE:

DIVISION I ATHLETES

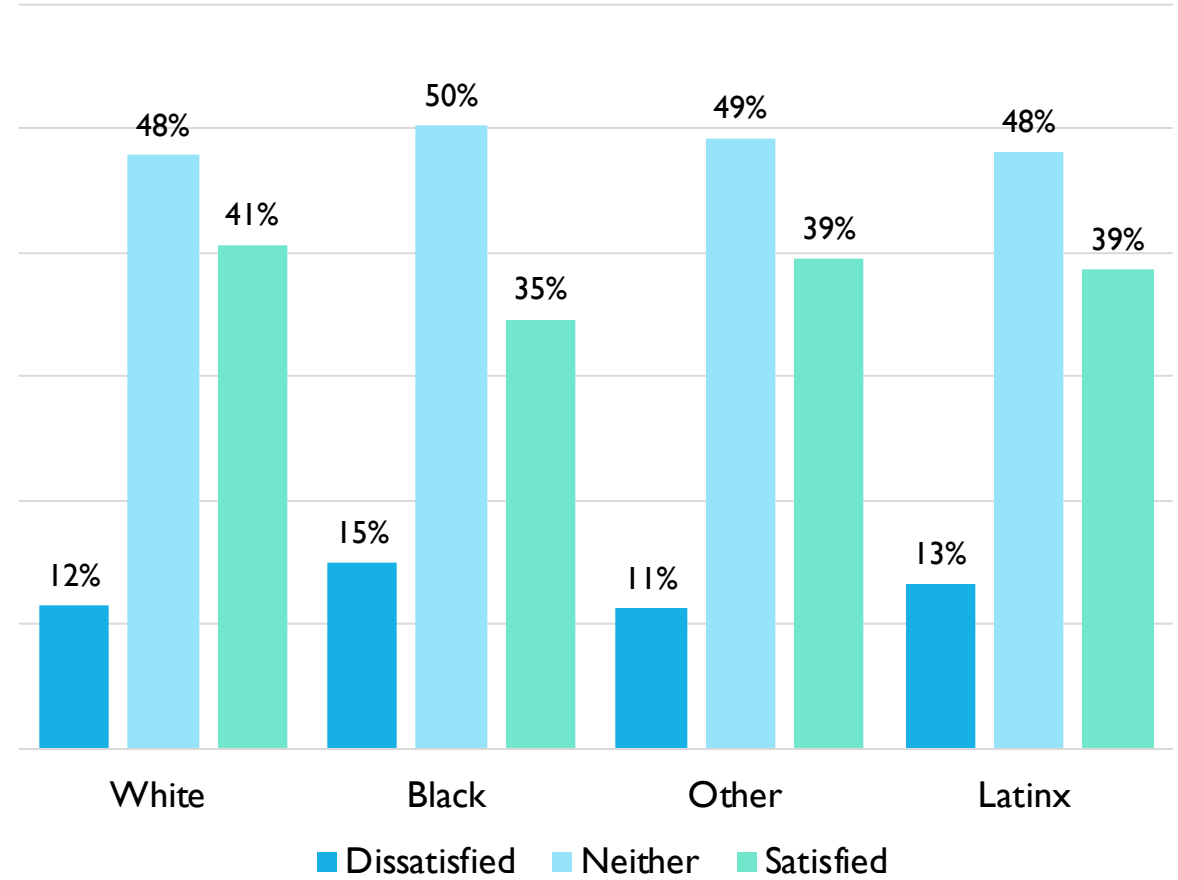


Satisfaction with Life: Division I Athletes

GENDER

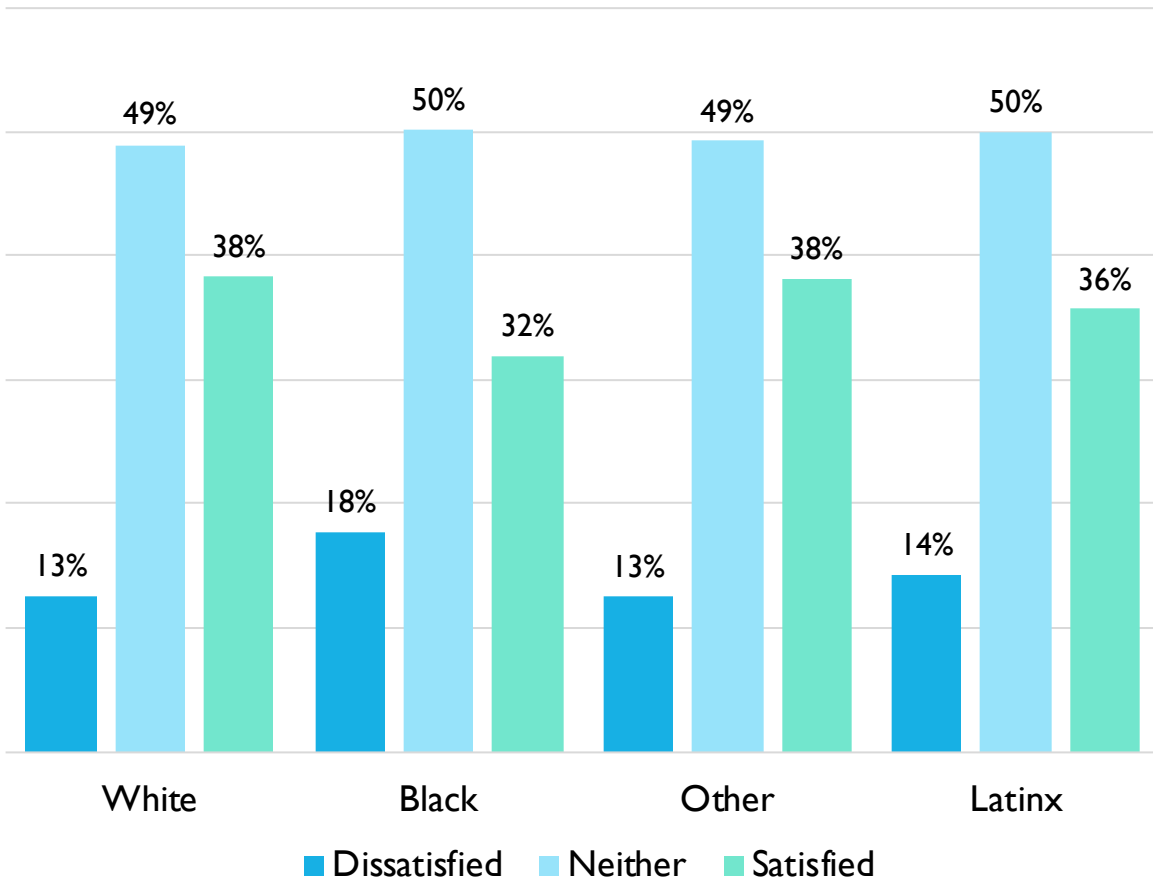


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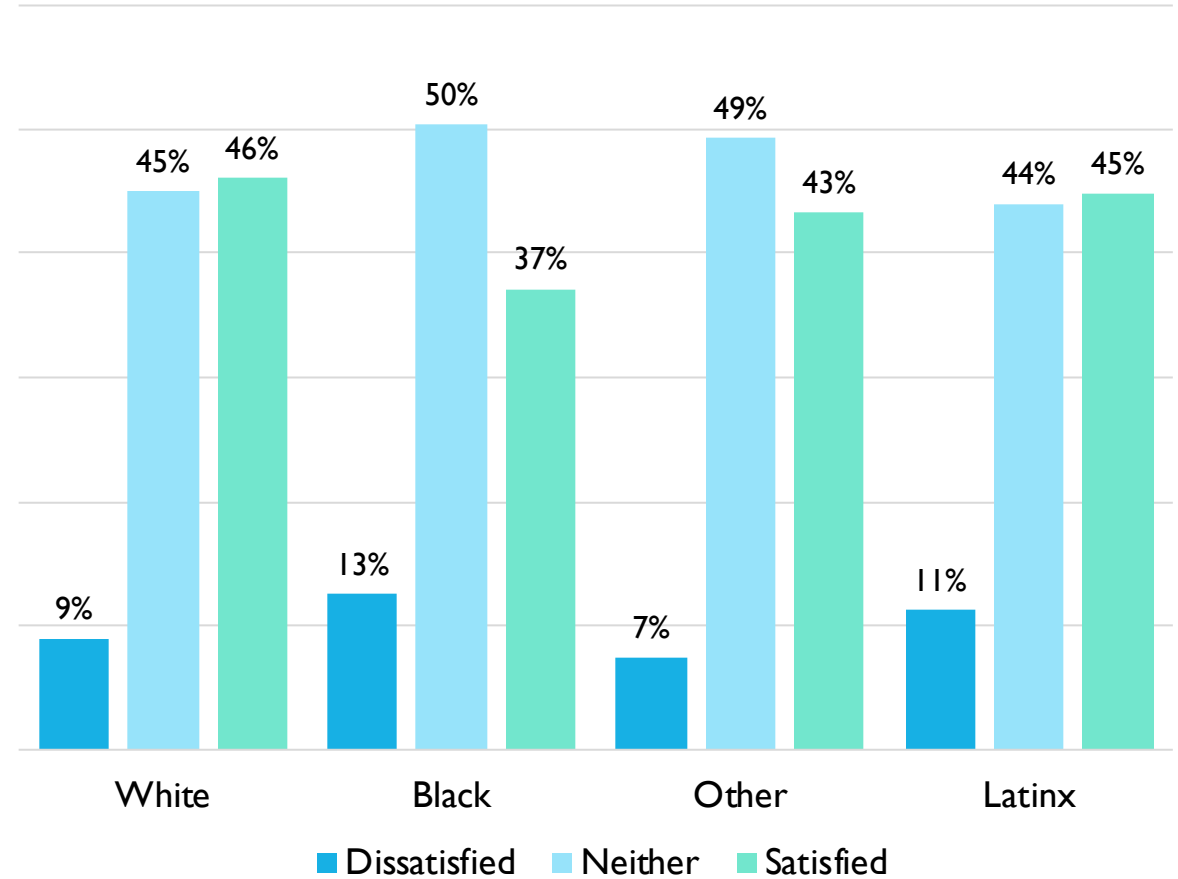


Satisfaction with Life: Division I Athletes

WOMEN BY RACE



MEN BY RACE





SATISFACTION

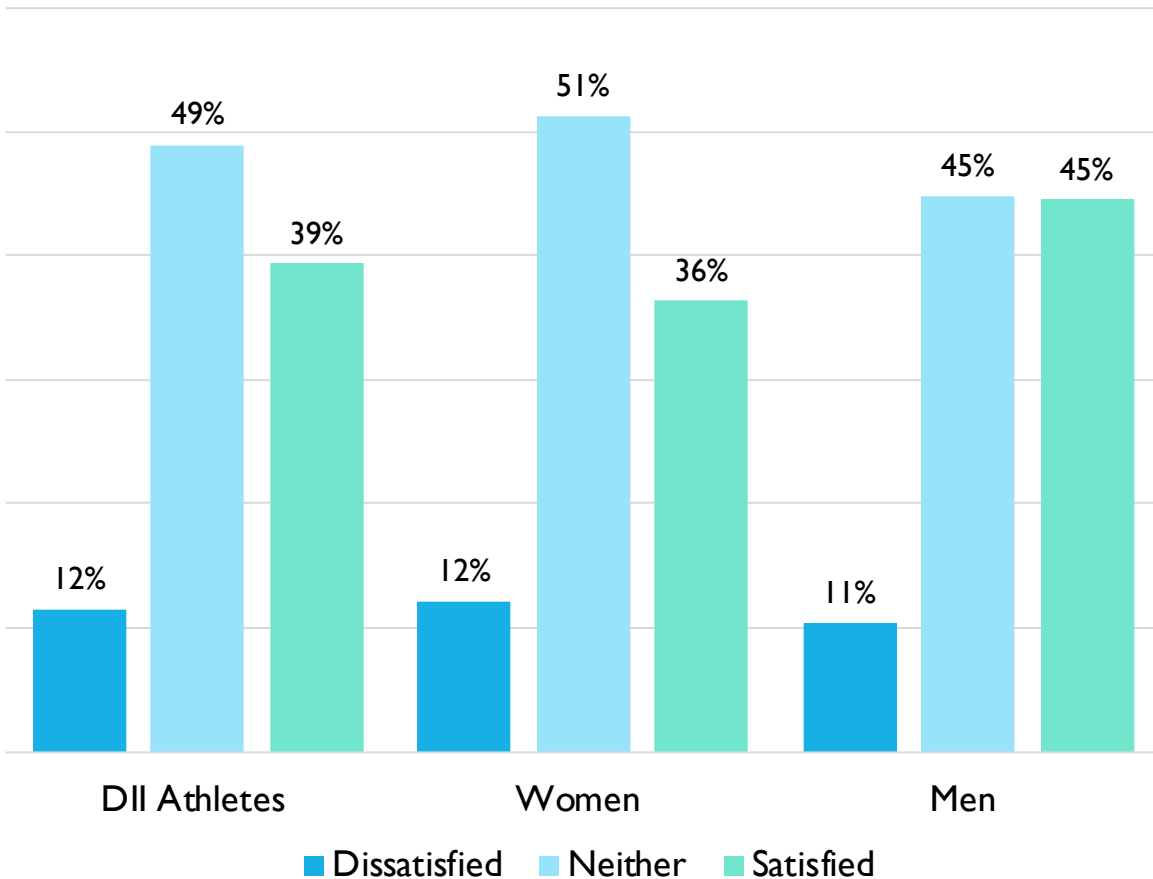
WITH LIFE:

DIVISION II ATHLETES

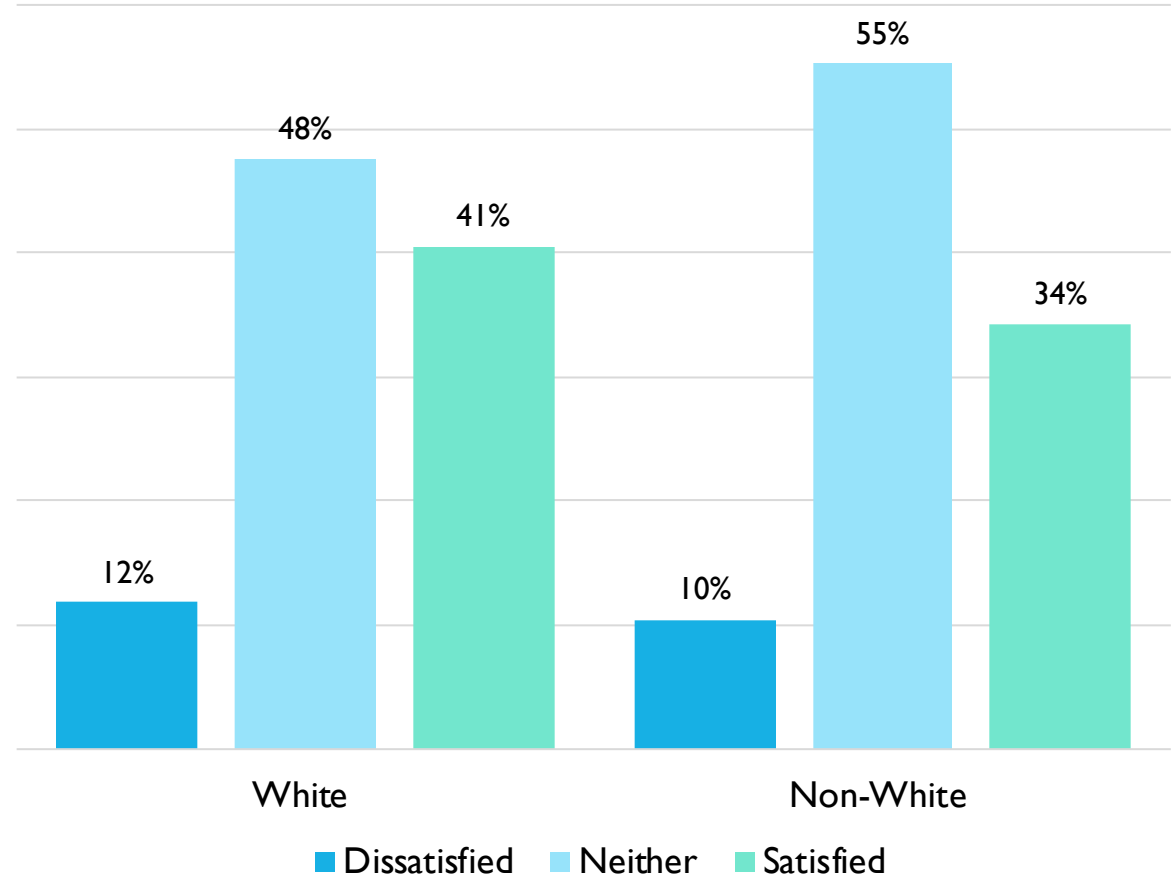


Satisfaction with Life: Division II Athletes

GENDER

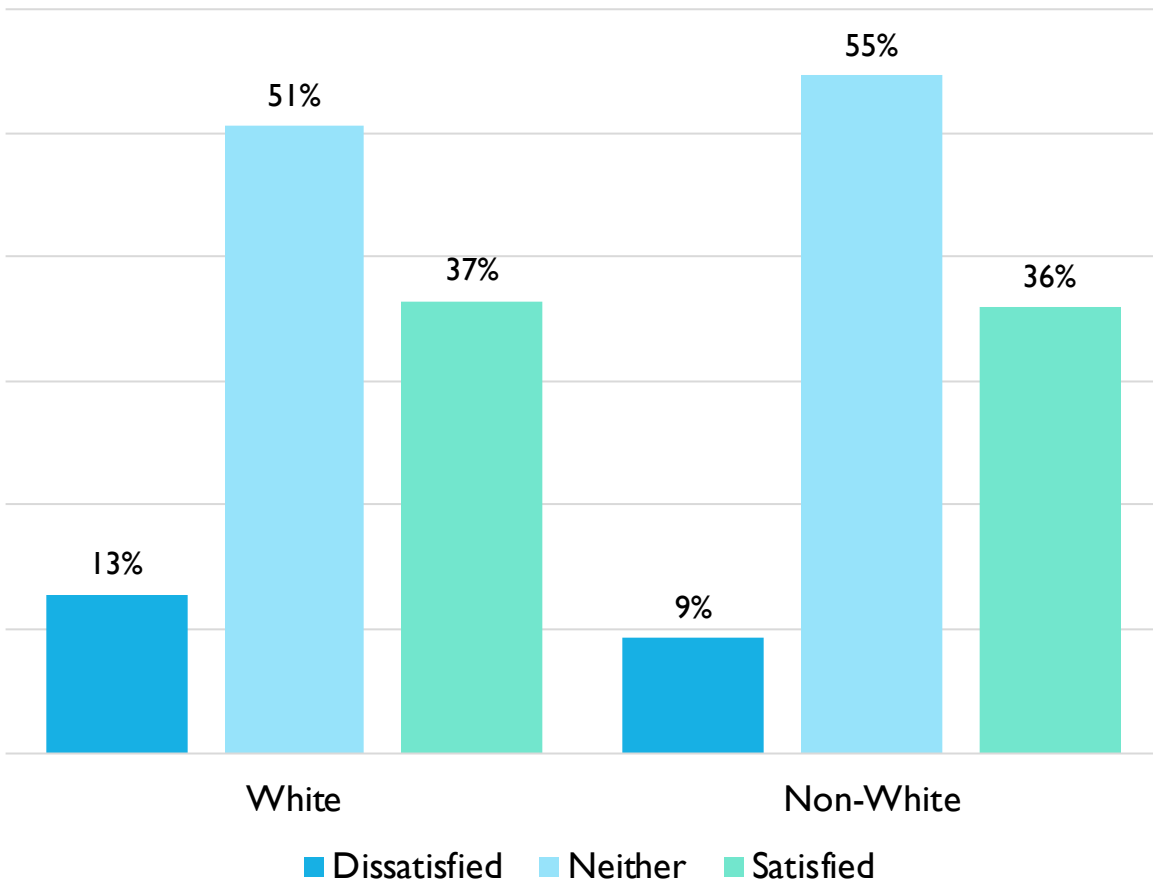


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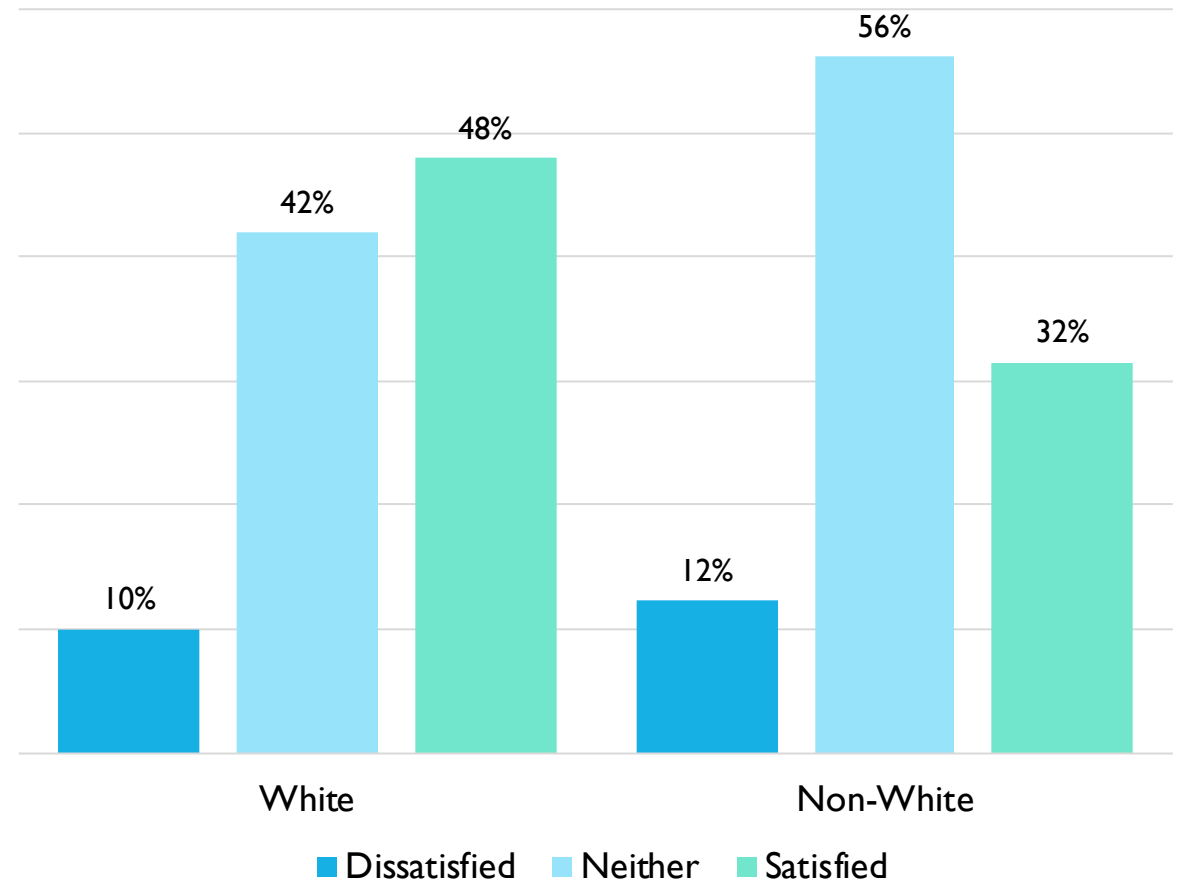


Satisfaction with Life: Division II Athletes

WOMEN BY RACE



MEN BY RACE



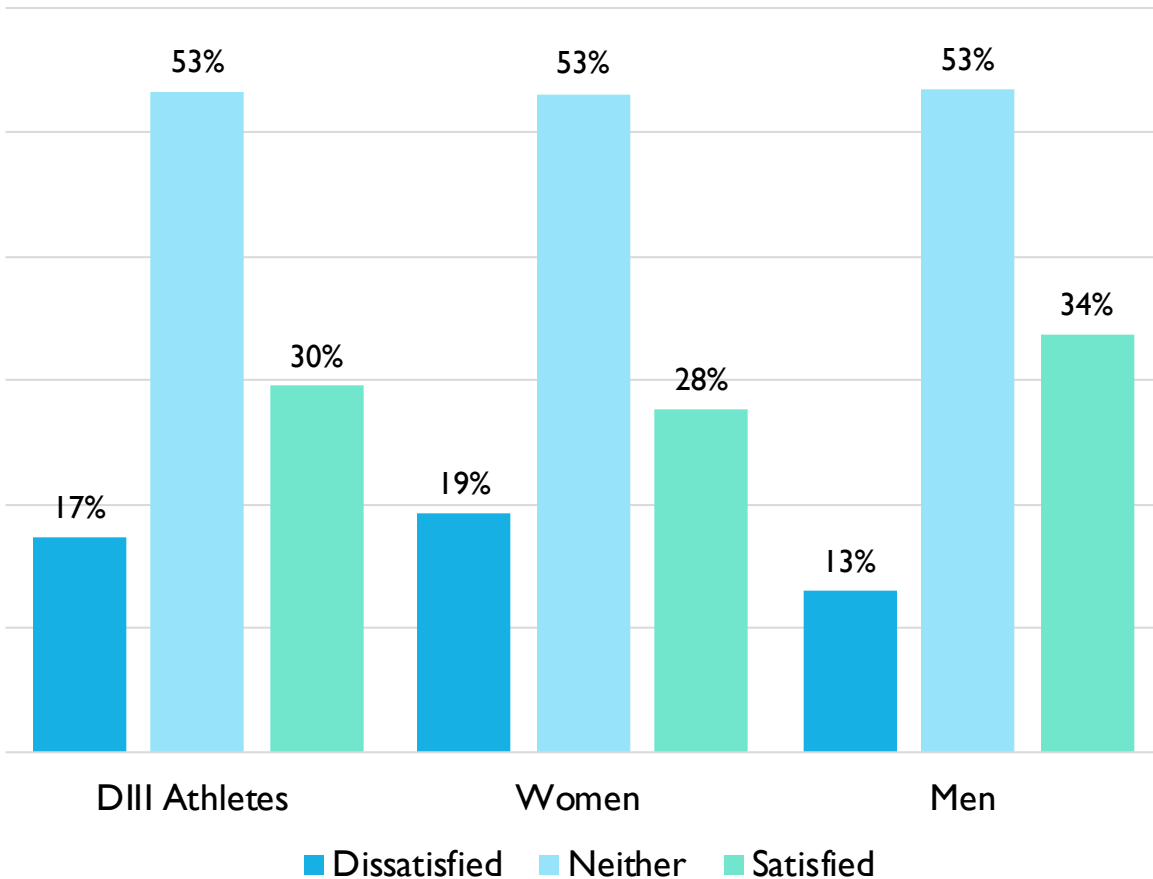


**SATISFACTION
WITH LIFE:
DIVISION III ATHLETES**

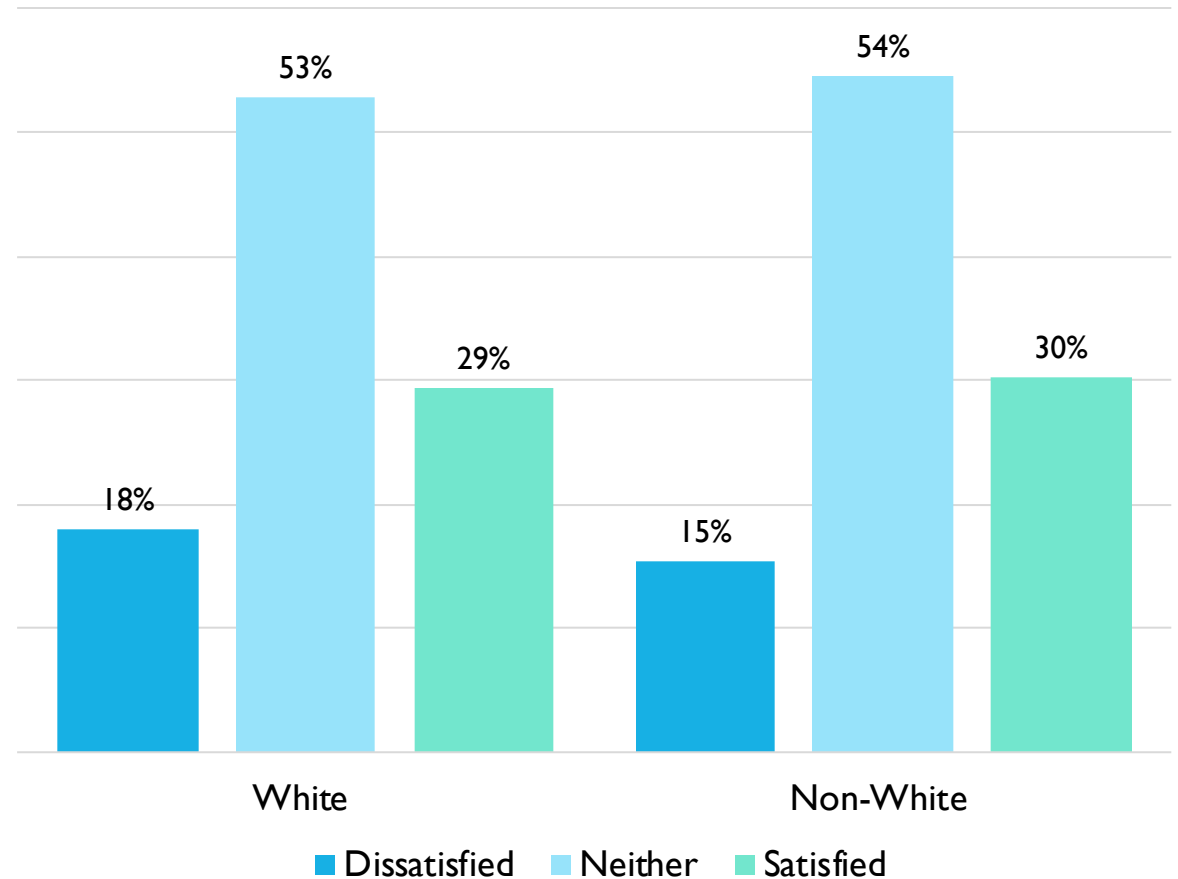


Satisfaction with Life: Division III Athletes

GENDER

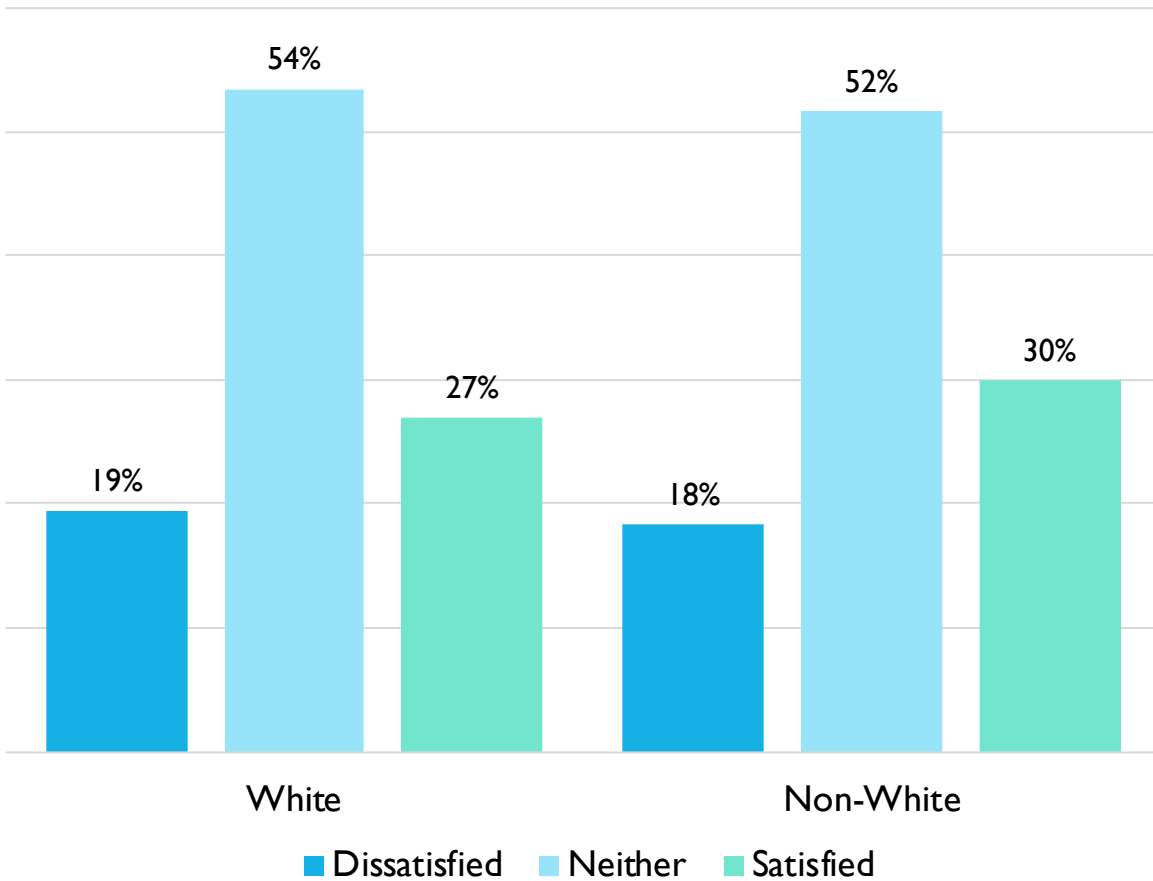


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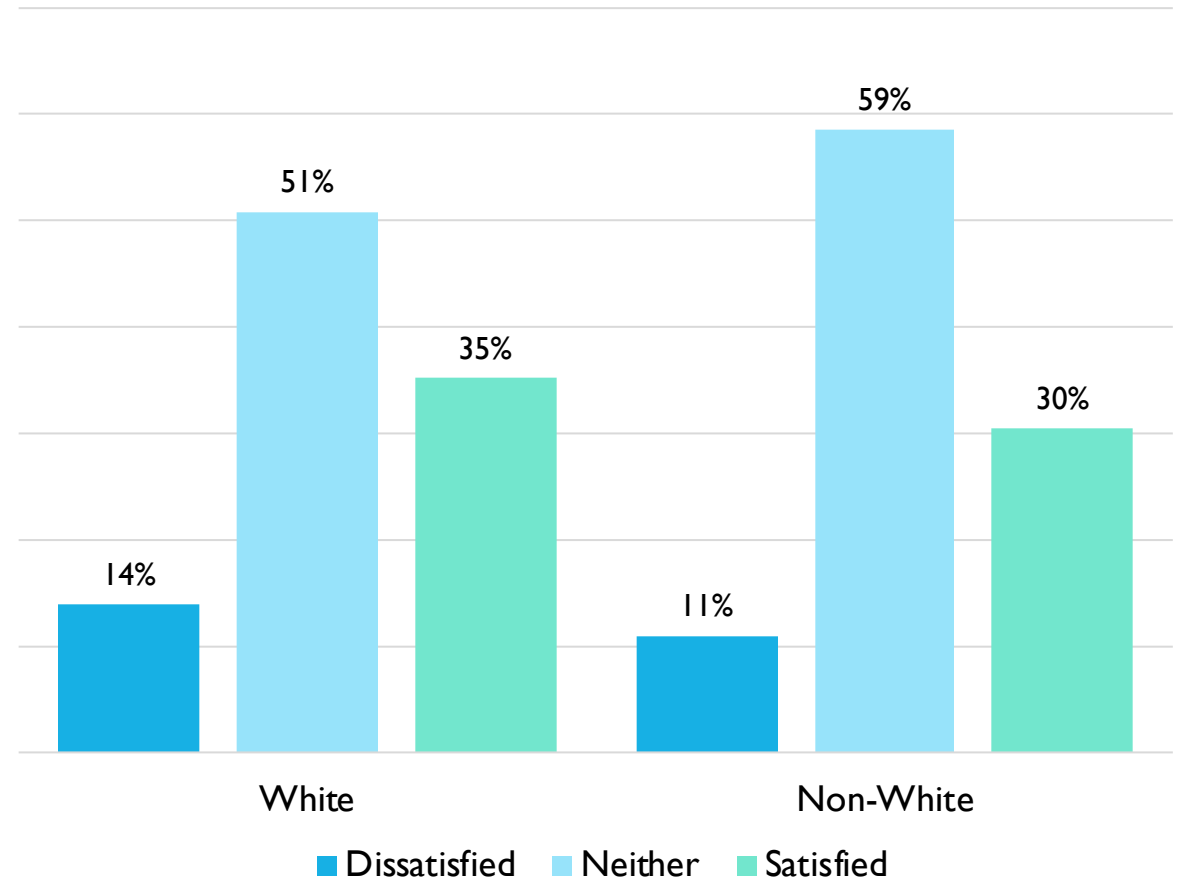


Satisfaction with Life: Division III Athletes

WOMEN BY RACE



MEN BY RACE





SLEEP DISTURBANCE

Sleep Disturbance: Description of Measure

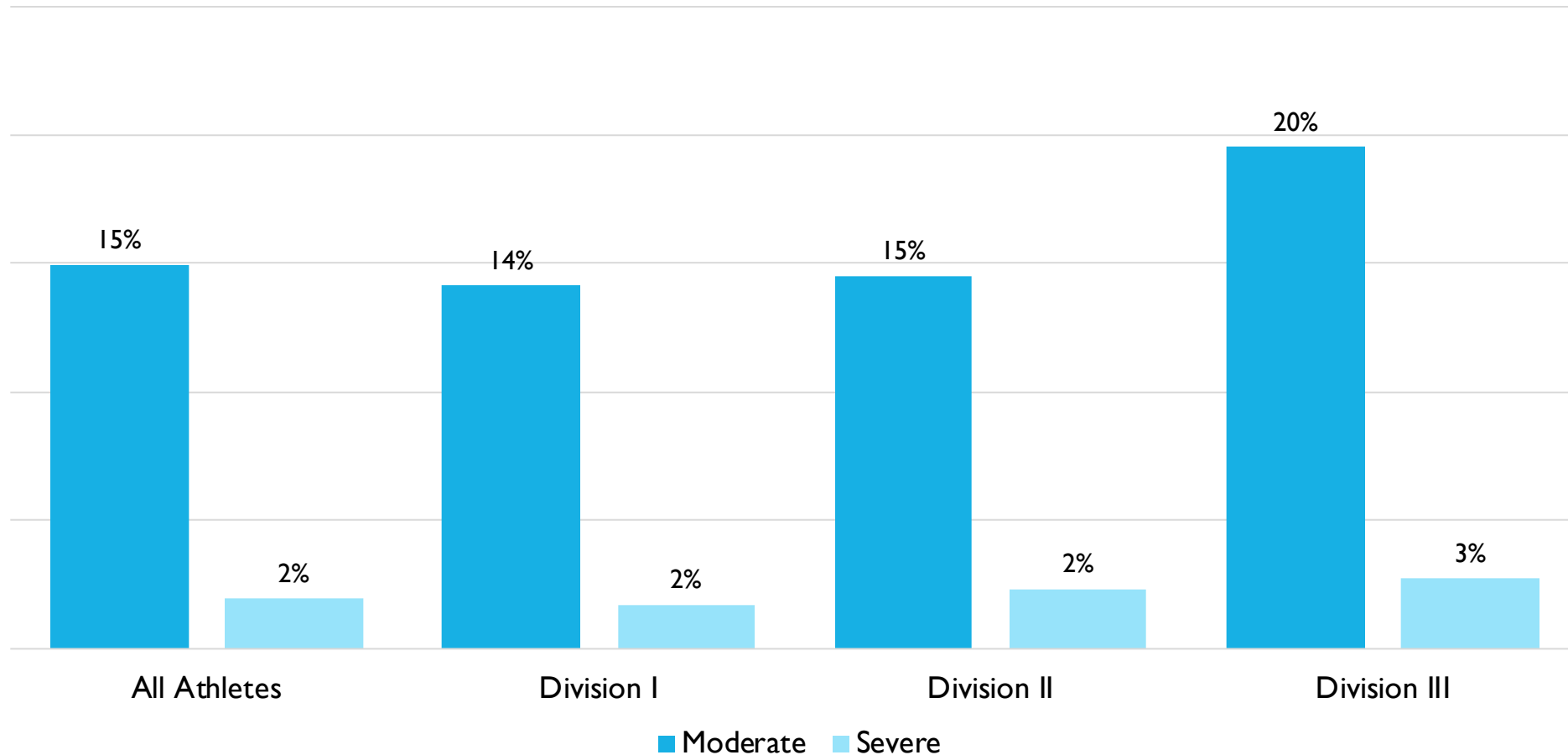
- Athletes completed the 8-item sleep disturbance scale from the PROMIS, which is a widely used and recognized measure to determine clinically relevant levels of sleep disturbances
- PROMIS scoring is based on conversion to T-scores. The cut-off scores used to determine the athletes' sleep disturbance were:
 - A. None to slight = less than 55
 - B. Mild = 55.0 to 59.9
 - C. Moderate = 60.0 to 69.9
 - D. Severe = 70 and above
- Data presented in the bar graphs reflect the % of athletes who were classified as experiencing either “moderate” or “severe” sleep disturbances

Sleep Disturbance: Summary of Results

- 18% of the Athletes reported experiencing moderate to severe disturbances in their sleep
- Approximately two-thirds reported no substantive sleep disturbance
- Women were almost two times as likely as Men to report moderate to severe sleep disturbance
- Sleep disturbance levels did not vary substantively across White, Black, and 'Other' Athletes, but were slightly higher among Latinx Athletes

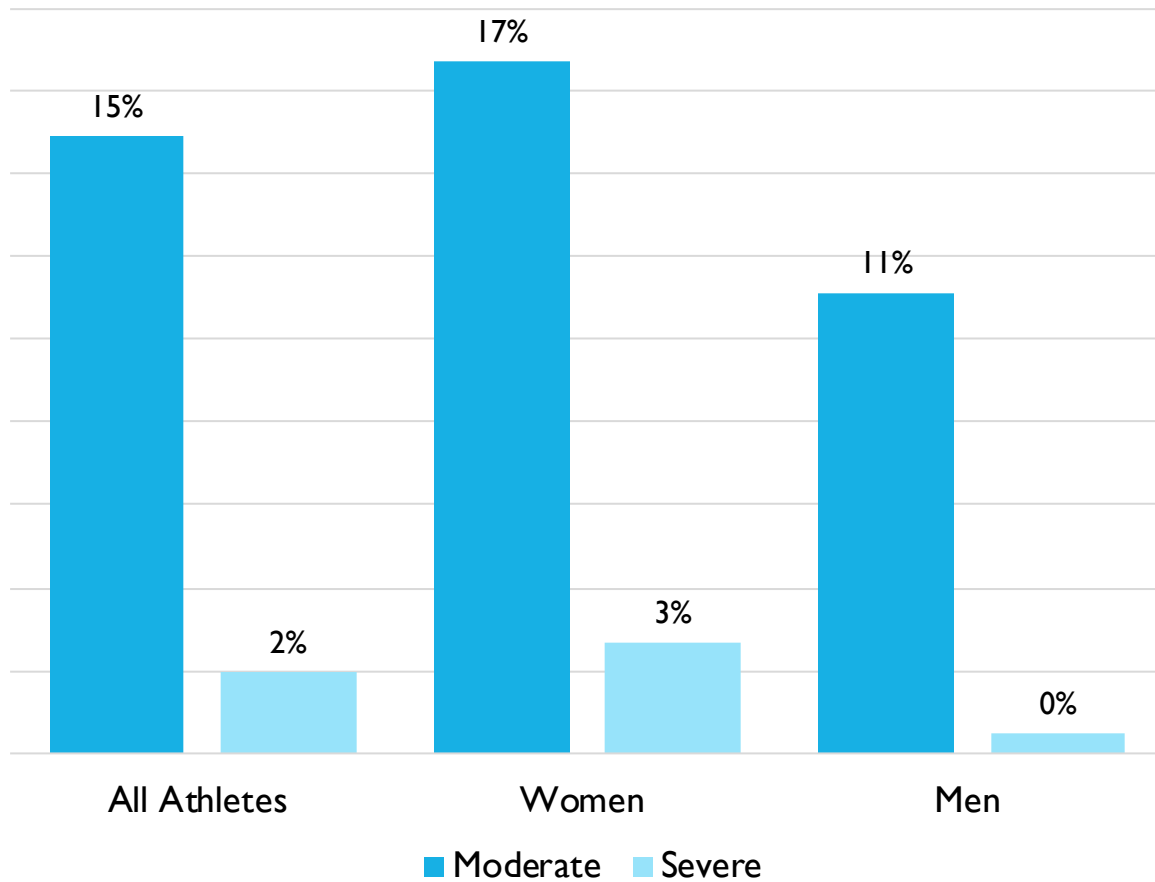
Sleep Disturbance: All Athletes

DIVISION

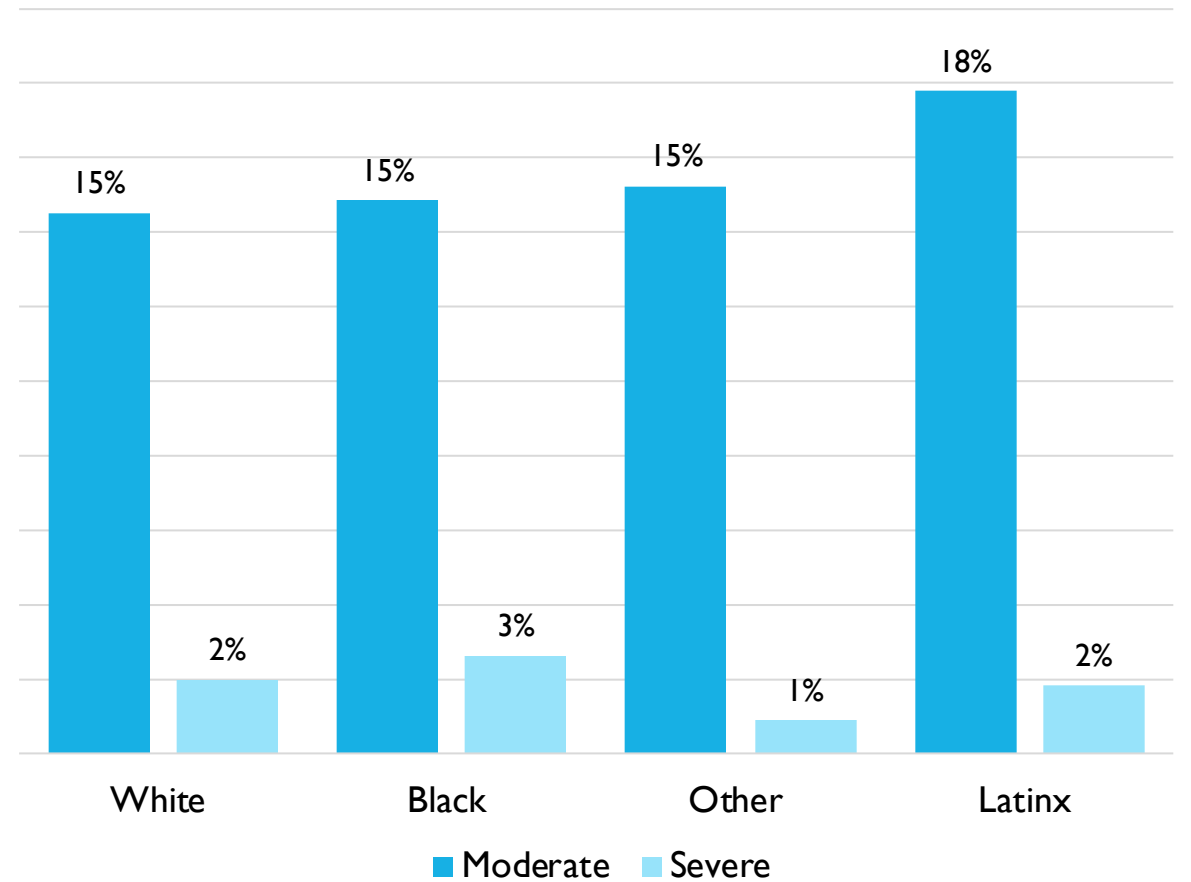


Sleep Disturbance: All Athletes

GENDER

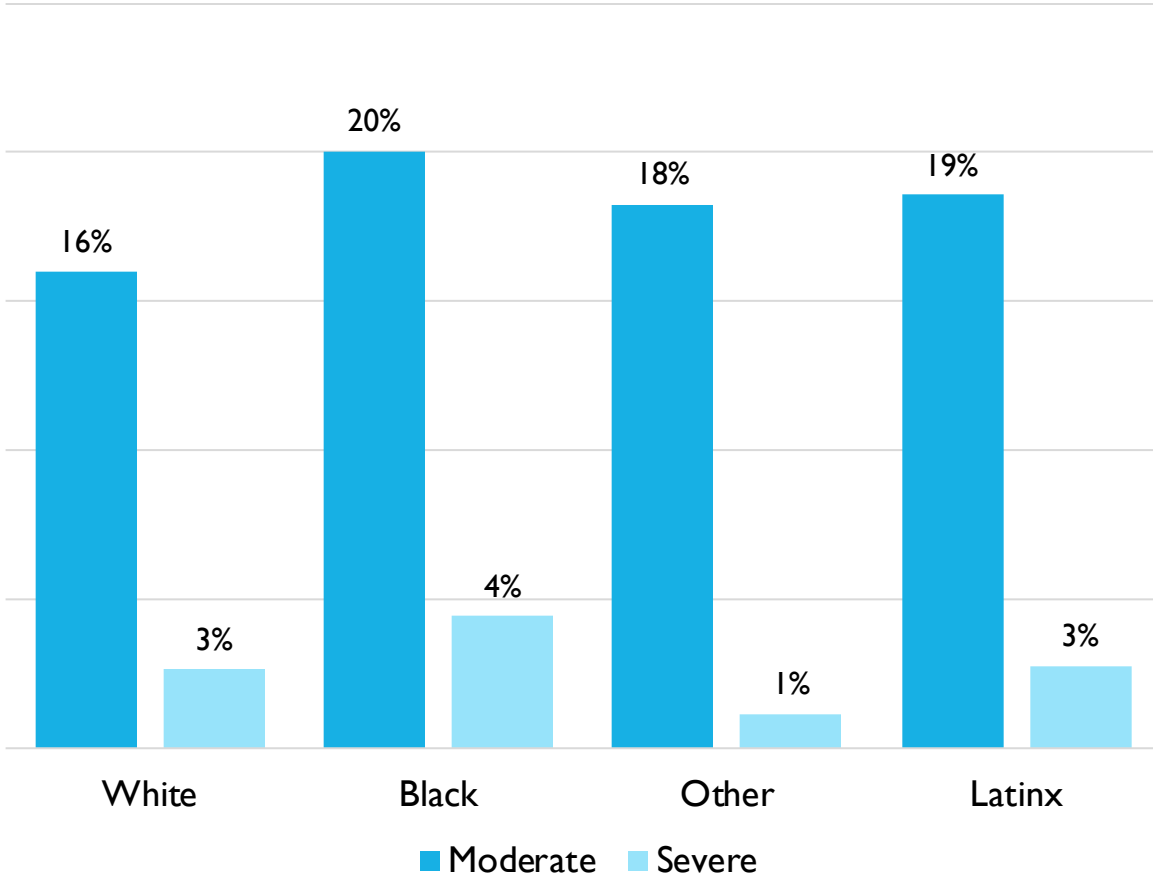


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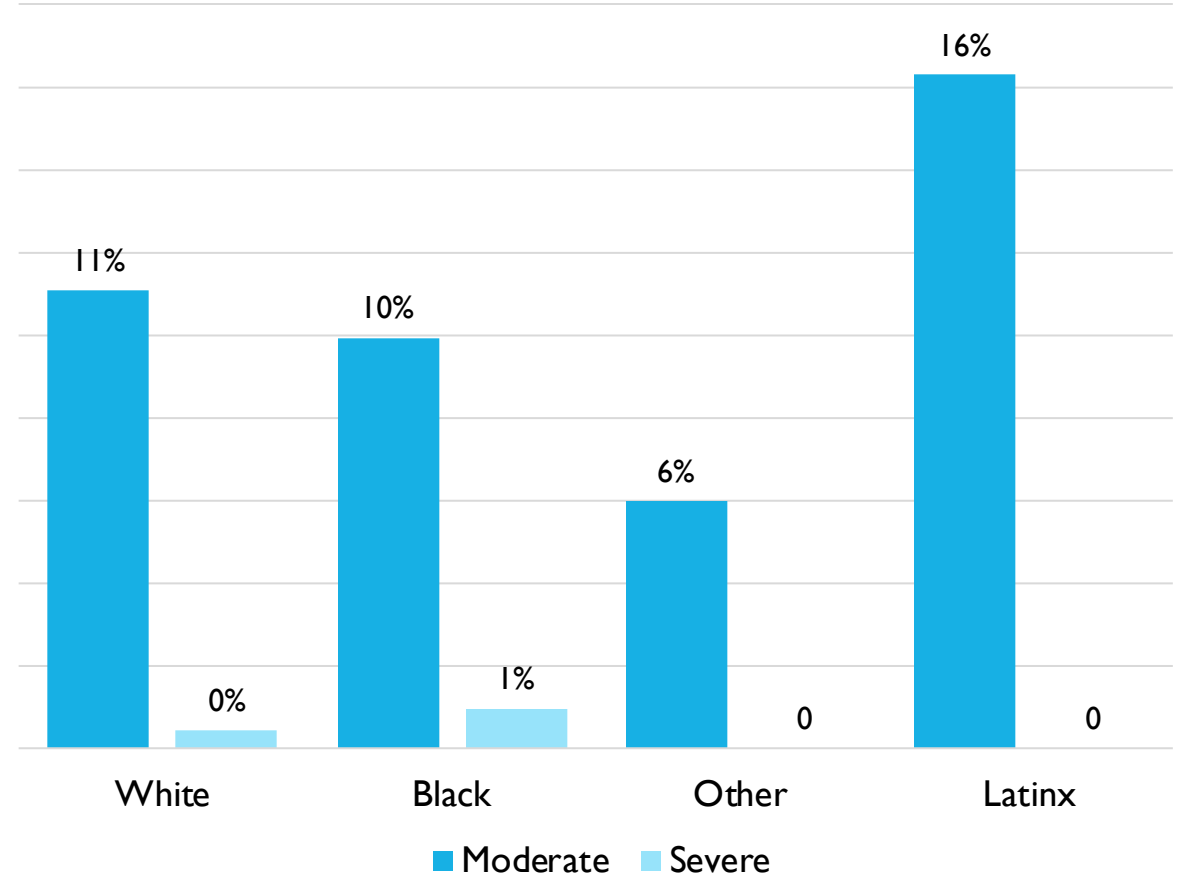


Sleep Disturbance: All Athletes

WOMEN BY RACE



MEN BY RACE



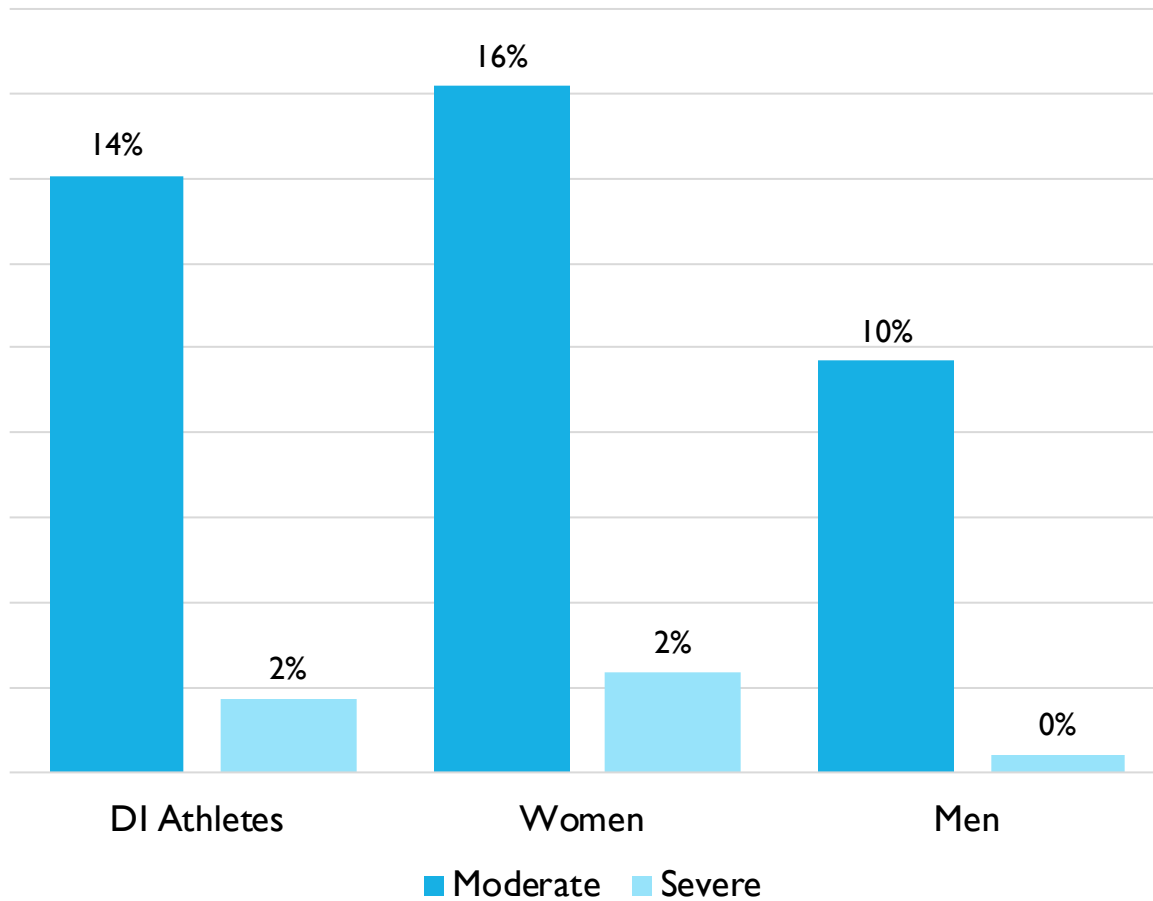


SLEEP DISTURBANCE:
DIVISION I ATHLETES

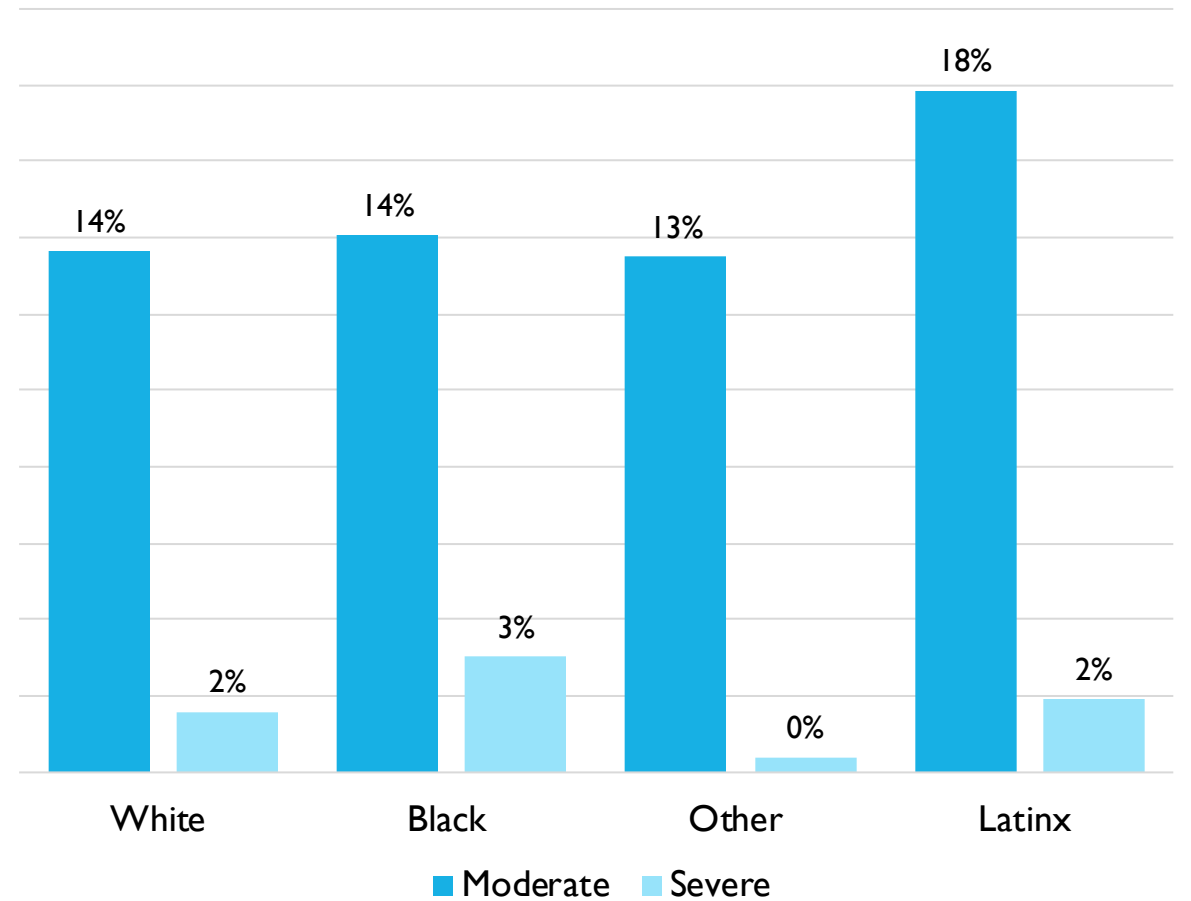


Sleep Disturbance: Division I Athletes

GENDER

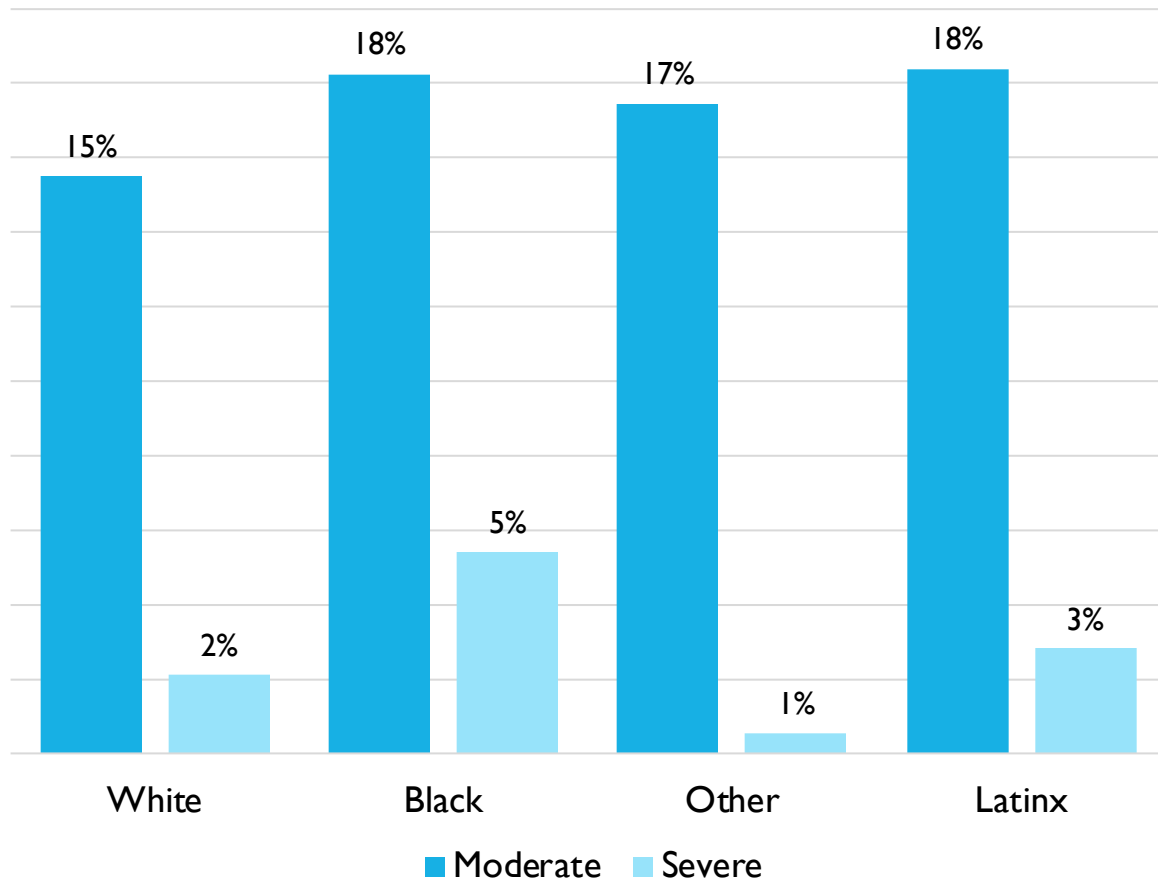


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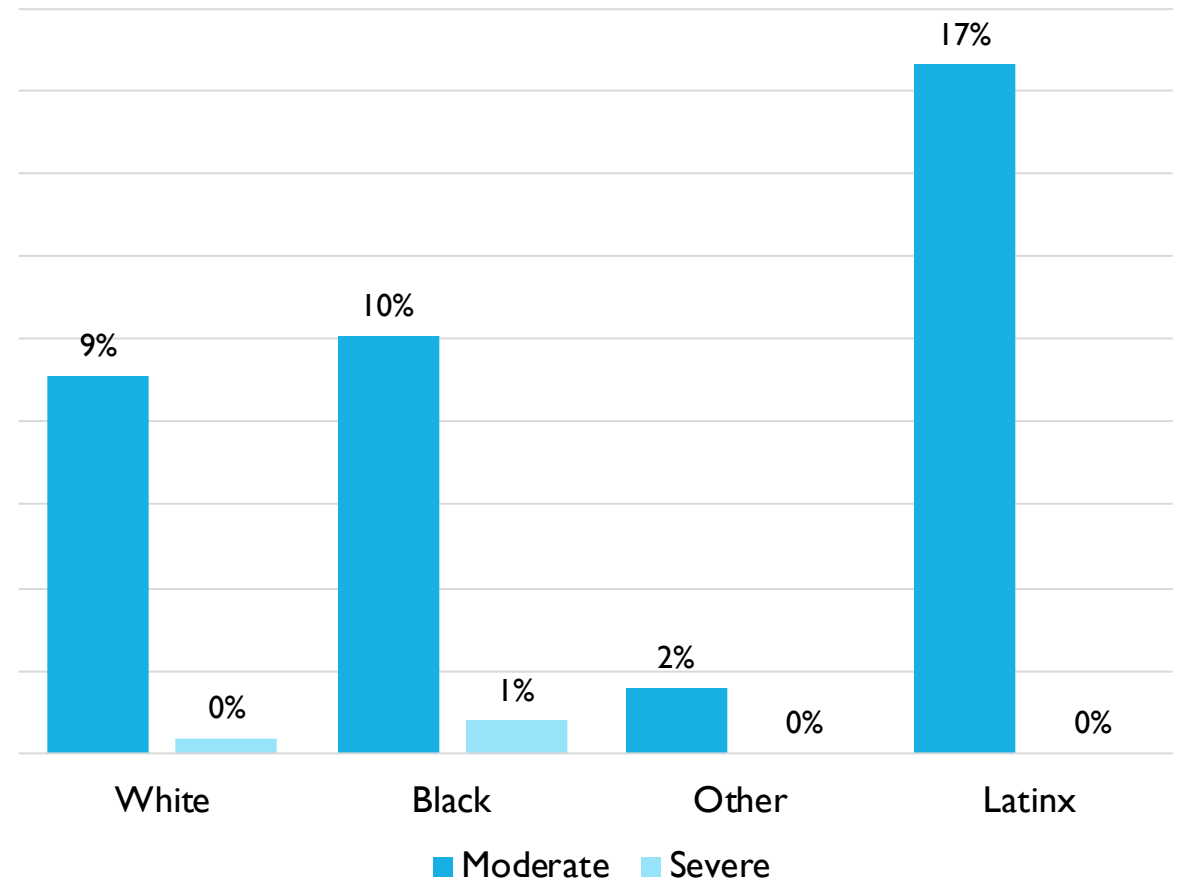


Sleep Disturbance: Division I Athletes

WOMEN BY RACE



MEN BY RACE



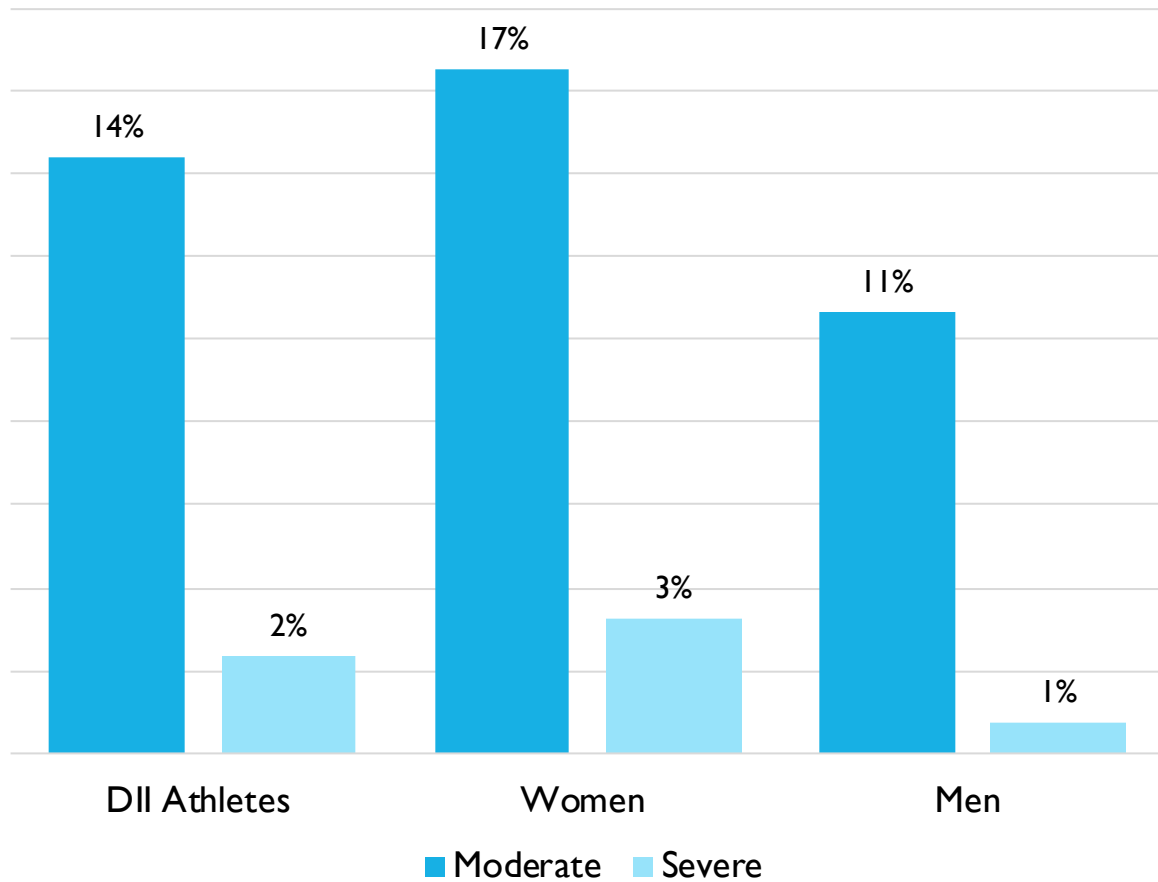


SLEEP DISTURBANCE:
DIVISION II ATHLETES

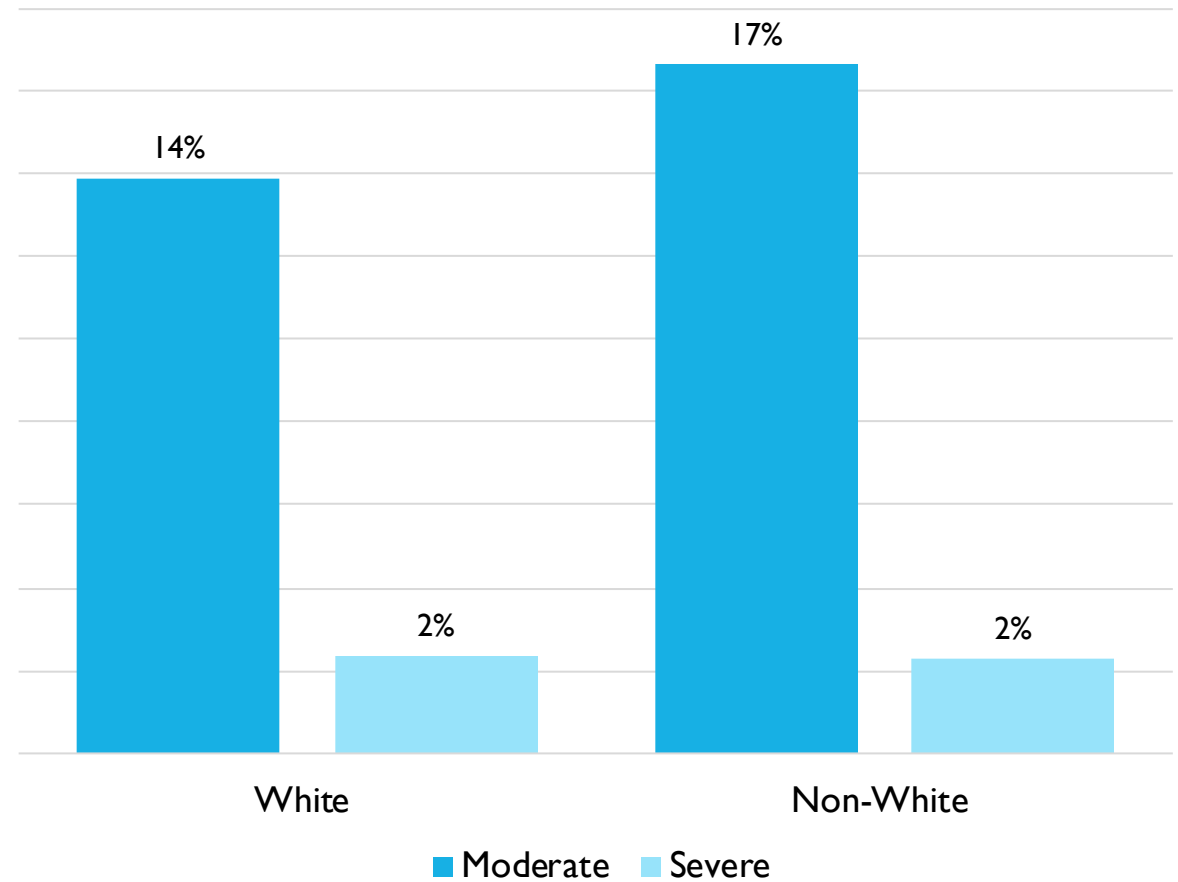


Sleep Disturbance: Division II Athletes

GENDER

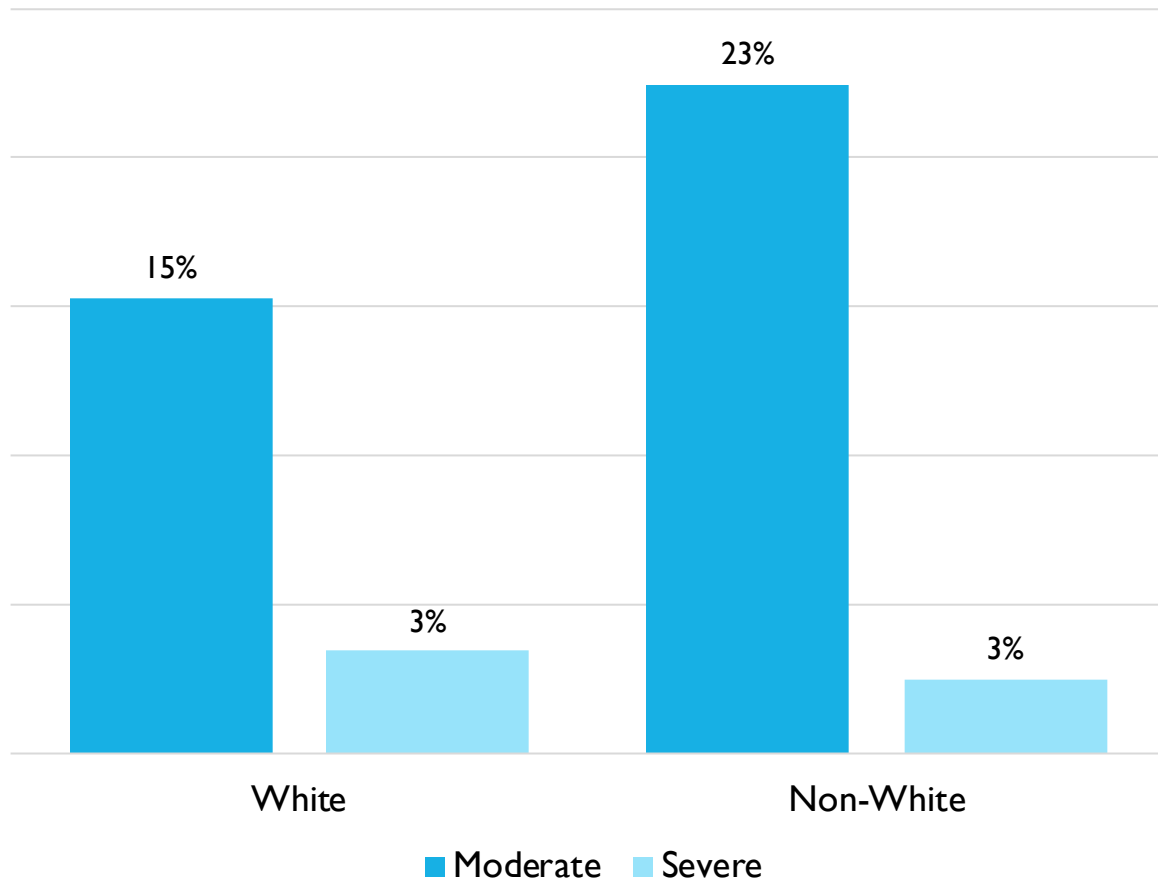


RACE

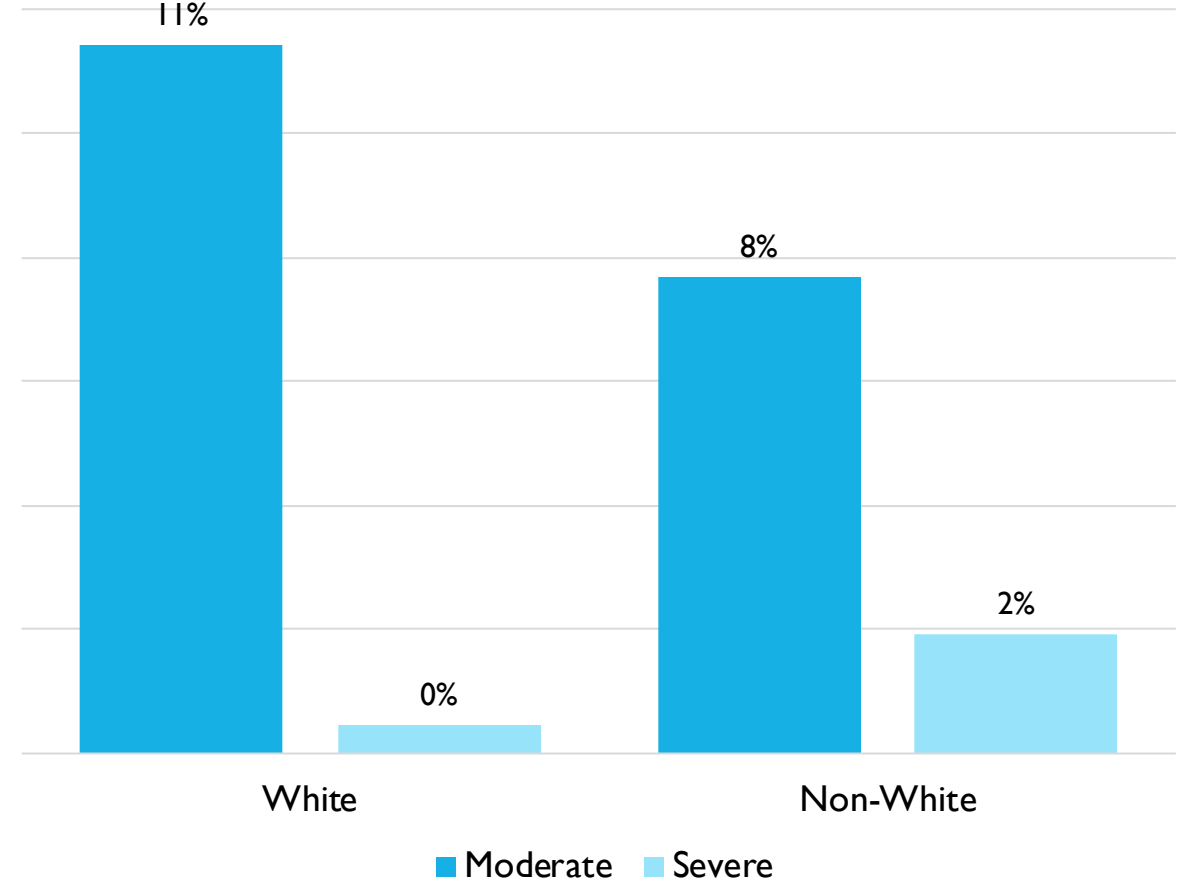


Sleep Disturbance: Division II Athletes

WOMEN BY RACE



MEN BY RACE



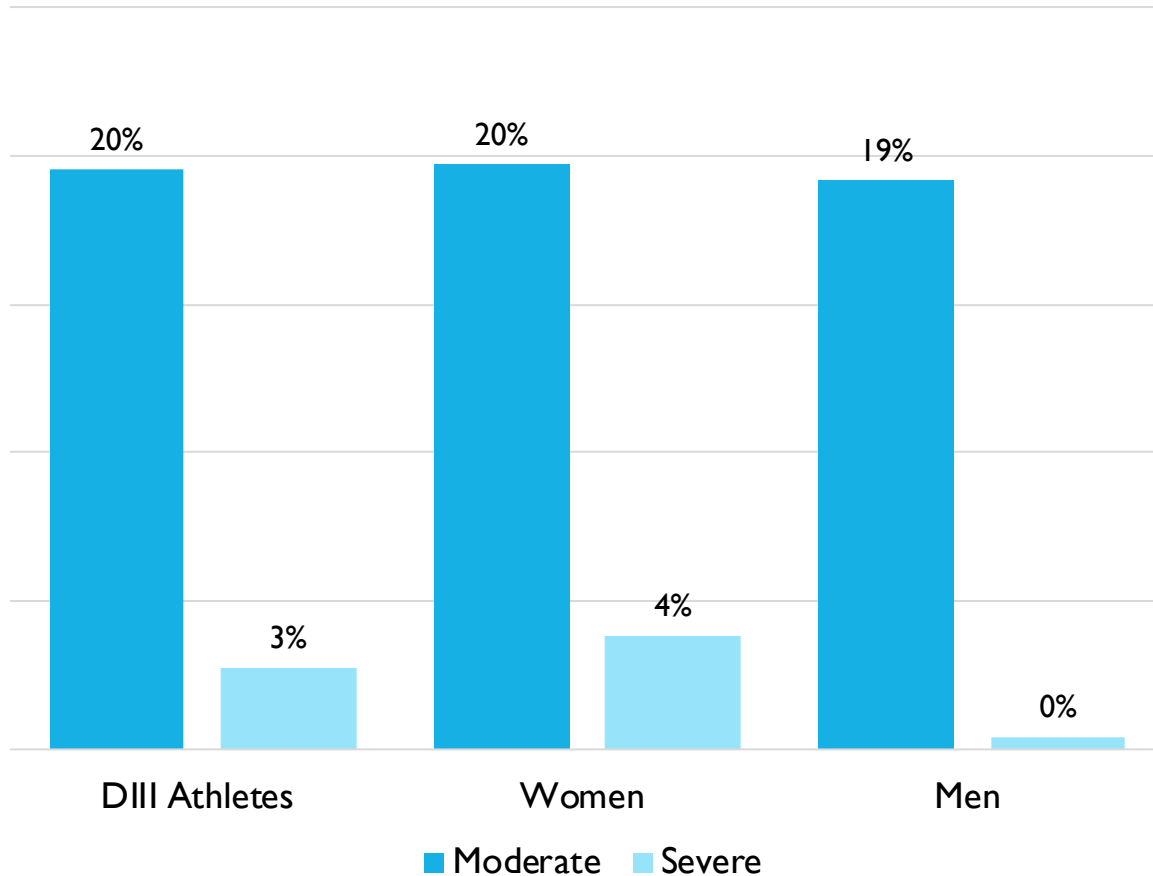


**SLEEP DISTURBANCE:
DIVISION III ATHLETES**

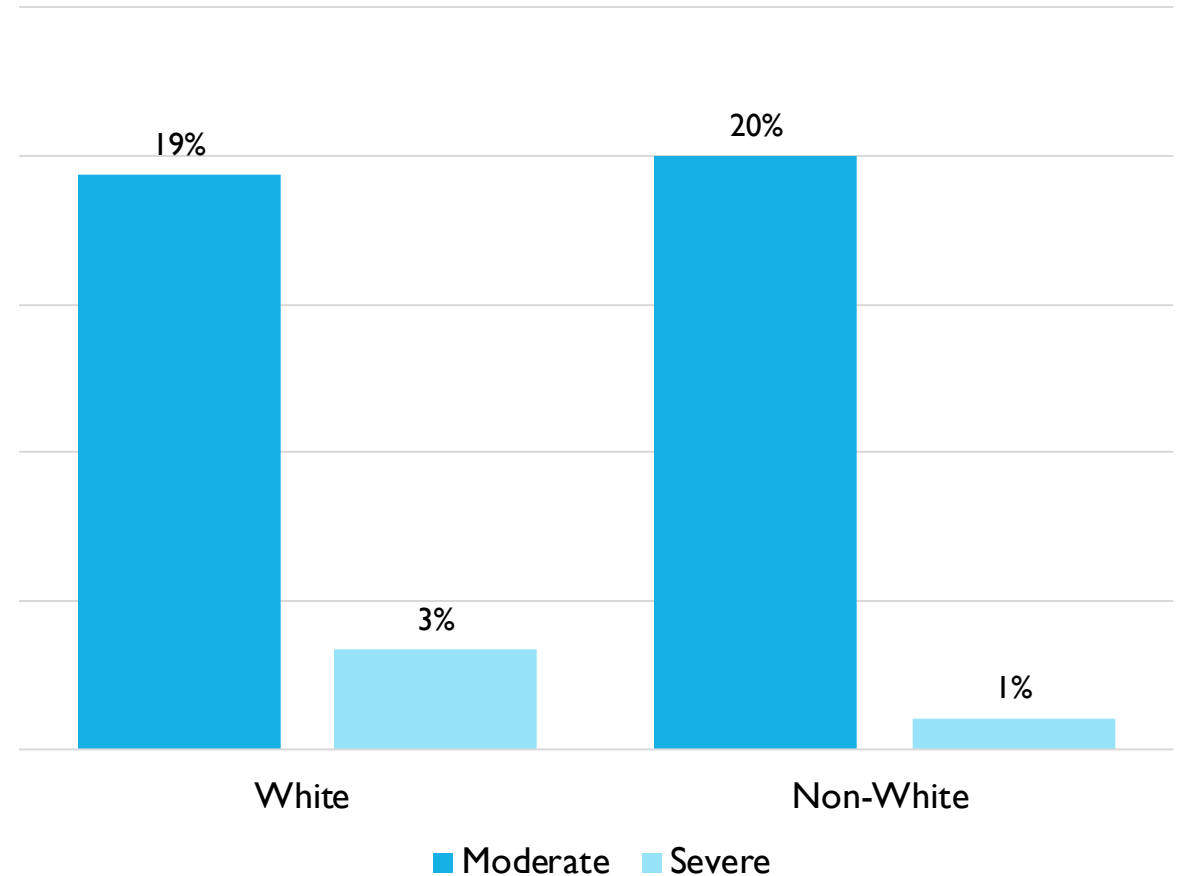


Sleep Disturbance: Division II Athletes

GENDER

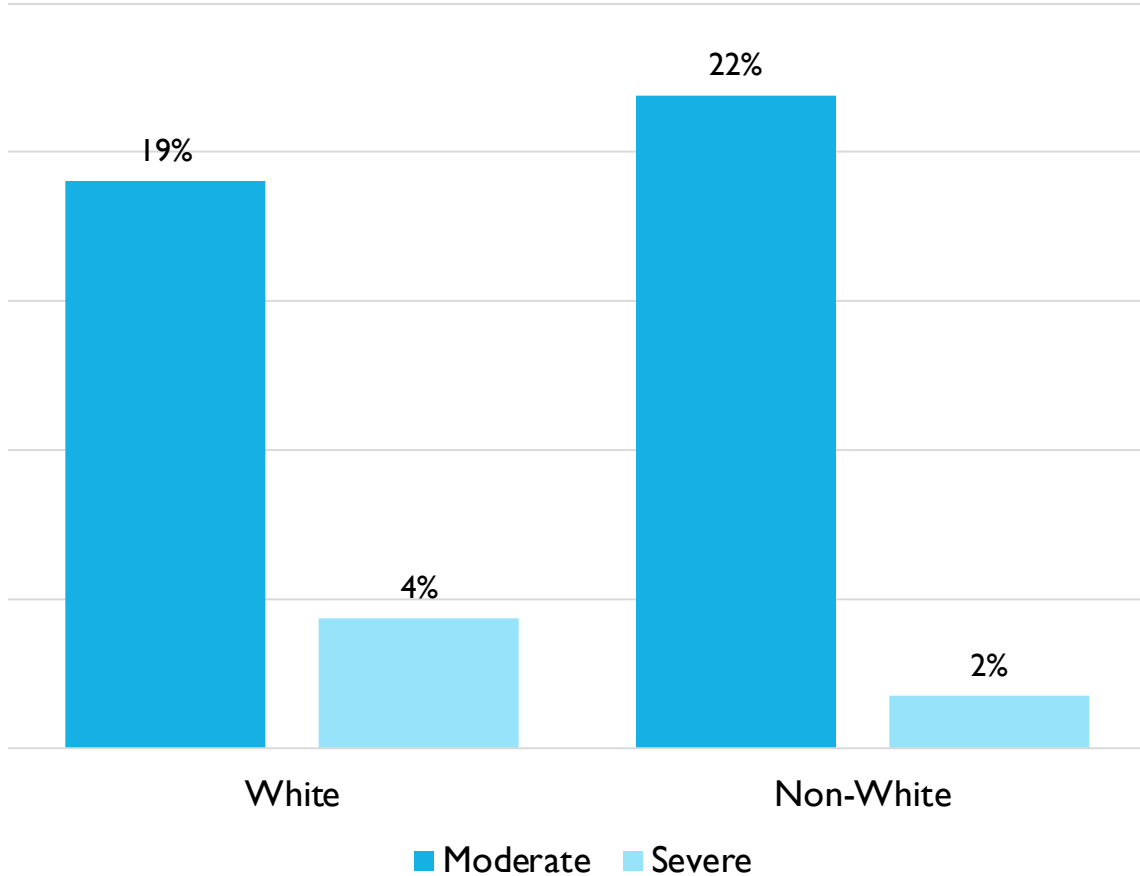


RACE

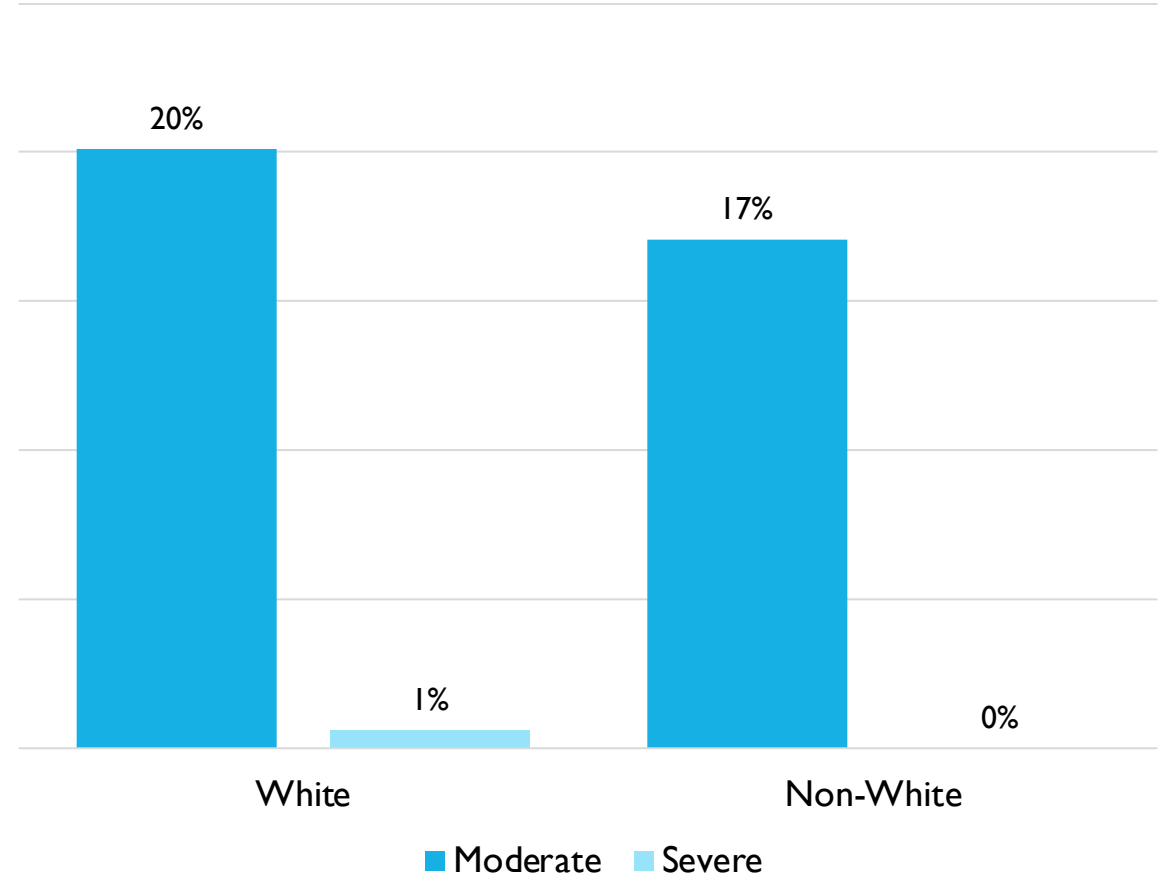


Sleep Disturbance: Division III Athletes

WOMEN BY RACE



MEN BY RACE





RISKY DRINKING BEHAVIORS

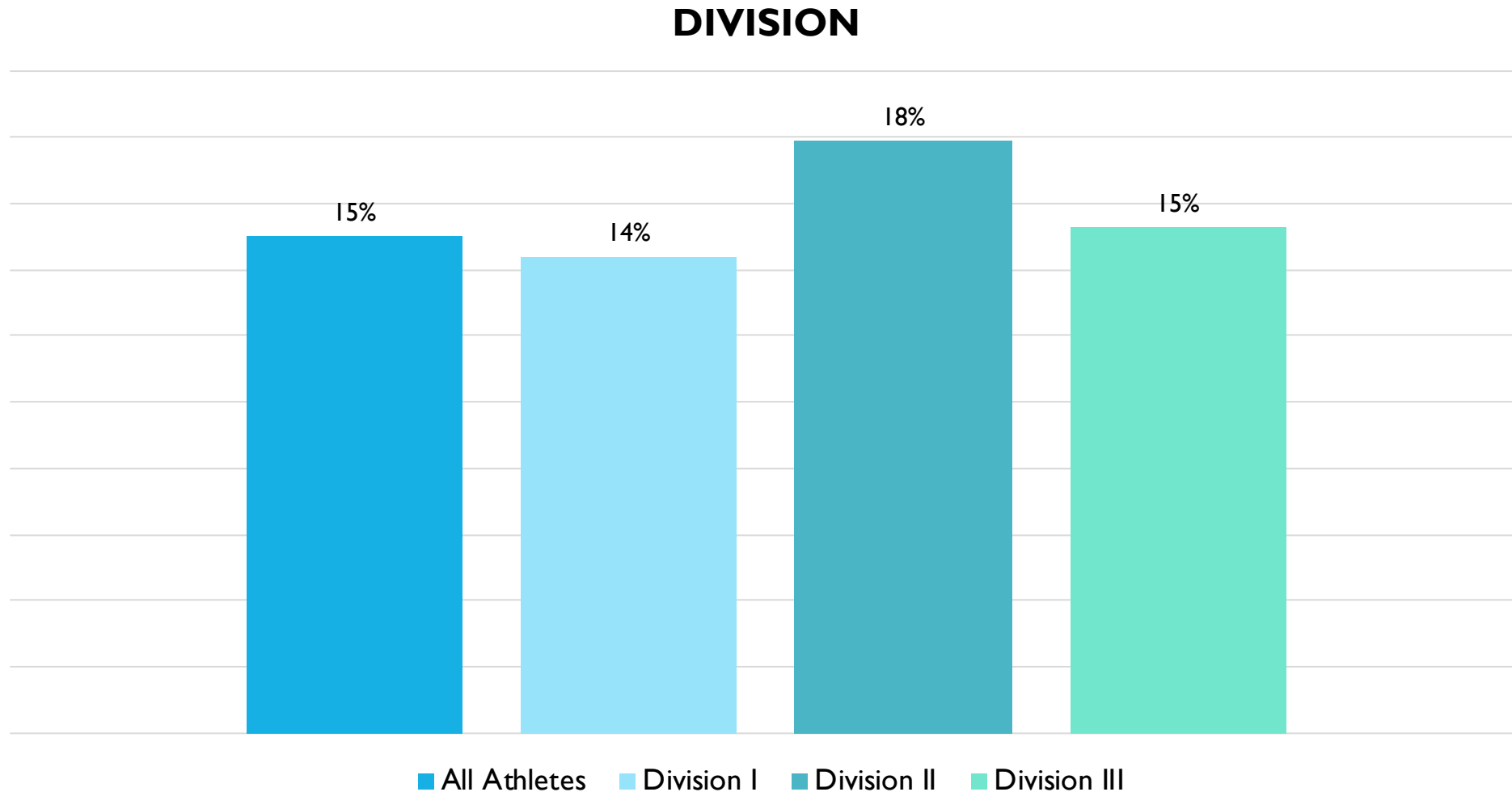
Risky Drinking Behaviors: Description of Measure

- Athletes completed the 3-item AUDIT-C, which is a valid screener for determining risky drinking (as defined by exceeding maximum levels for weekly volume intake or daily drinking intake; see article for more details)
- The following cut-off scores were used to determine if the athlete was considered be engaging in risky drinking behaviors (we used these scores as a more conservative cut-off than has been recommended in some research reports):
 - A. Men athletes – score ≥ 5
 - B. Women athletes – score ≥ 4
- Data presented in the bar graphs reflect the % of athletes within that group who reached or exceeded the cut-off score

Risky Drinking Behaviors: Summary of Results

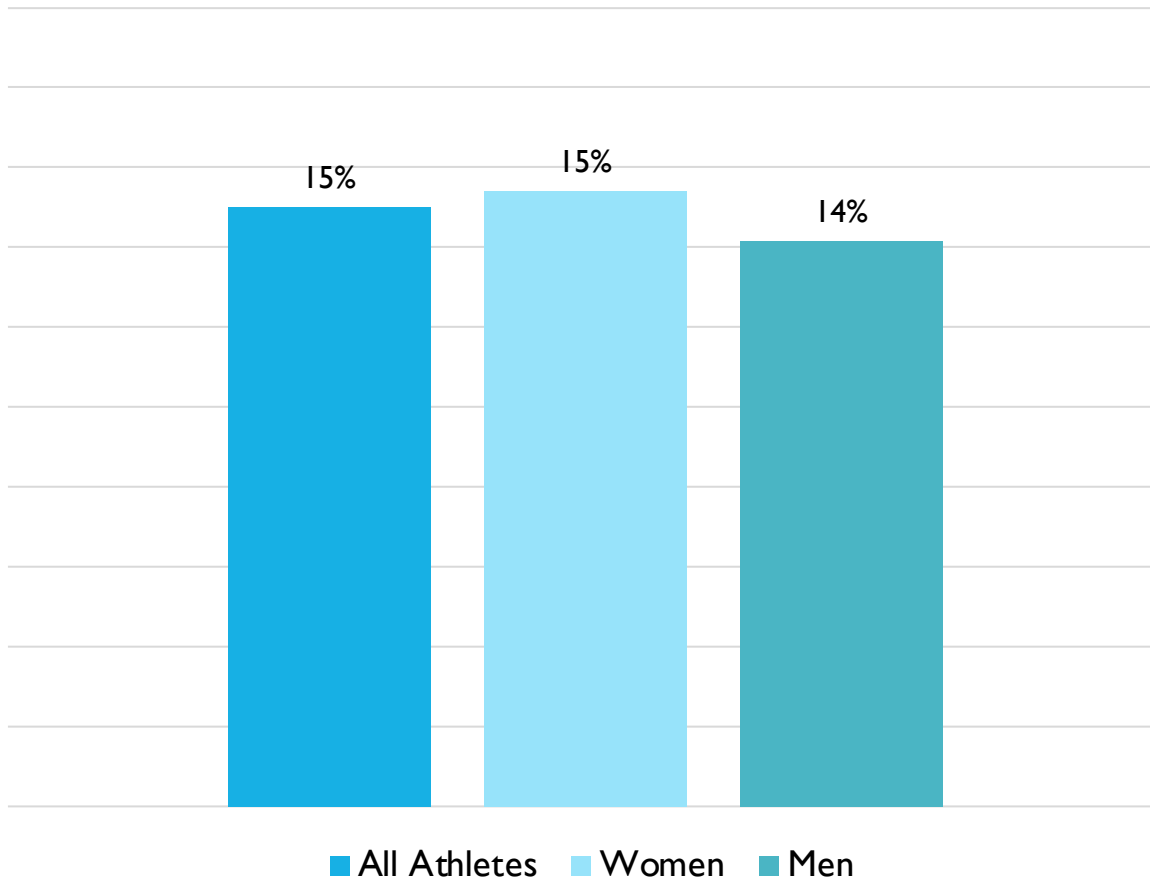
- 15% of the Athletes reported consuming alcohol in a manner and at a rate that would be classified as risky drinking
- Men's and Women's rates of risky drinking were equivalent
- White Athletes were 1.5 to 2.5 times more likely to be classified as such compared to the Athletes from all other Racial groups

Risky Drinking Behaviors: All Athletes

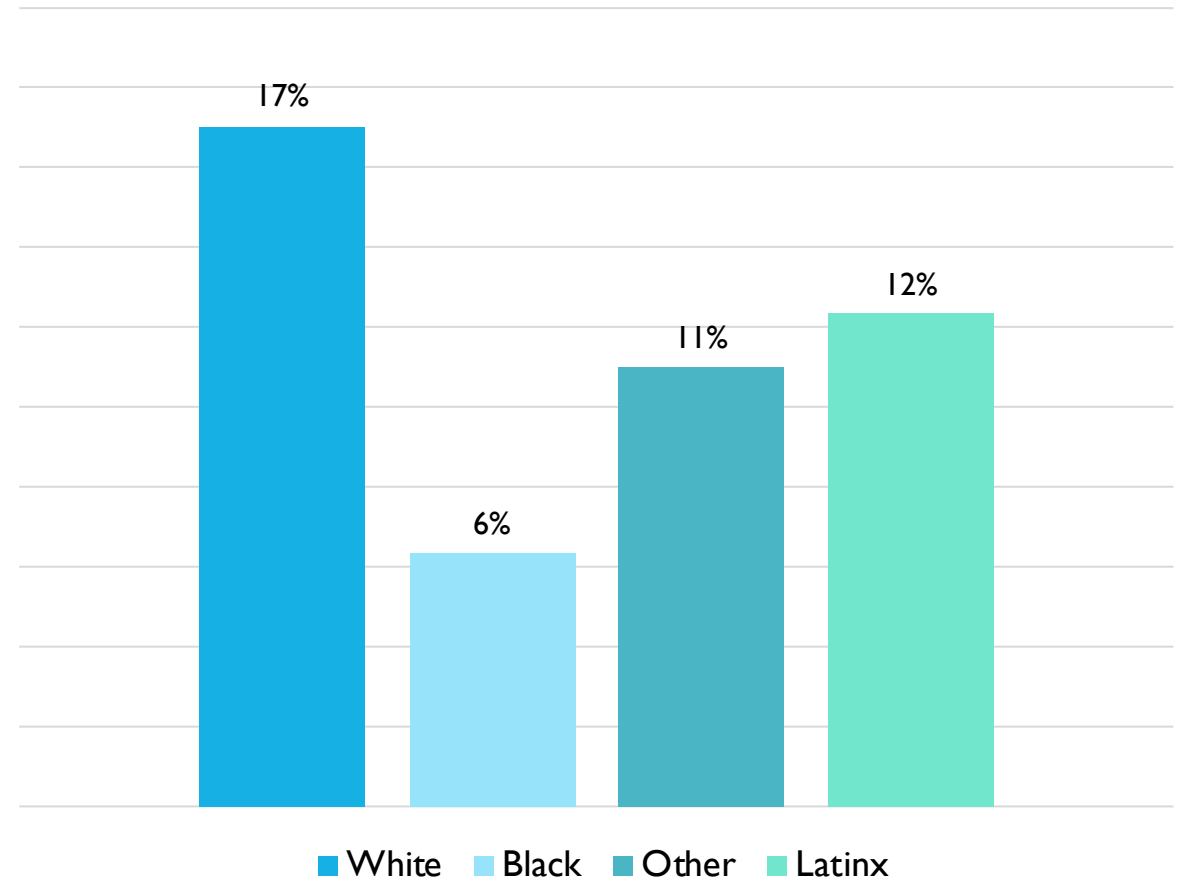


Risky Drinking Behaviors: All Athletes

GENDER

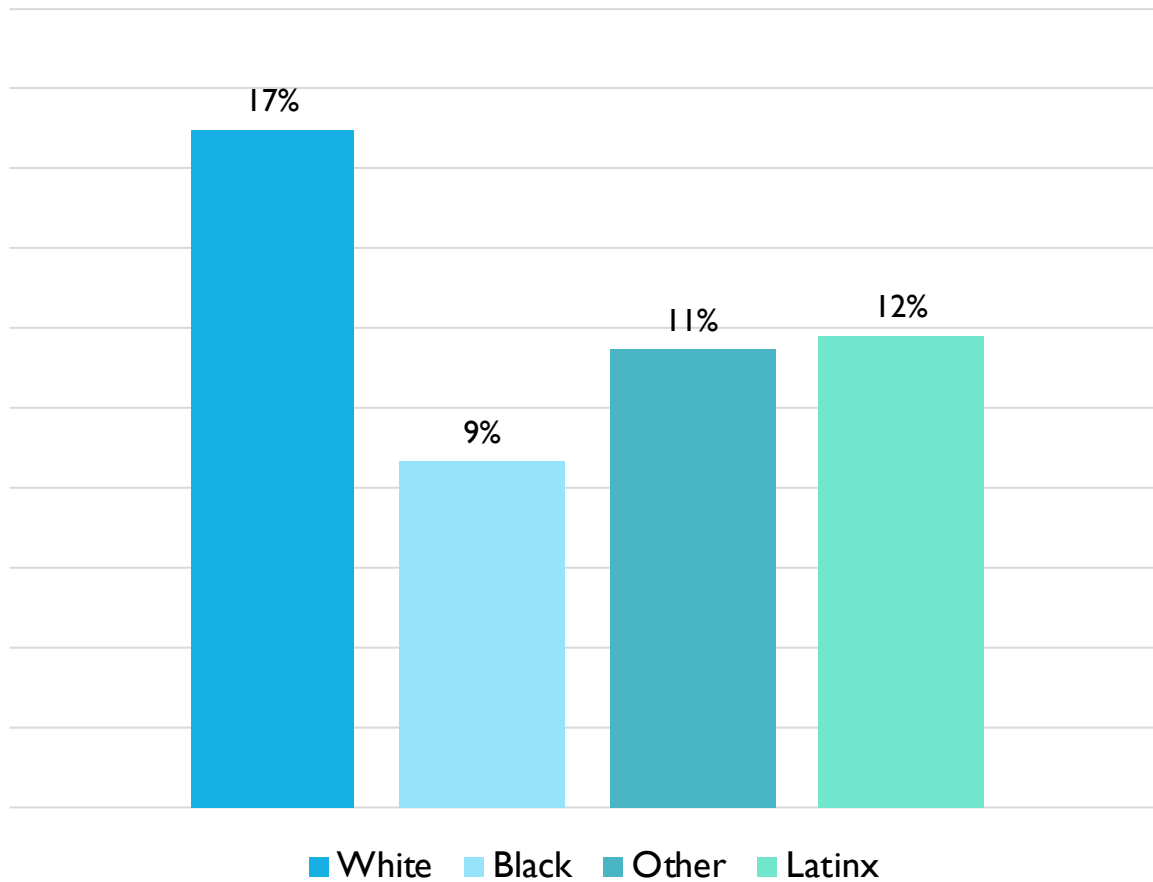


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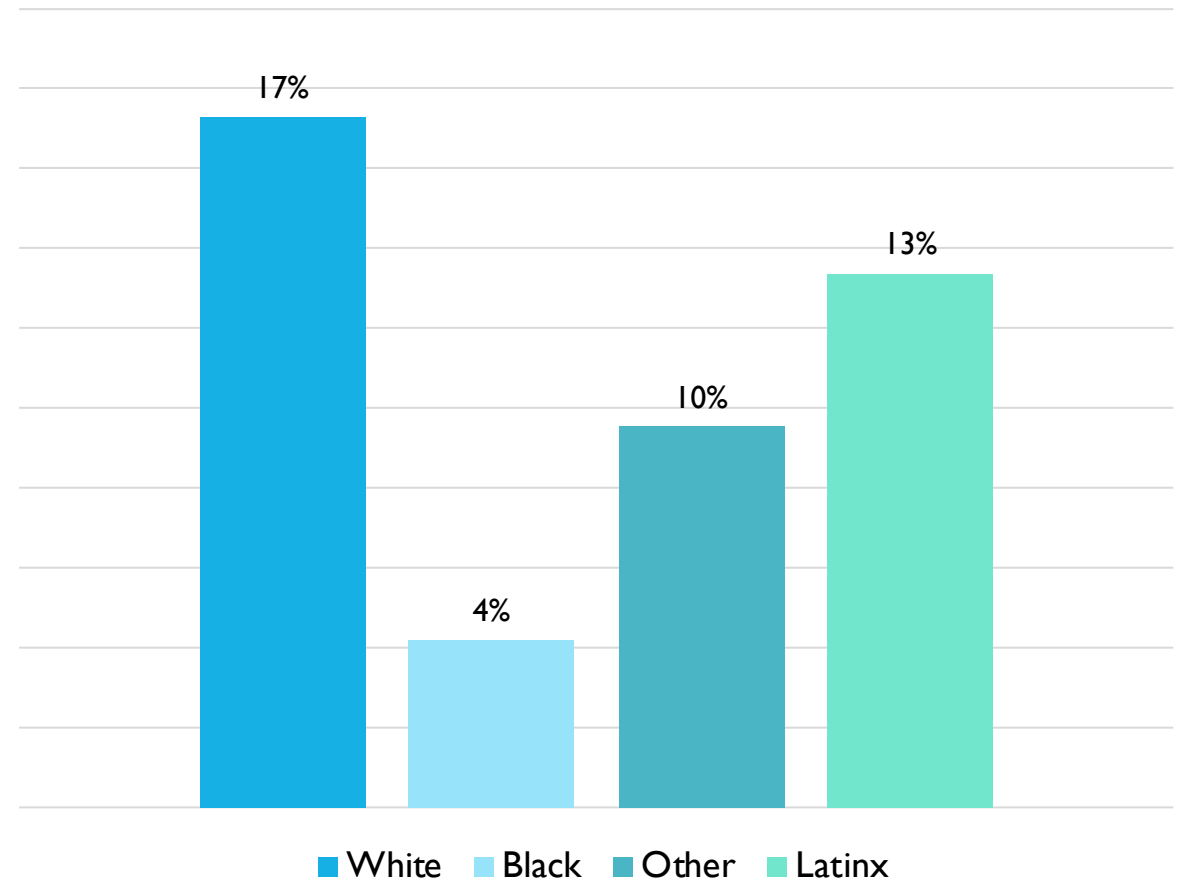


Risky Drinking Behaviors: All Athletes

WOMEN BY RACE



MEN BY RACE



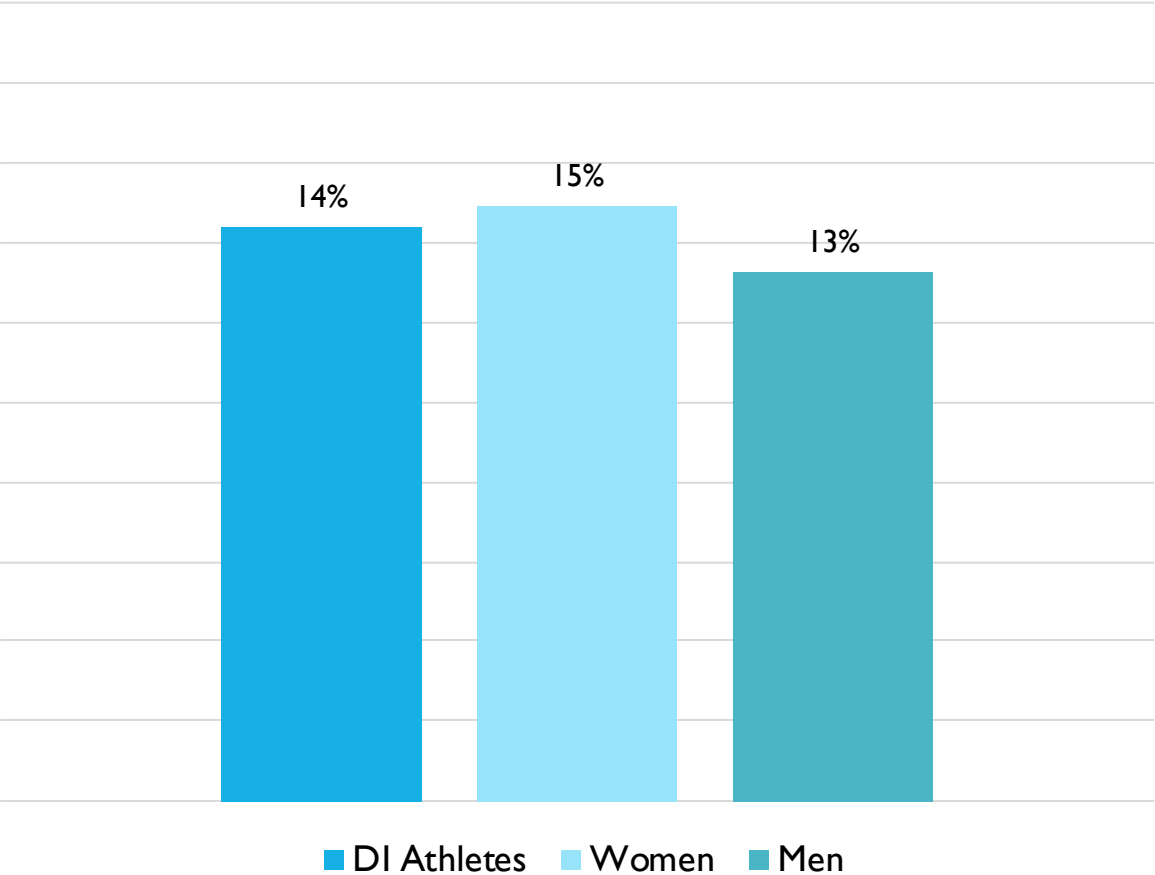


**RISKY DRINKING
BEHAVIORS:
DIVISION I ATHLETES**

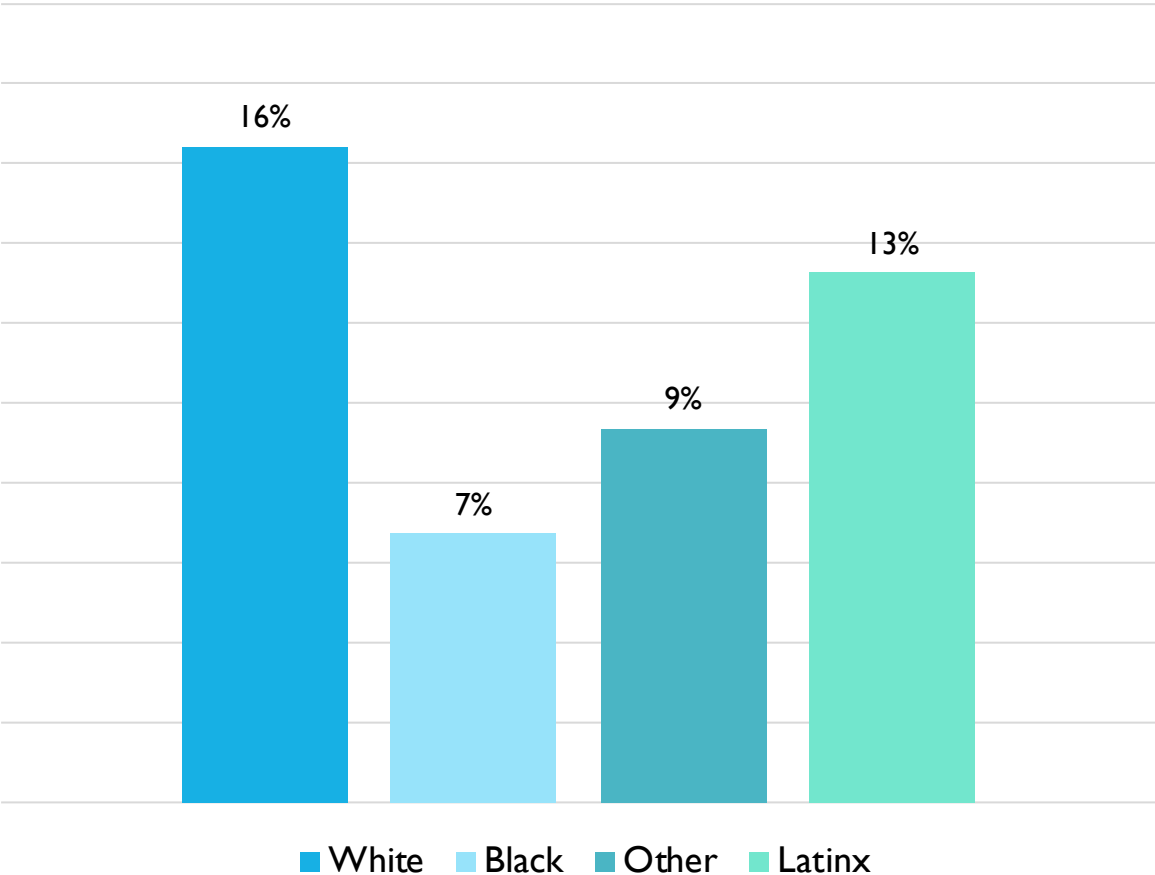


Risky Drinking Behaviors: Division I Athletes

GENDER

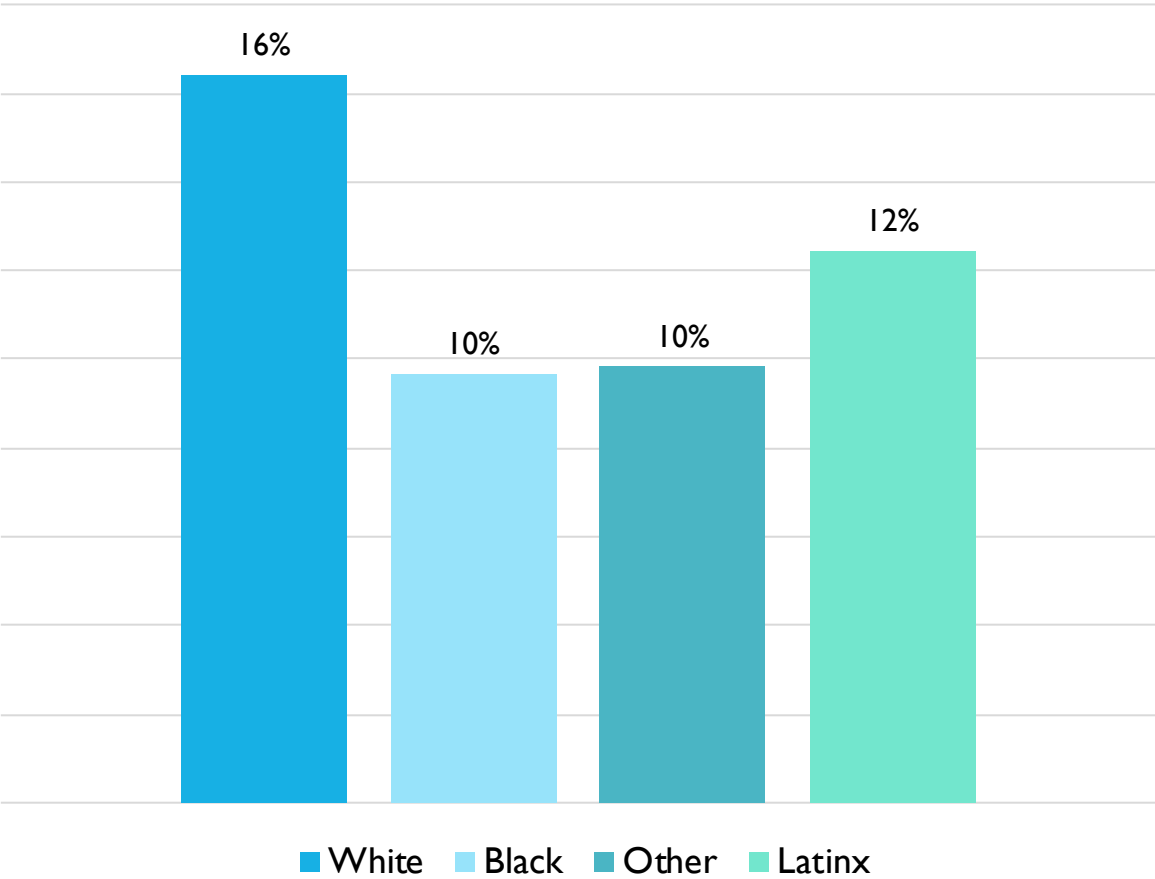


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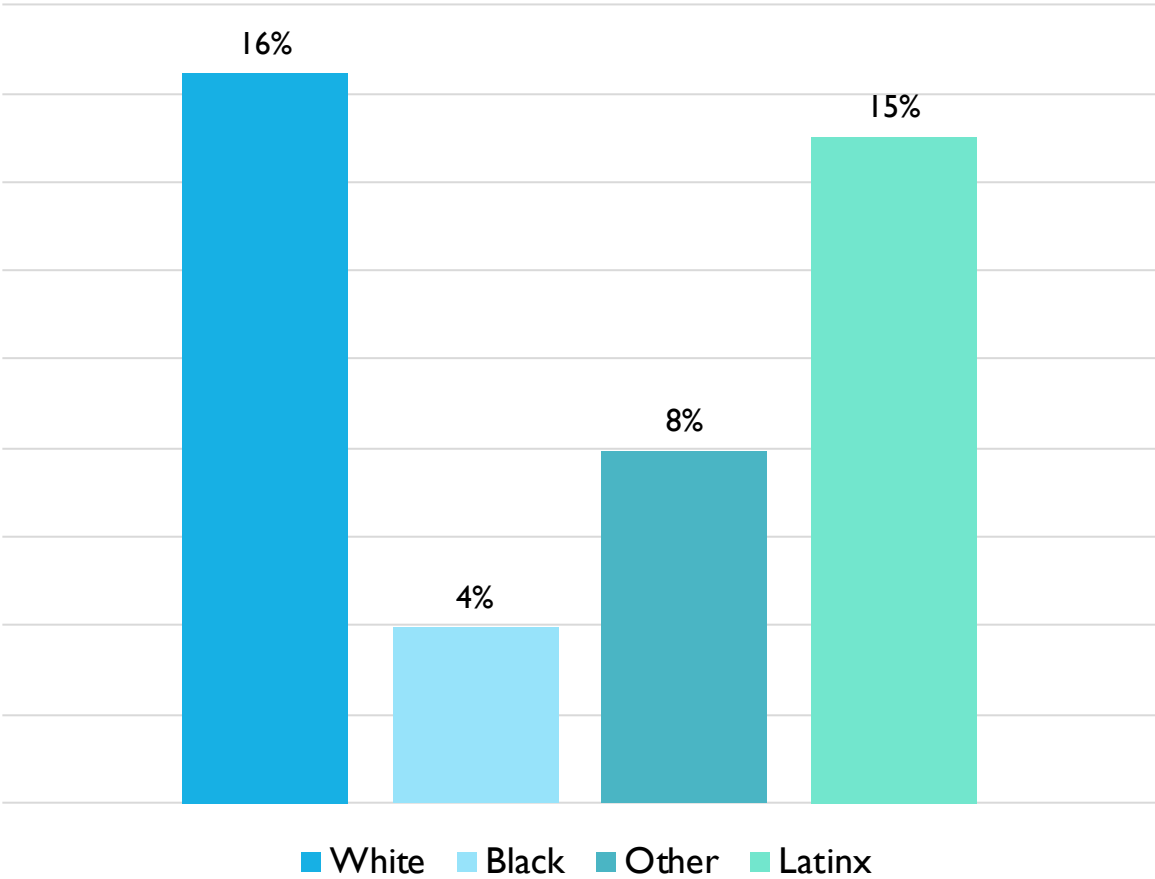


Risky Drinking Behaviors: Division I Athletes

WOMEN BY RACE



MEN BY RACE



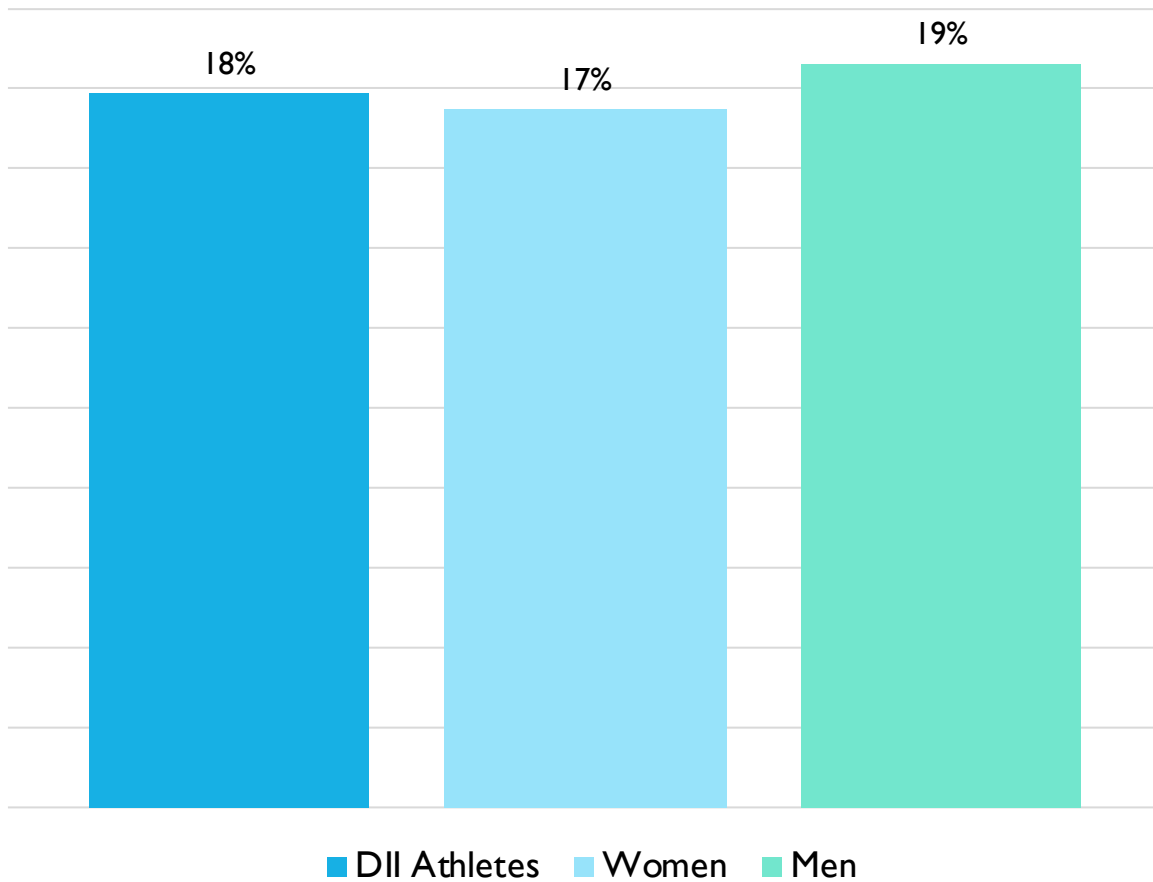


**RISKY DRINKING
BEHAVIORS:
DIVISION II ATHLETES**

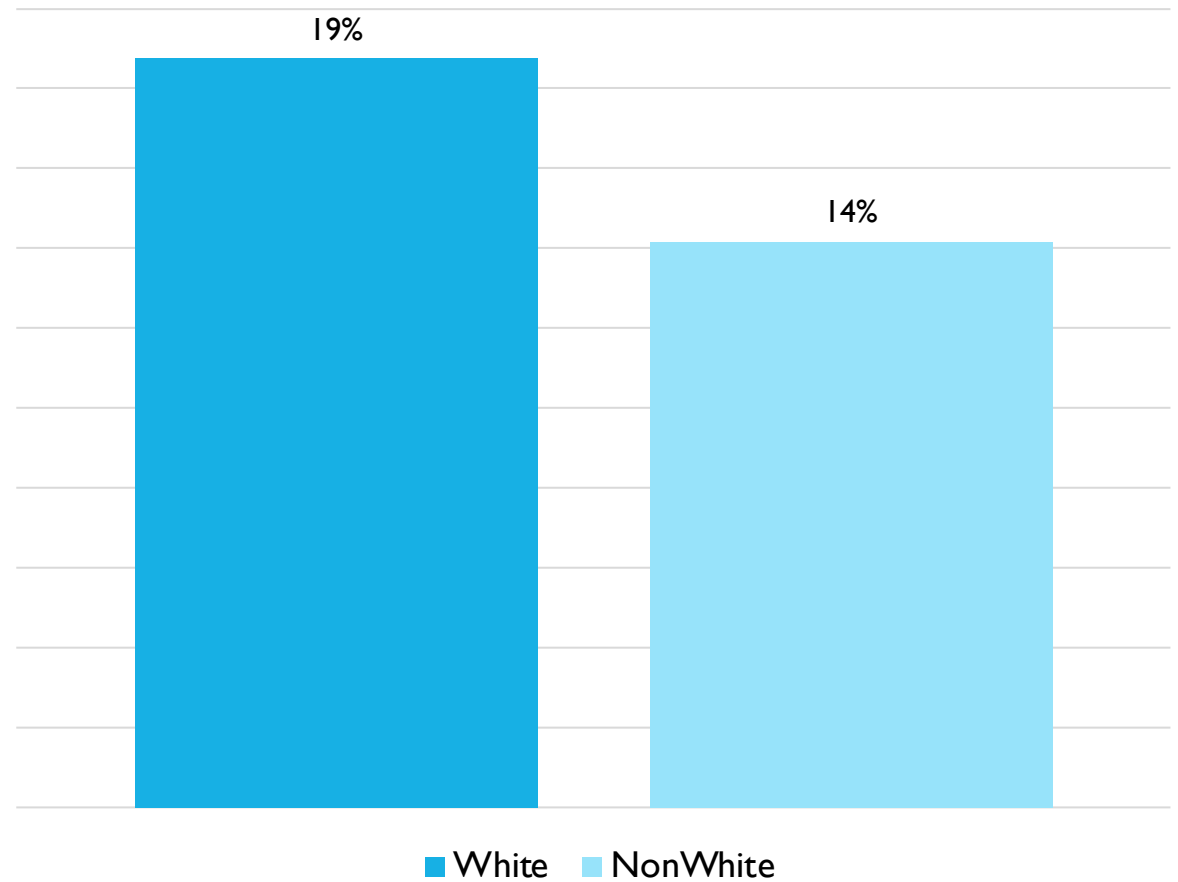


Risky Drinking Behaviors: Division II Athletes

GENDER

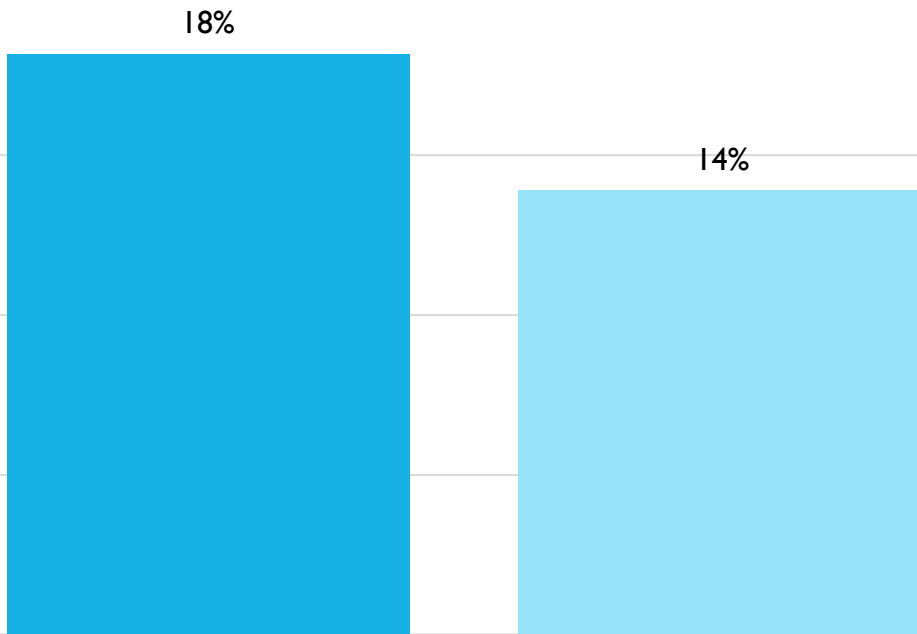


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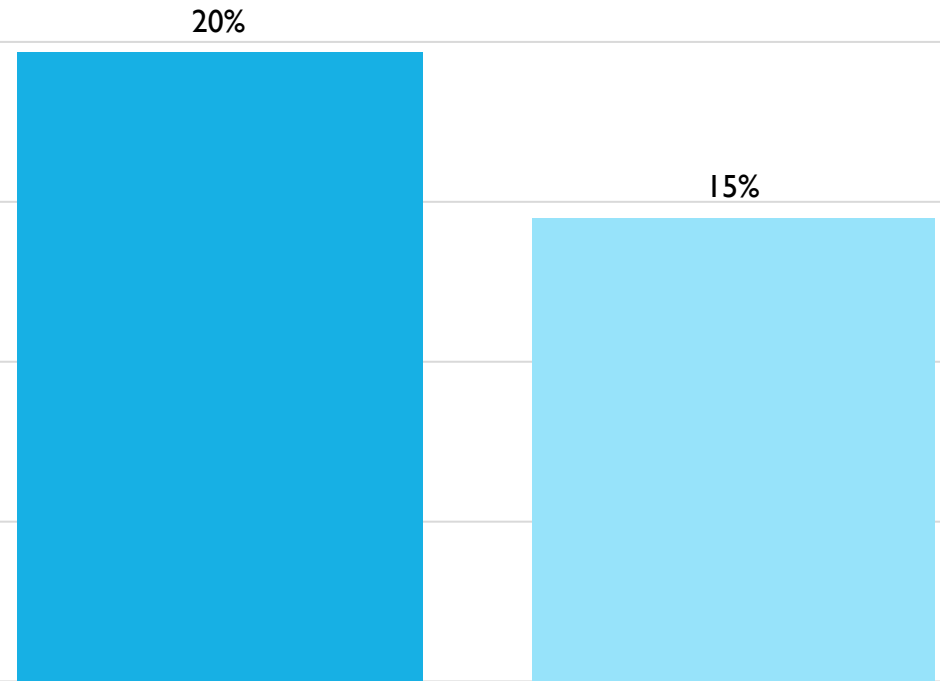
Risky Drinking Behaviors: Division II Athletes

WOMEN BY RACE



■ White ■ Non-White

MEN BY RACE



■ White ■ Non-White

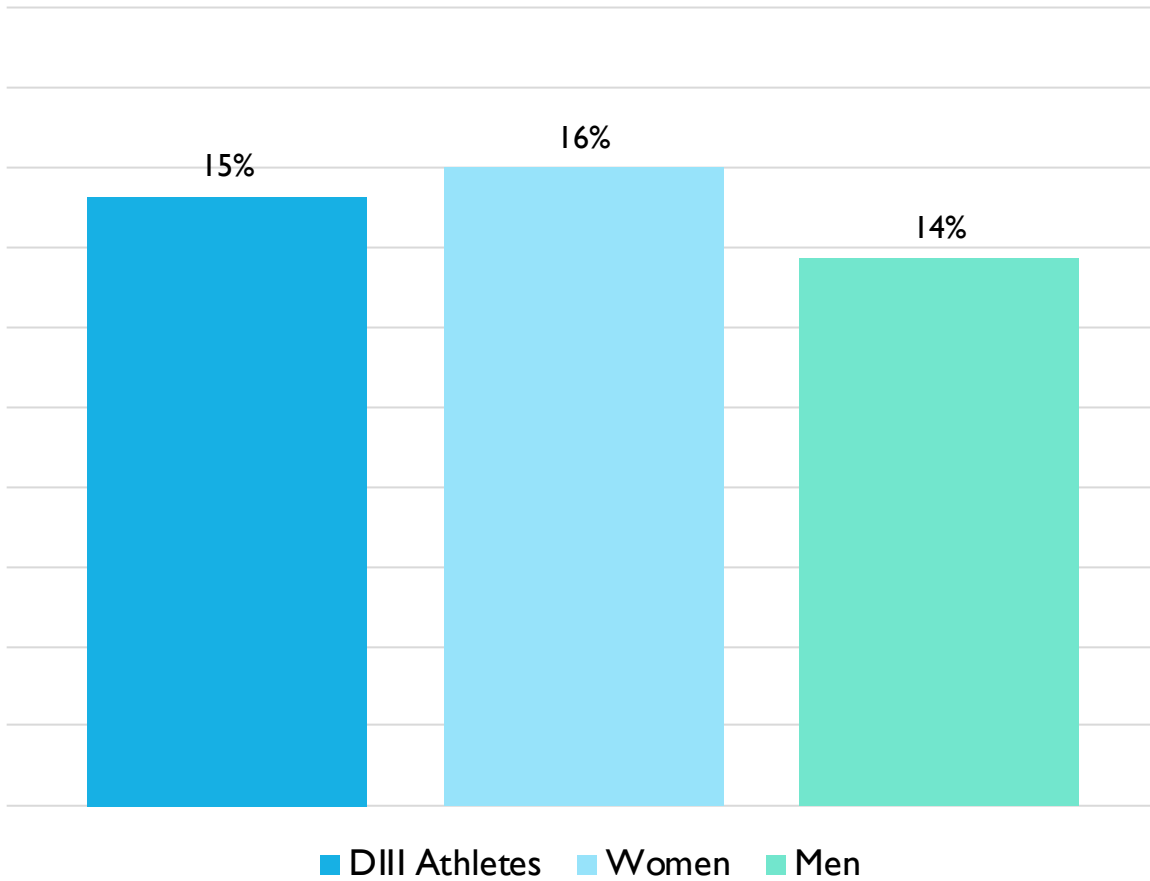


**RISKY DRINKING
BEHAVIORS:
DIVISION III ATHLETES**

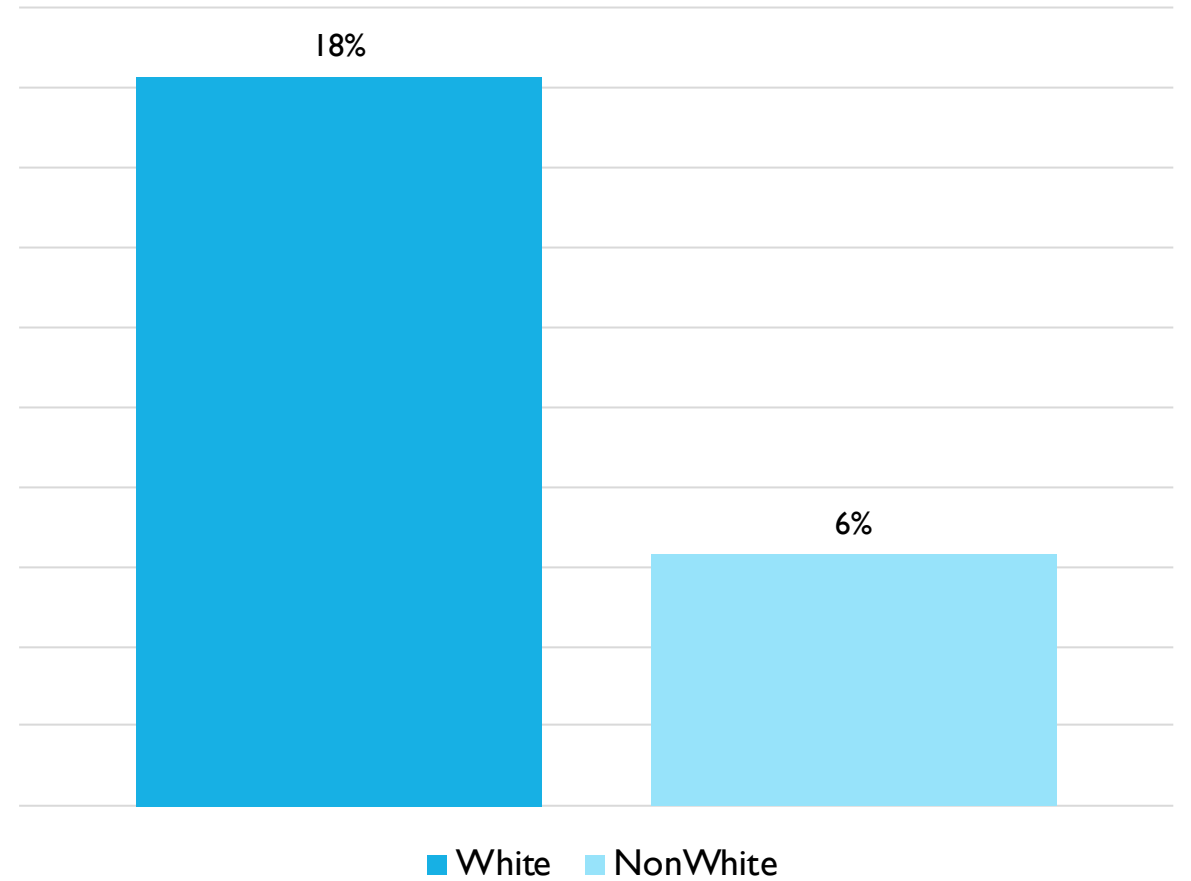


Risky Drinking Behaviors: Division III Athletes

GENDER

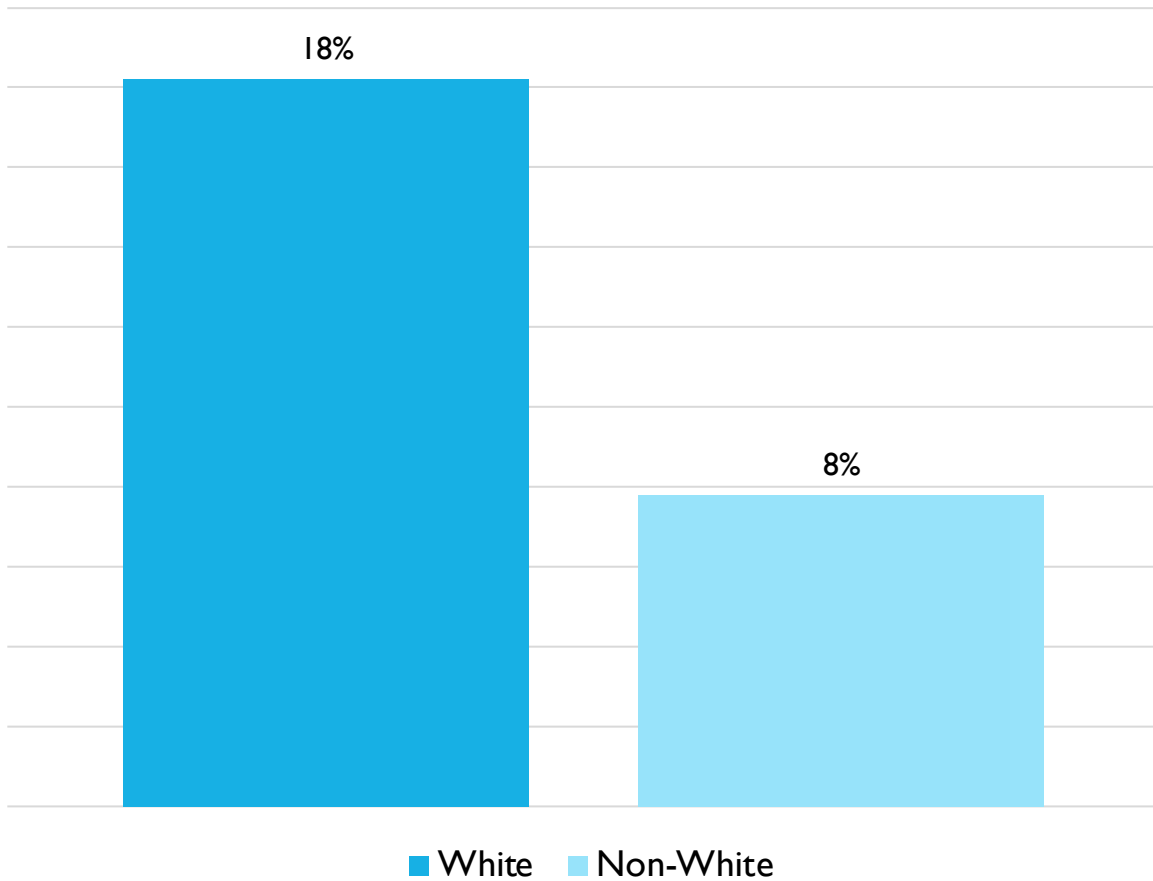


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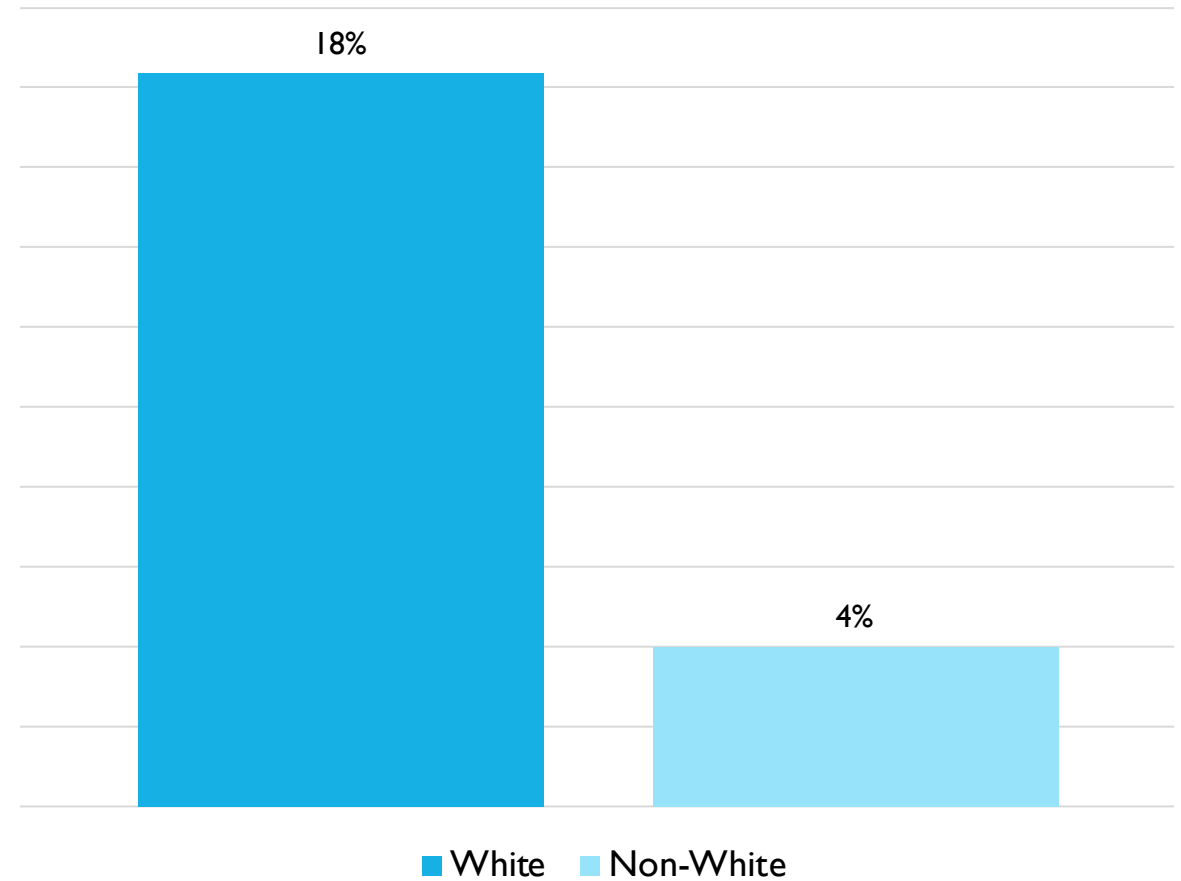


Risky Drinking Behaviors: Division III Athletes

WOMEN BY RACE



MEN BY RACE





DISORDERED EATING BEHAVIORS

IMPACT OF COVID-19 ON STUDENT ATHLETE'S HEALTH, PERFORMANCE, AND PSYCHOLOGICAL WELL-BEING

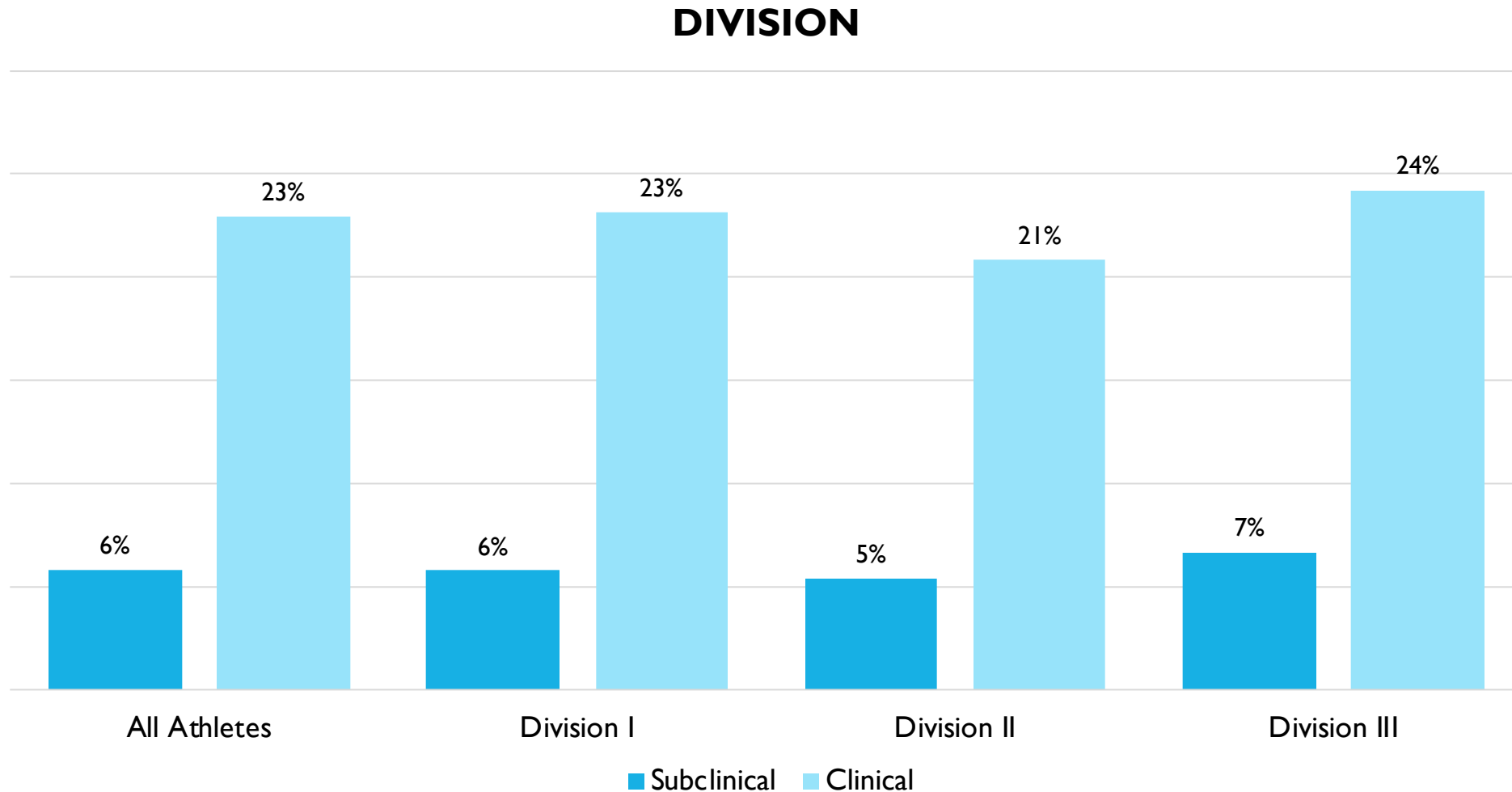
Disordered Eating Behaviors: Description of Measure

- Athletes completed the 12-item EDEQ-S, which is a shortened version of the original EDEQ and provides an assessment of disordered eating symptomatology
- The following cut-off scores were used to determine the athletes' current levels of disordered eating:
 - A. Healthy eating = 0 to 12
 - B. Subclinical level of disordered eating symptomatology = 13 to 14
 - C. Clinical level of disordered eating symptomatology = 15 and above
- Data presented in the bar graphs reflect the % of athletes who were classified as either “subclinical” or “clinical” in their disordered eating

Disordered Eating Behaviors: Summary of Results

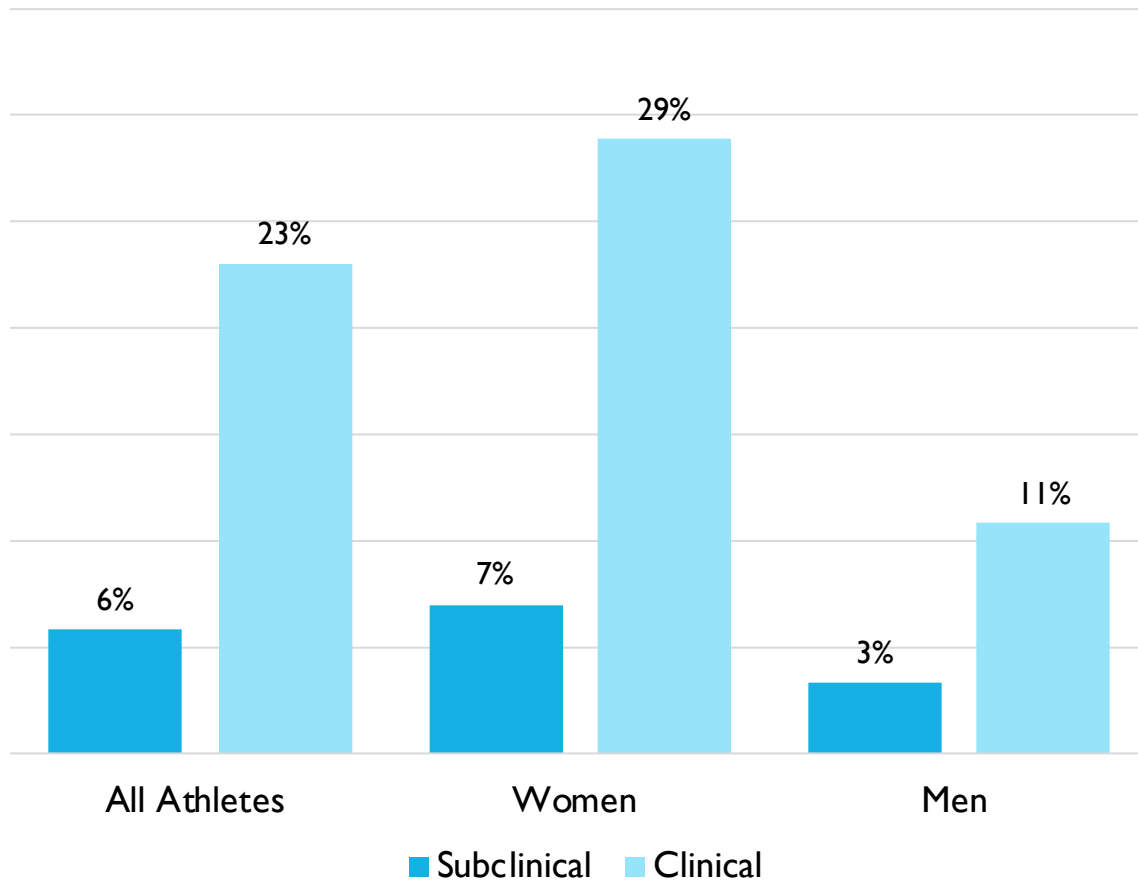
- Almost 30% of Athletes were classified at either the subclinical or clinical level
- Almost 3 times as many any Women as Men fell into these categories
- Black Athletes were the least likely to report symptoms consistent with subclinical or clinical levels of eating disturbance

Disordered Eating Behaviors: All Athletes

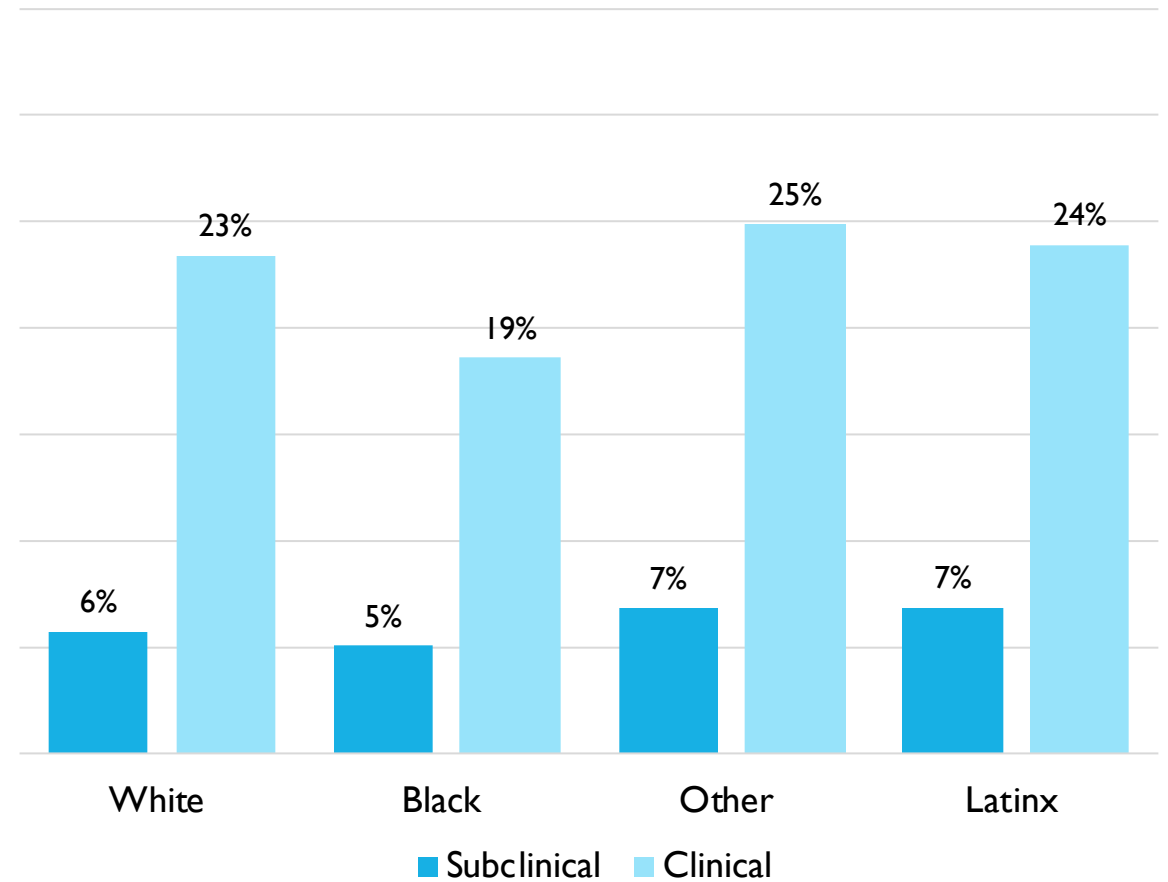


Disordered Eating Behaviors: All Athletes

GENDER

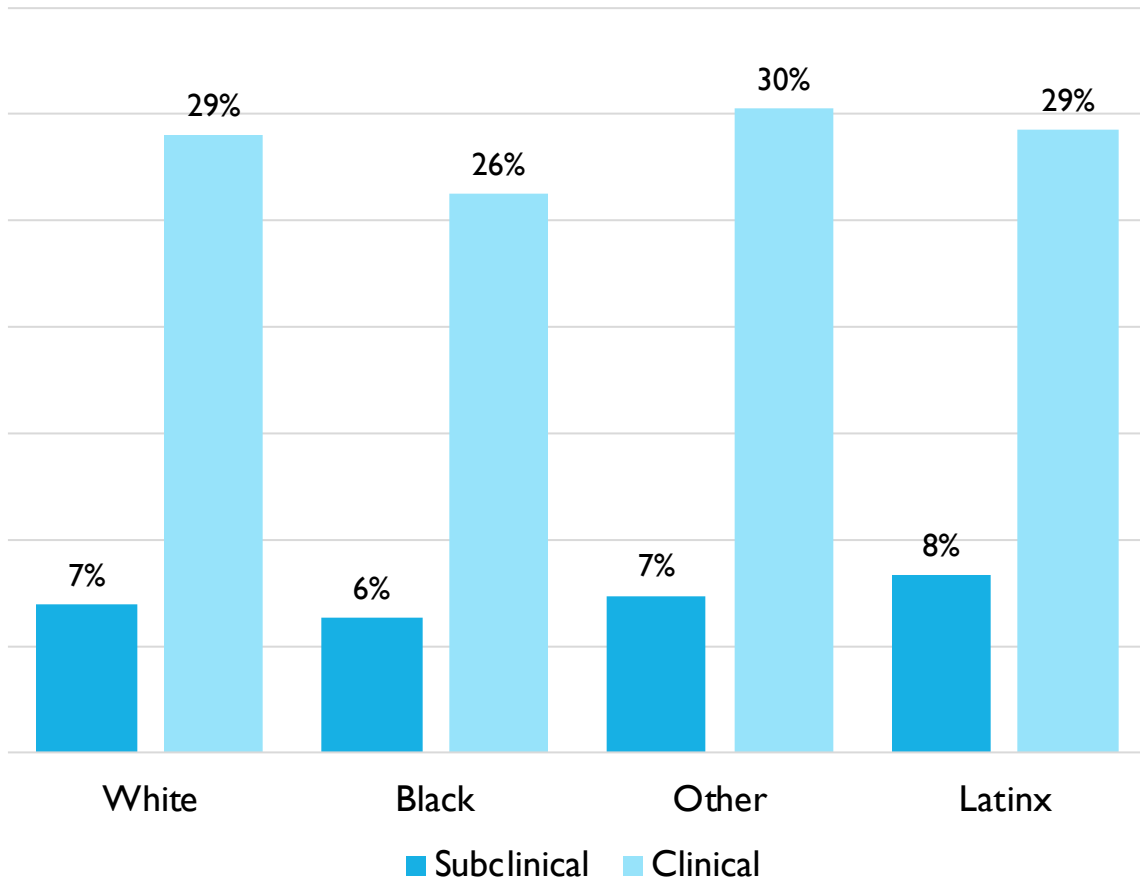


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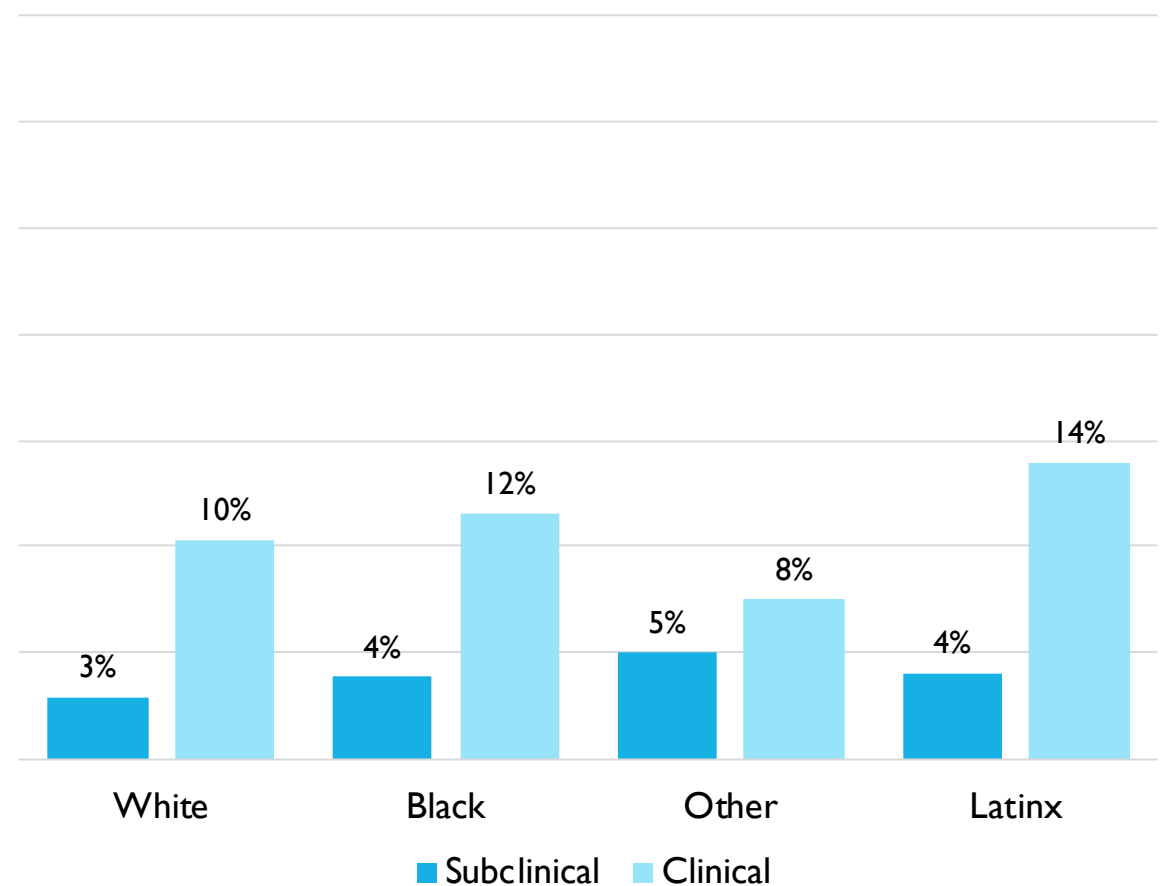


Disordered Eating Behaviors: All Athletes

WOMEN BY RACE



MEN BY RACE



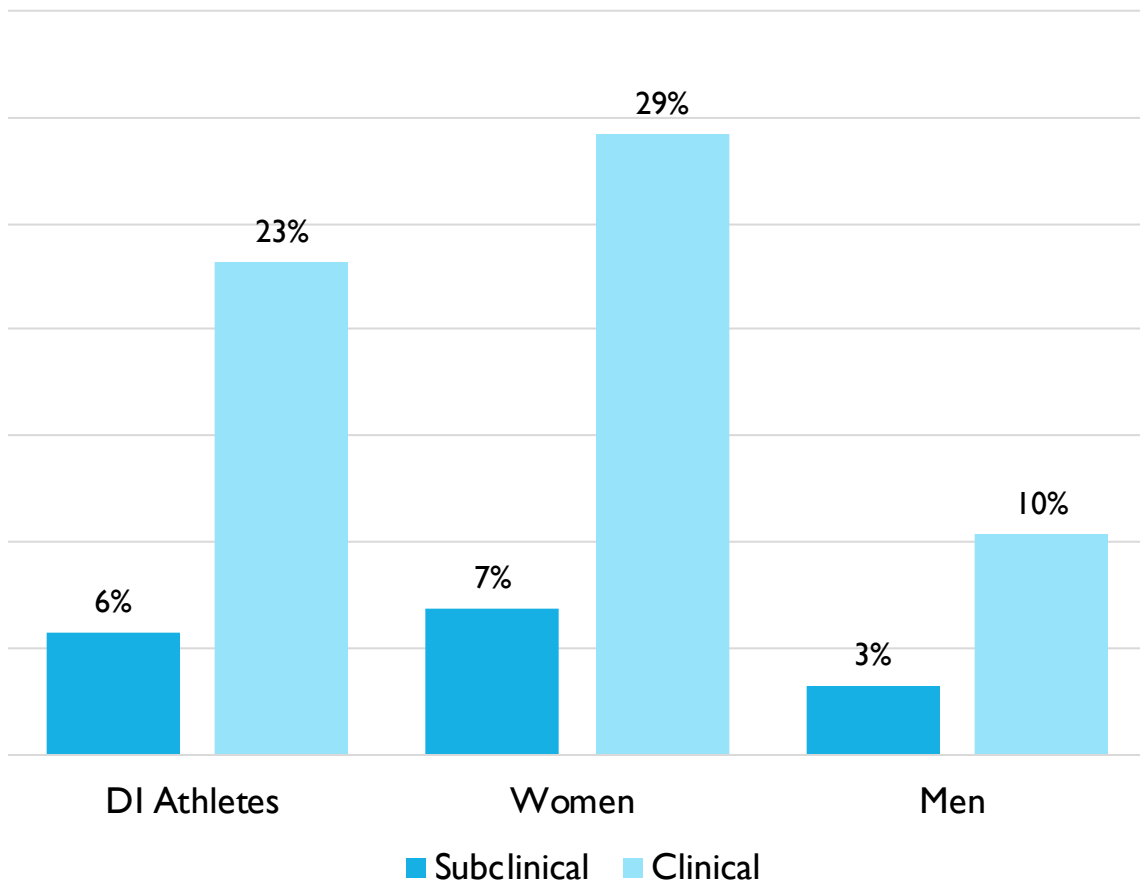


**DISORDERED
EATING BEHAVIORS:
DIVISION I ATHLETES**

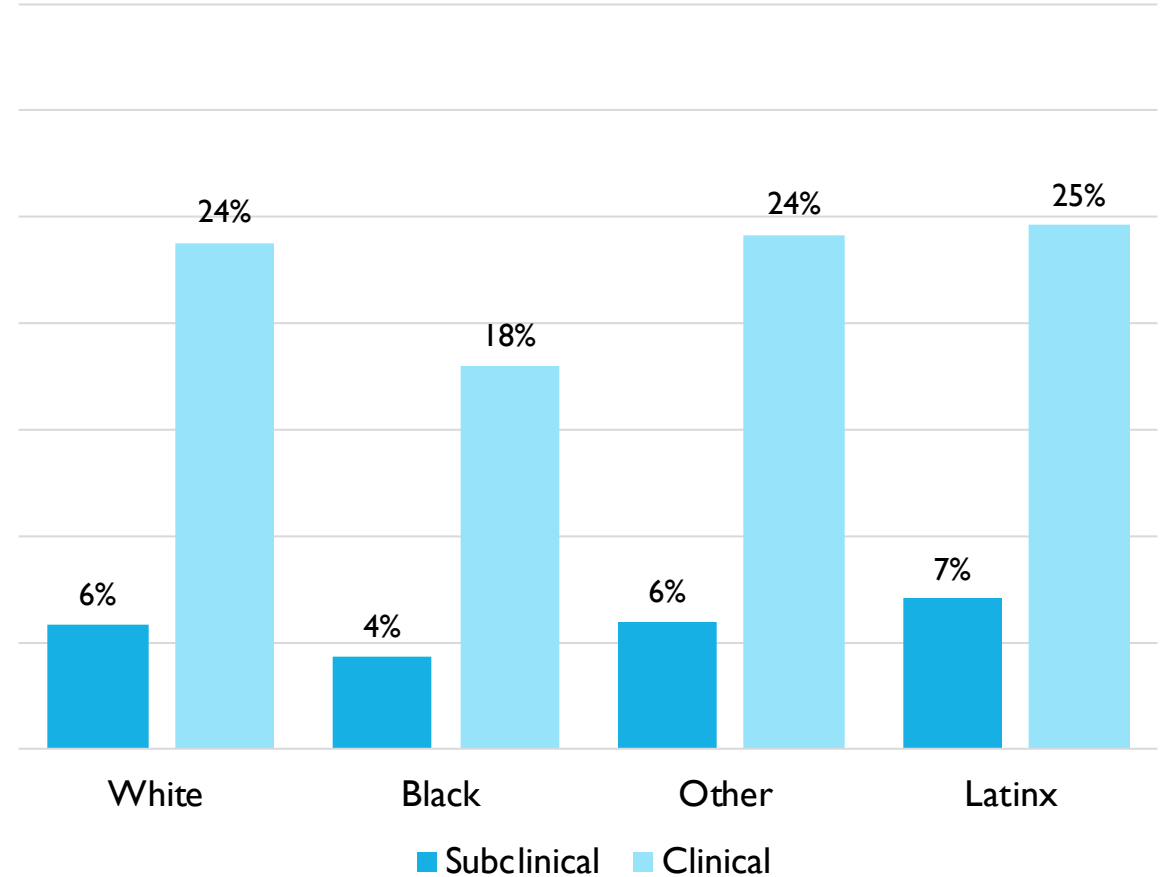


Disordered Eating Behaviors: Division I Athletes

GENDER

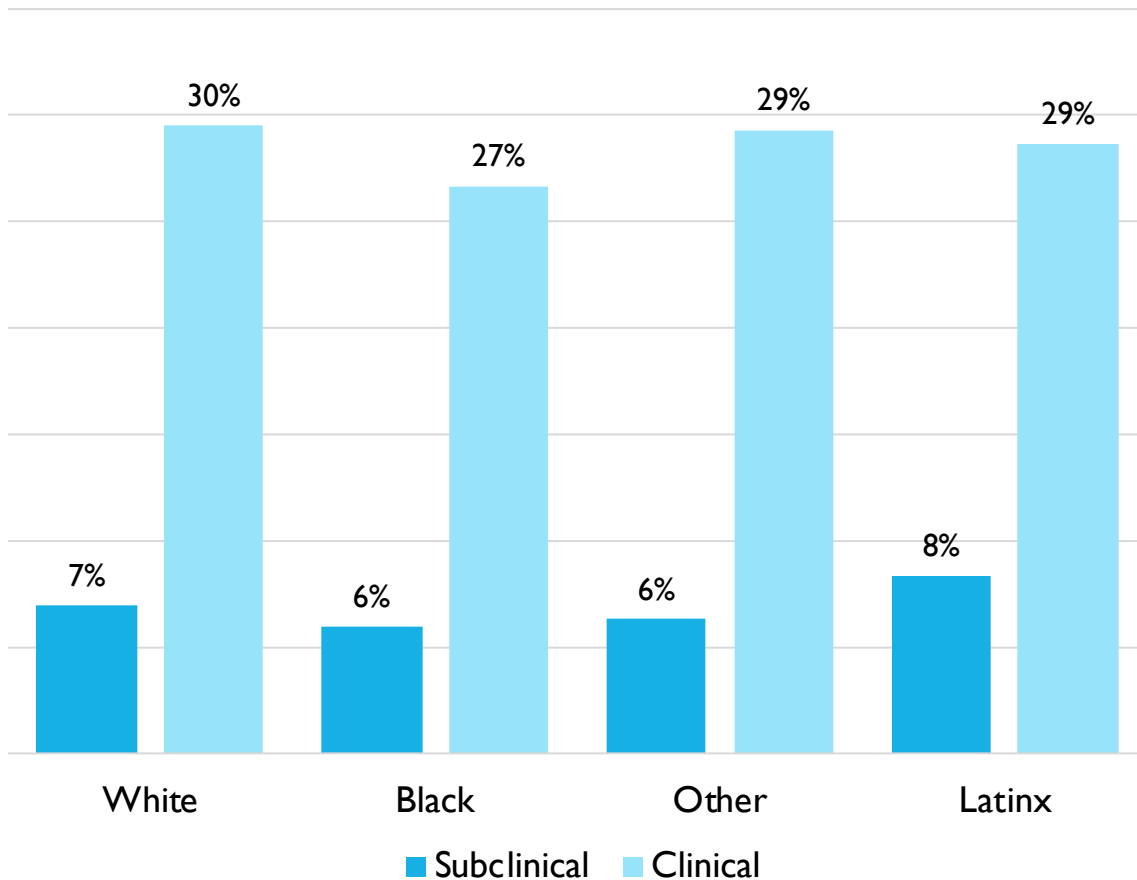


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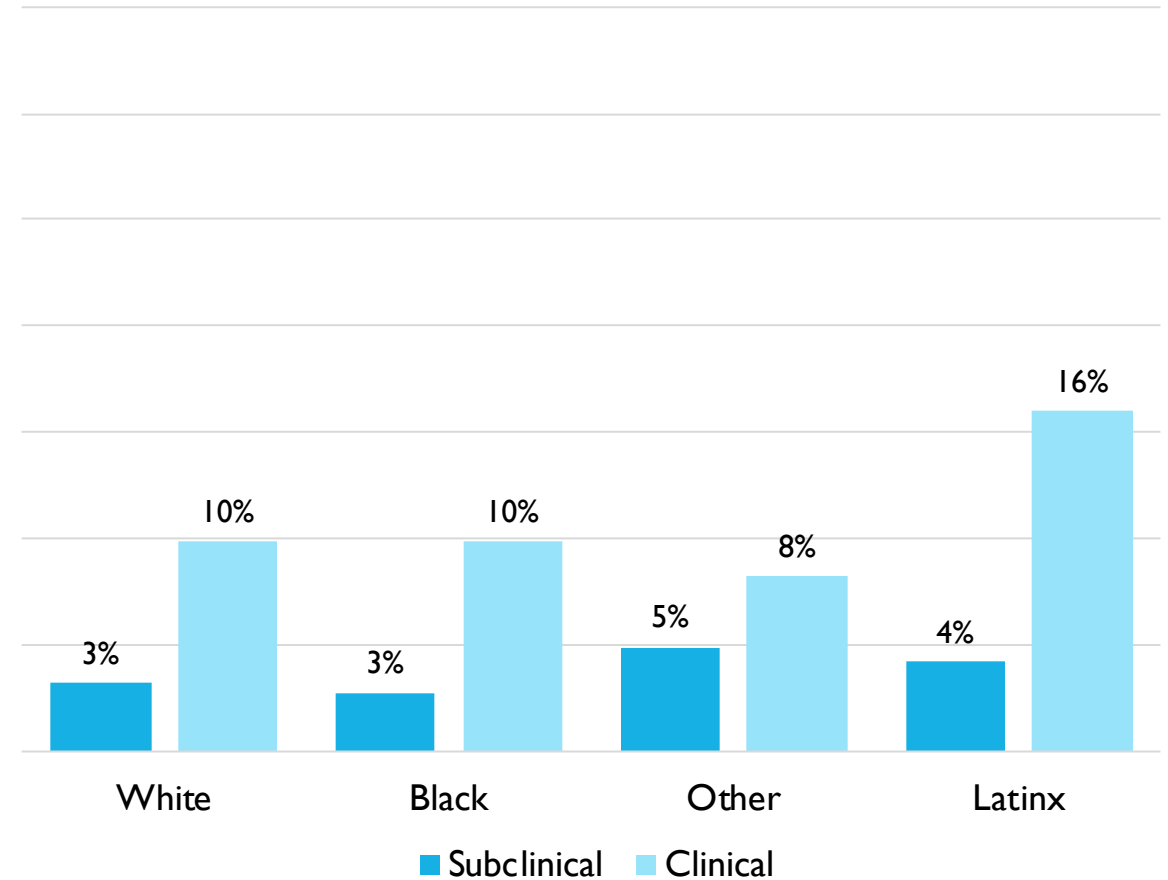


Disordered Eating Behaviors: Division I Athletes

WOMEN BY RACE



MEN BY RACE



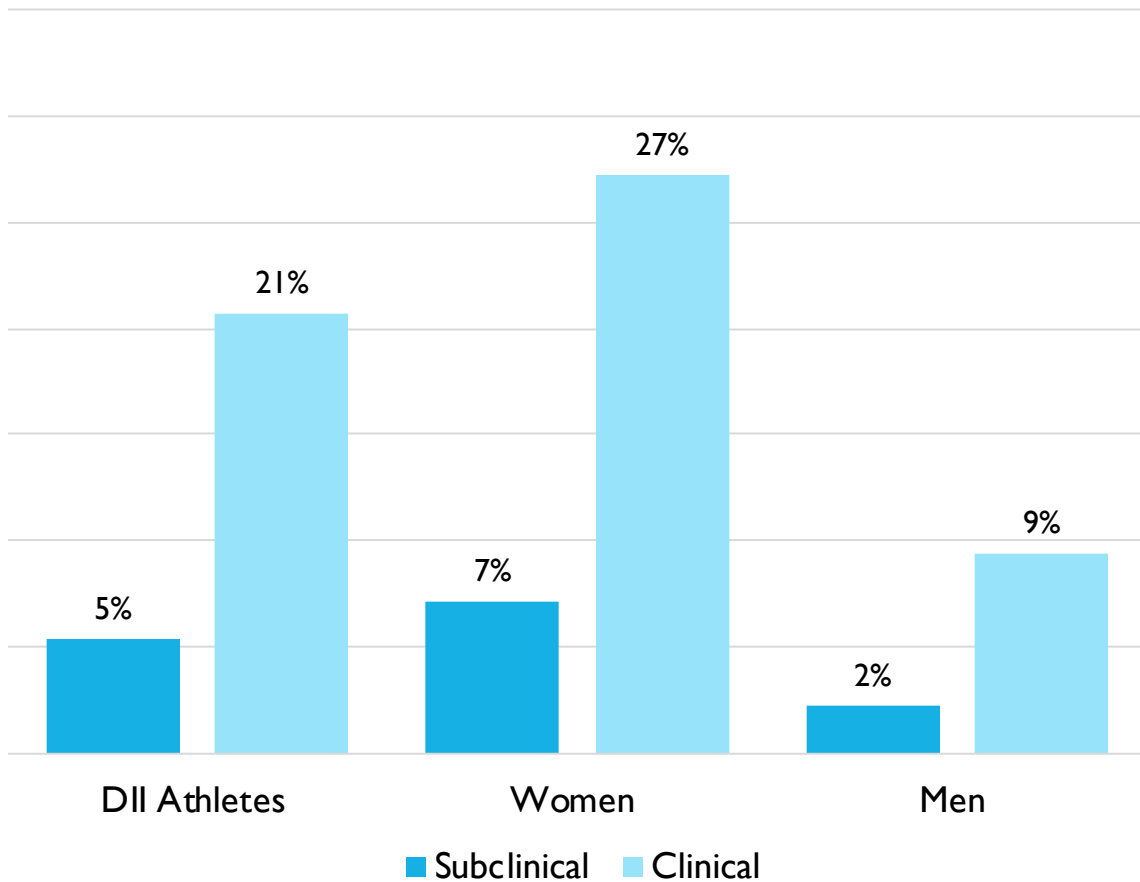


**DISORDERED
EATING BEHAVIORS:
DIVISION II ATHLETES**

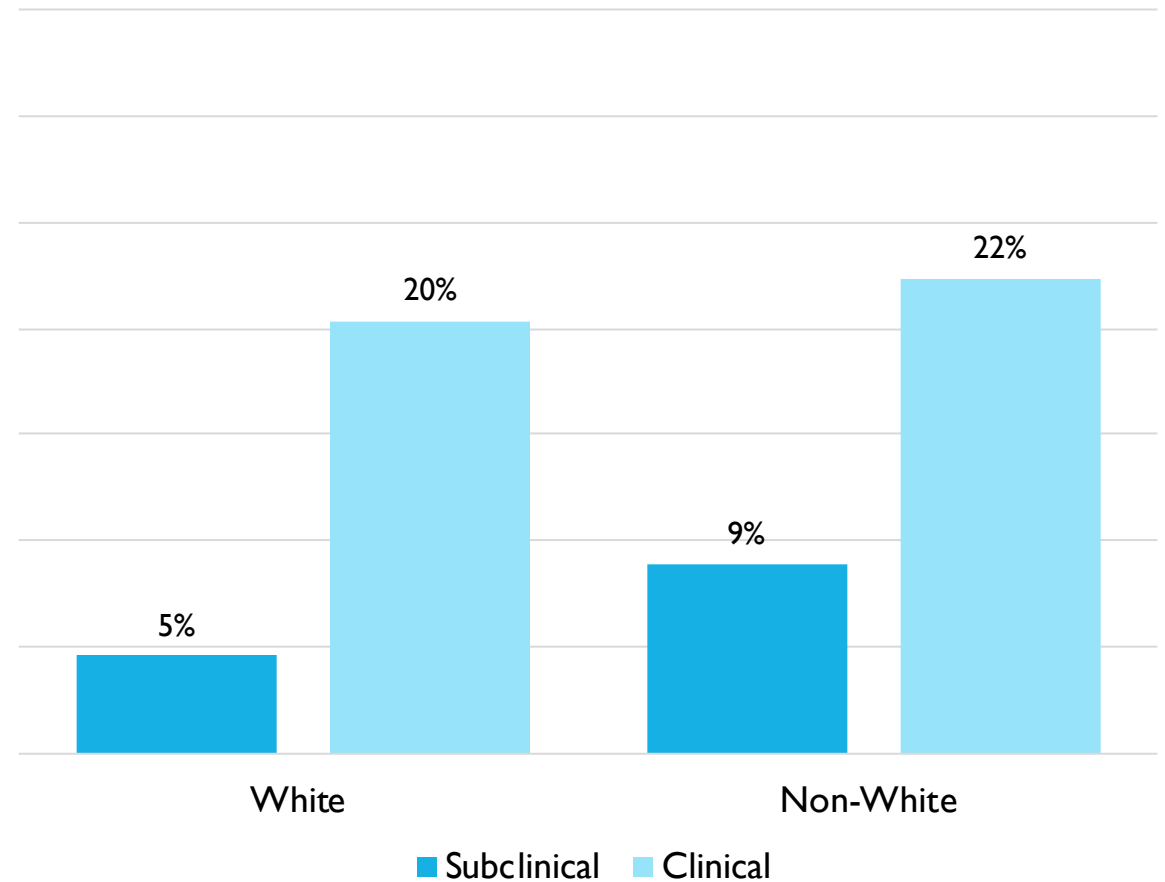


Disordered Eating Behaviors: Division II Athletes

GENDER

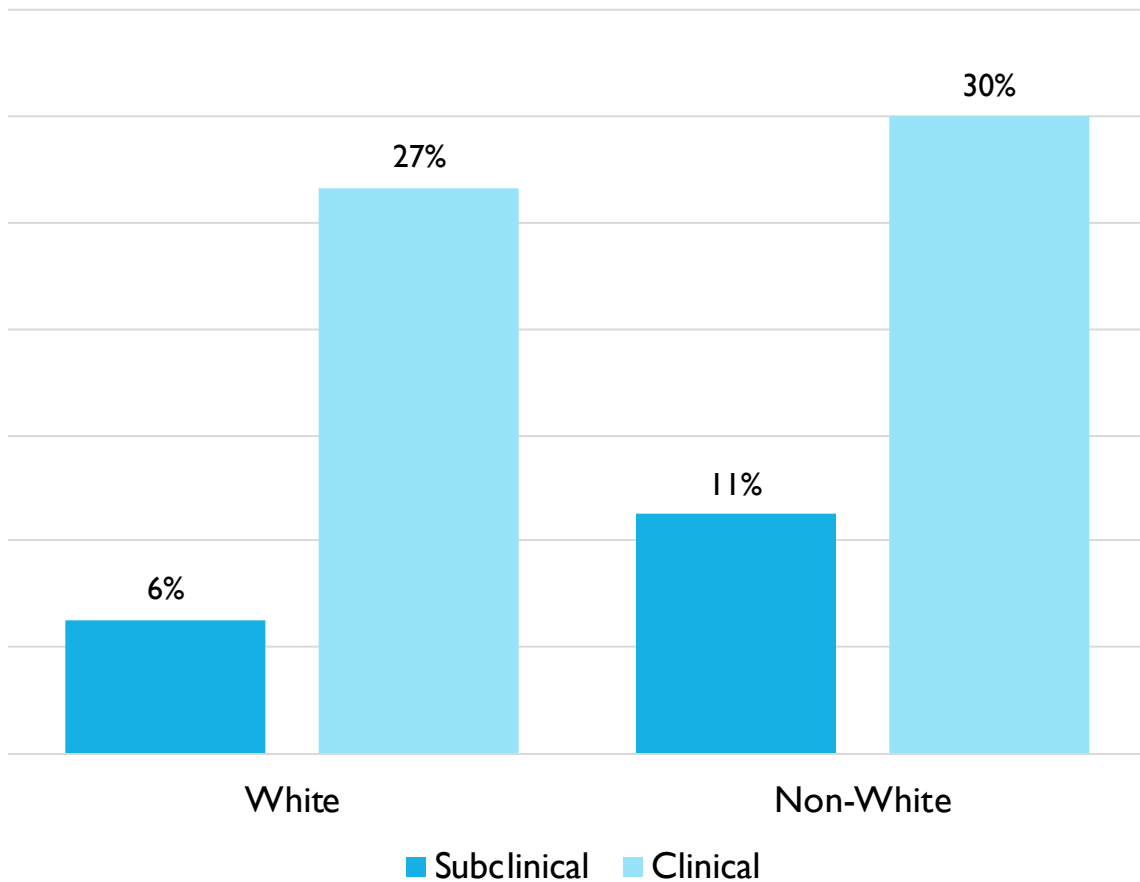


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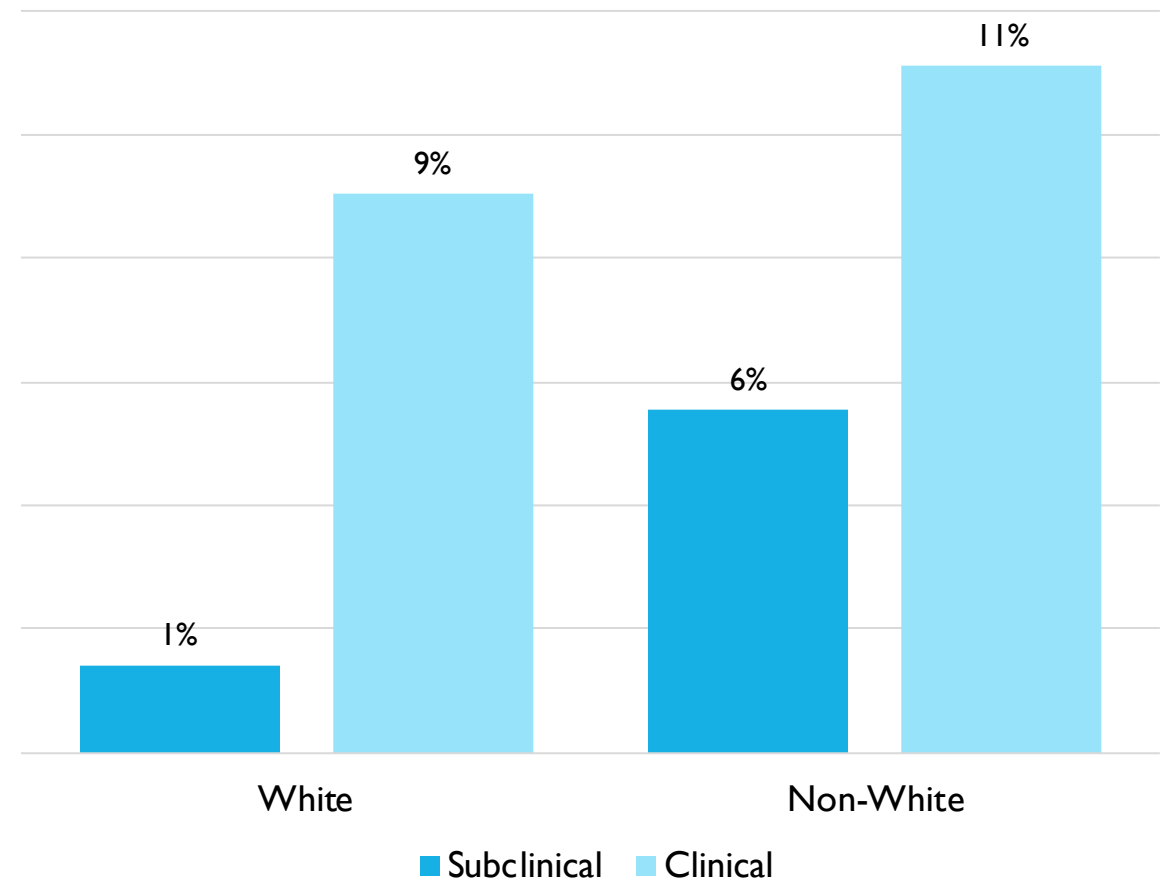


Disordered Eating Behaviors: Division II Athletes

WOMEN BY RACE



MEN BY RACE



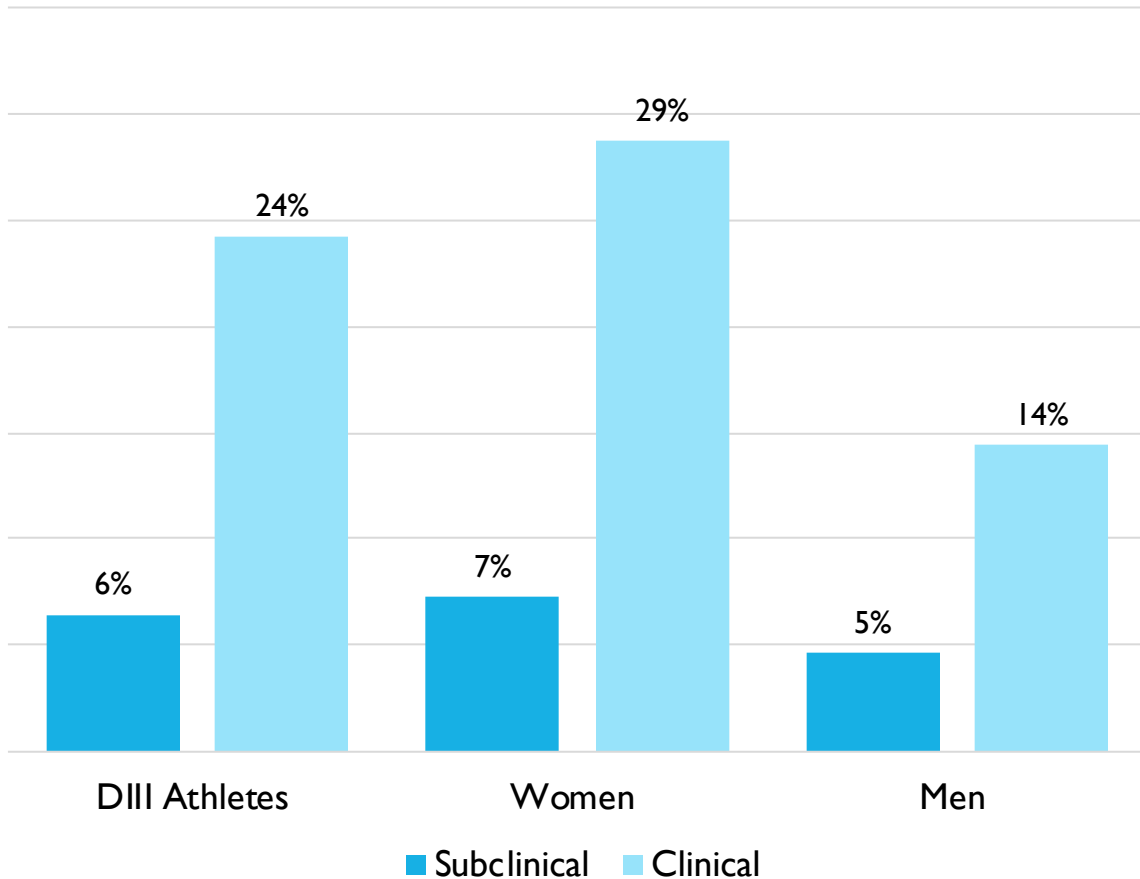


**DISORDERED
EATING BEHAVIORS:
DIVISION III ATHLETES**

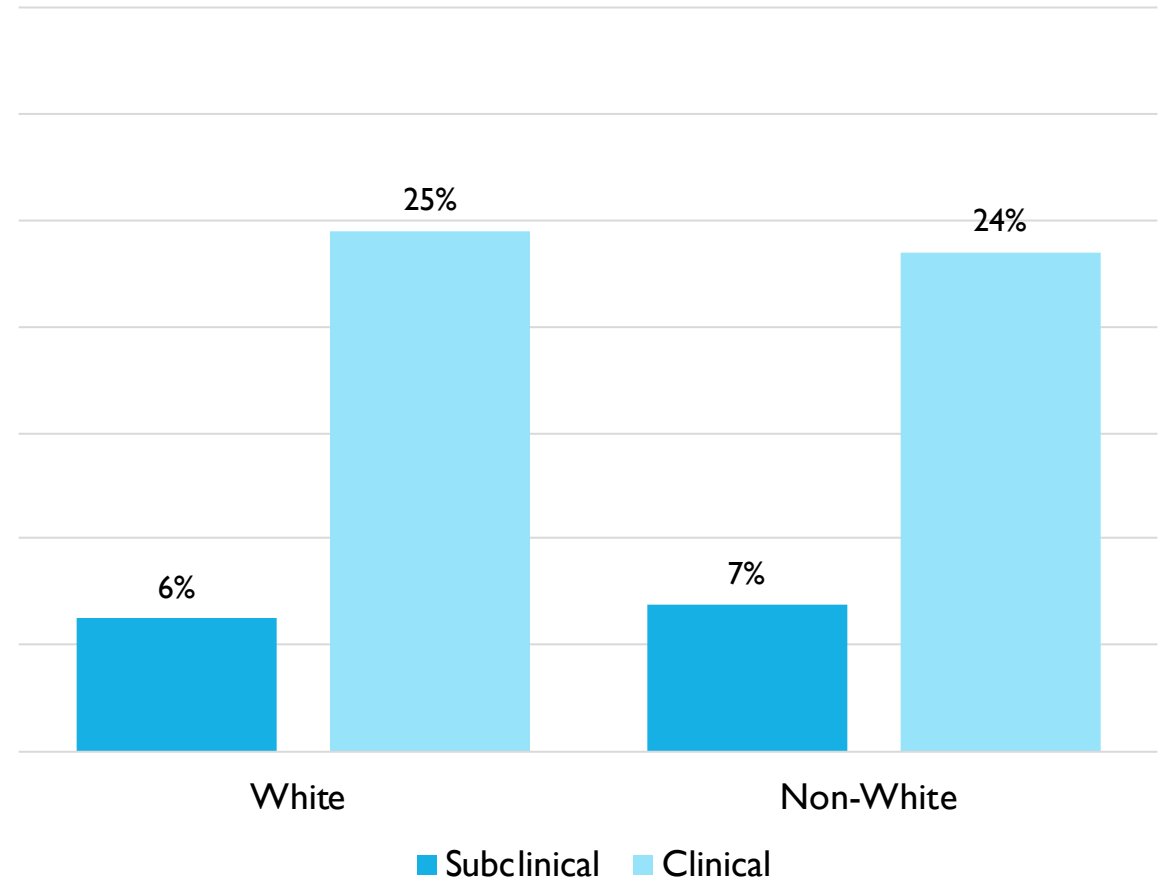


Disordered Eating Behaviors: Division III Athletes

GENDER

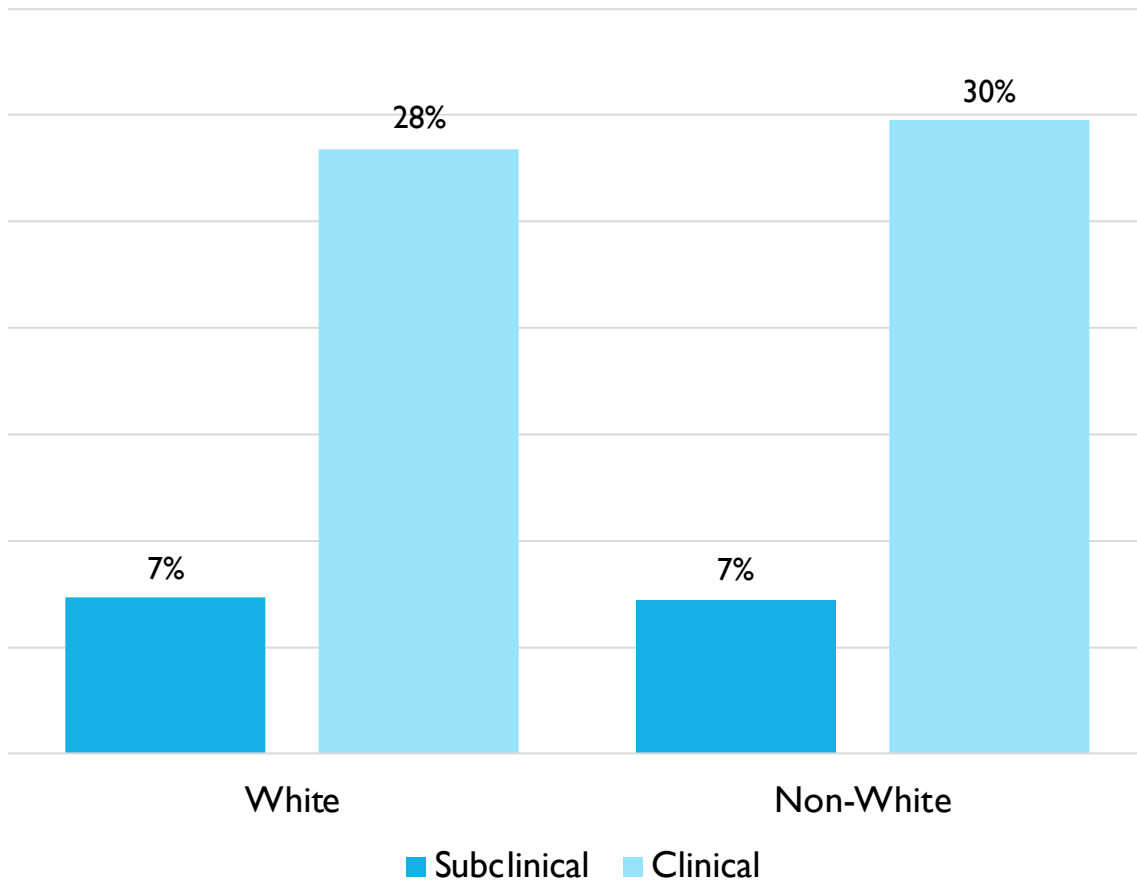


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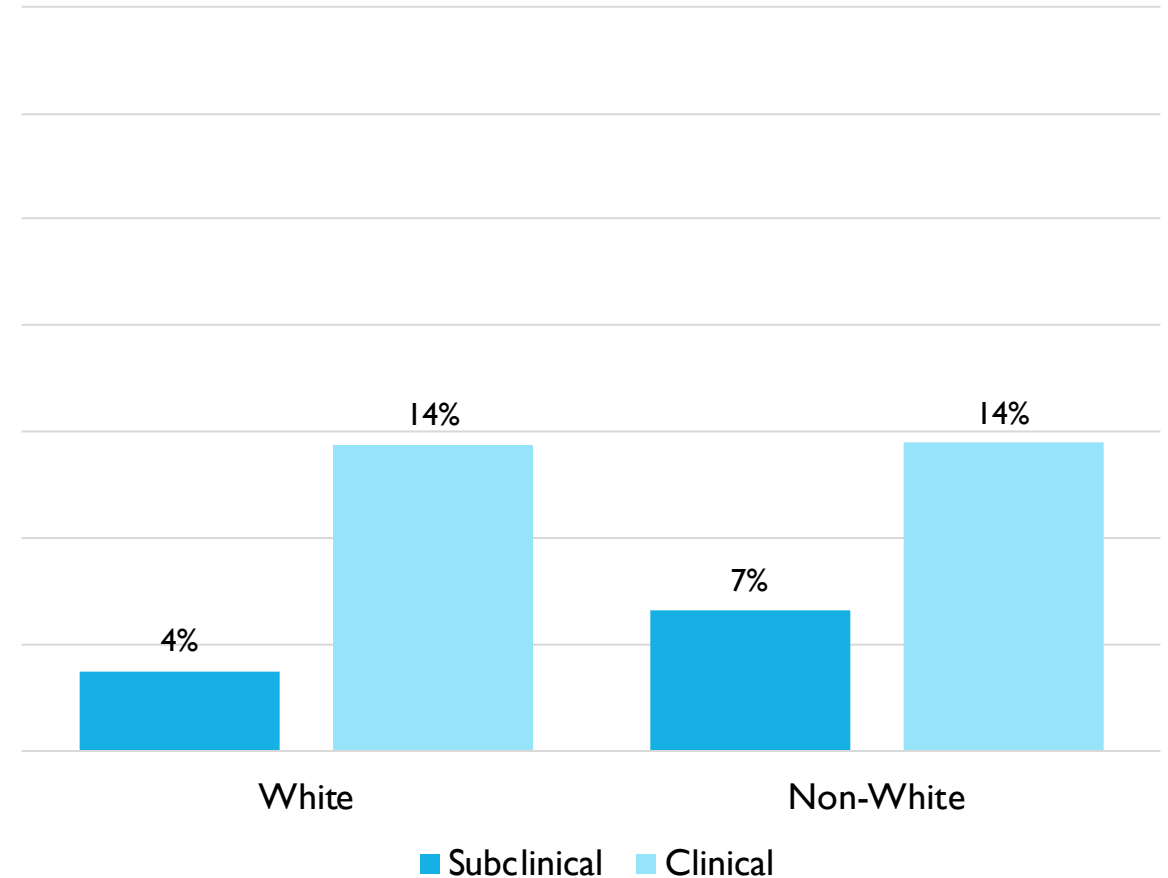



Disordered Eating Behaviors: Division III Athletes

WOMEN BY RACE



MEN BY RACE



A person is lying on their stomach on a sandy beach. They are wearing a white surf cap with a green leaf on top and dark sunglasses. A surfboard is lying on the sand next to them. The background shows the ocean with waves breaking. The overall scene is a relaxed beach setting.

BODY DISSATISFACTION: INDIVIDUAL ITEMS

Body Dissatisfaction: Description of Measure

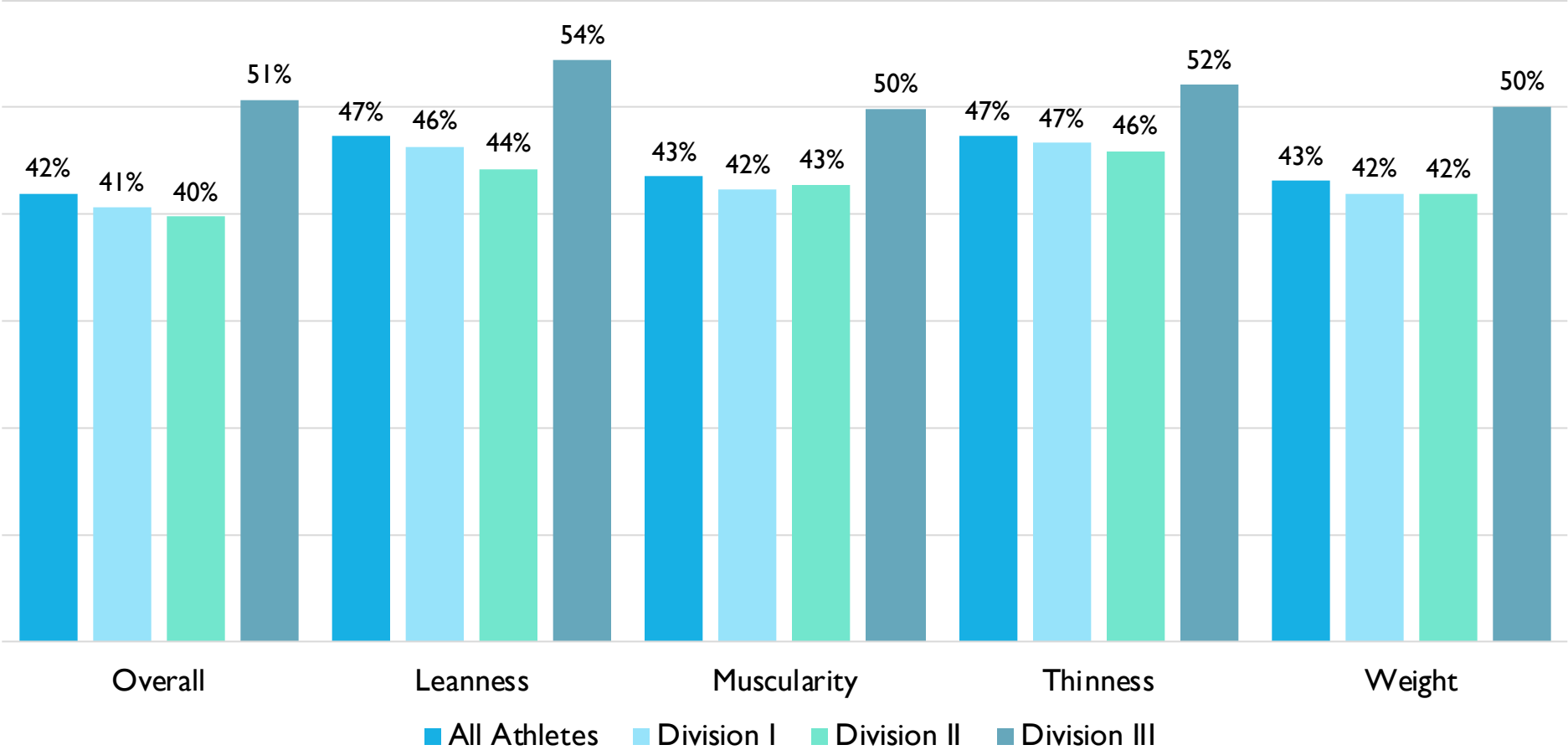
- Athletes answered 5 questions related to their satisfaction/dissatisfaction with their bodies
- Athletes responded to each item from 1, *extremely dissatisfied*, to 6, *extremely satisfied*.
- The five items were:
 - A. Overall size and shape of your body
 - B. Overall leanness and muscle definition of your body
 - C. Overall muscularity of your body
 - D. Overall thinness of your body
 - E. Your current weight
- The following cut-offs were used to determine athletes' body satisfaction/dissatisfaction
 - A. Dissatisfaction = score of 1, 2, or 3 on any item
 - B. Satisfaction = score of 4, 5, or 6 on any item
- Data presented in this section reflect the % of student athletes who were “dissatisfied” in relation to each item.

Body Dissatisfaction: Summary of Results

- 40% to 54% of Athletes reported dissatisfaction across the five items
- Dissatisfaction levels were highest in relation to Athletes' perceptions of their bodies as lean or as thin
- Across all five items, Women were 1.5 times more likely to be dissatisfied
- Across all five items, dissatisfaction levels were lowest among Black Athletes

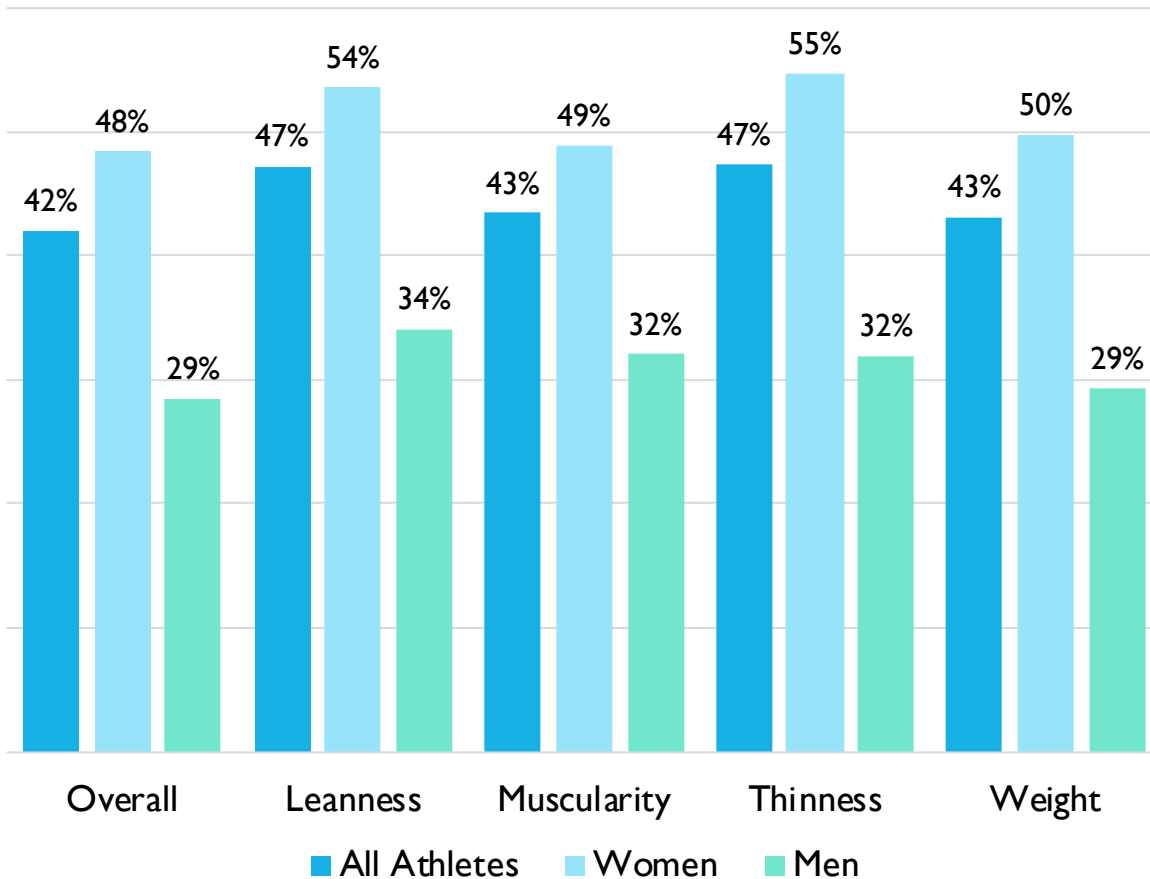
Body Dissatisfaction: All Athletes

DIVISION

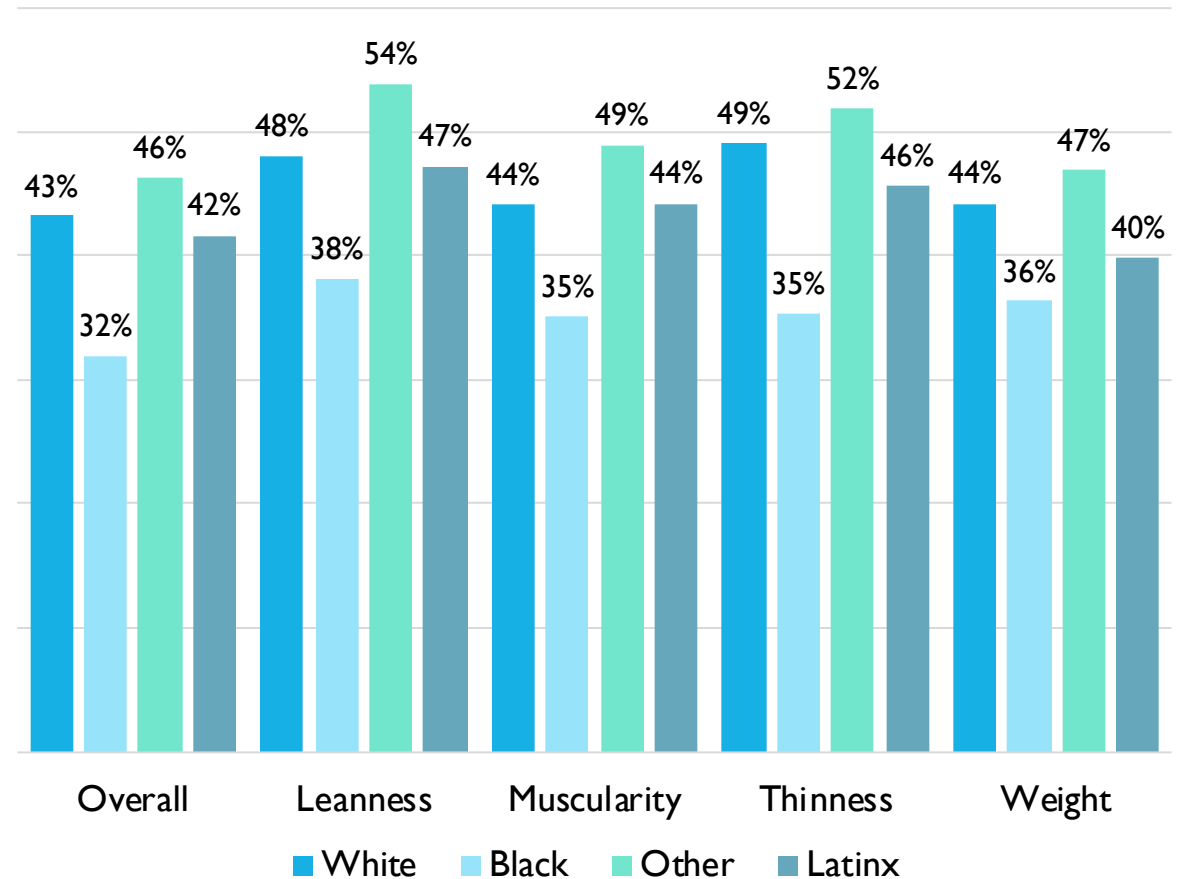


Body Dissatisfaction: All Athletes

GENDER

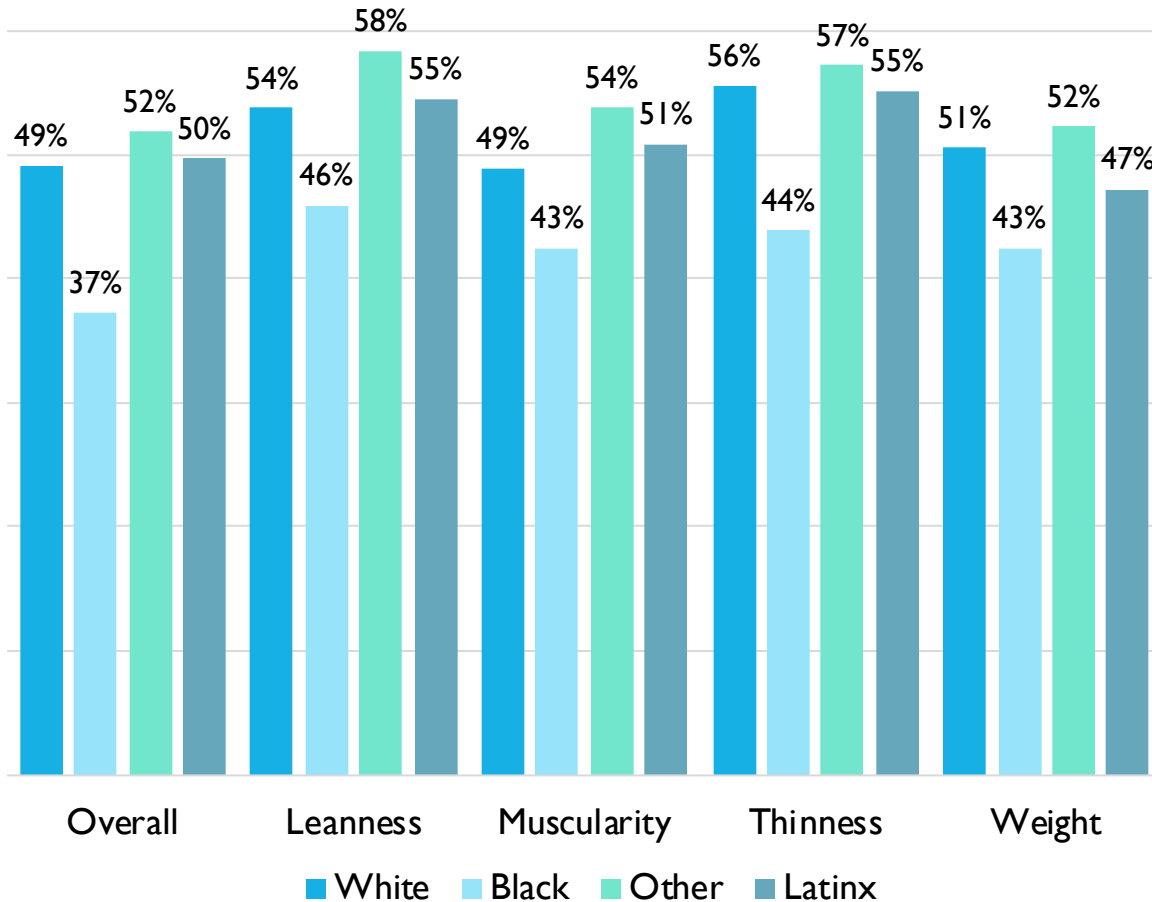


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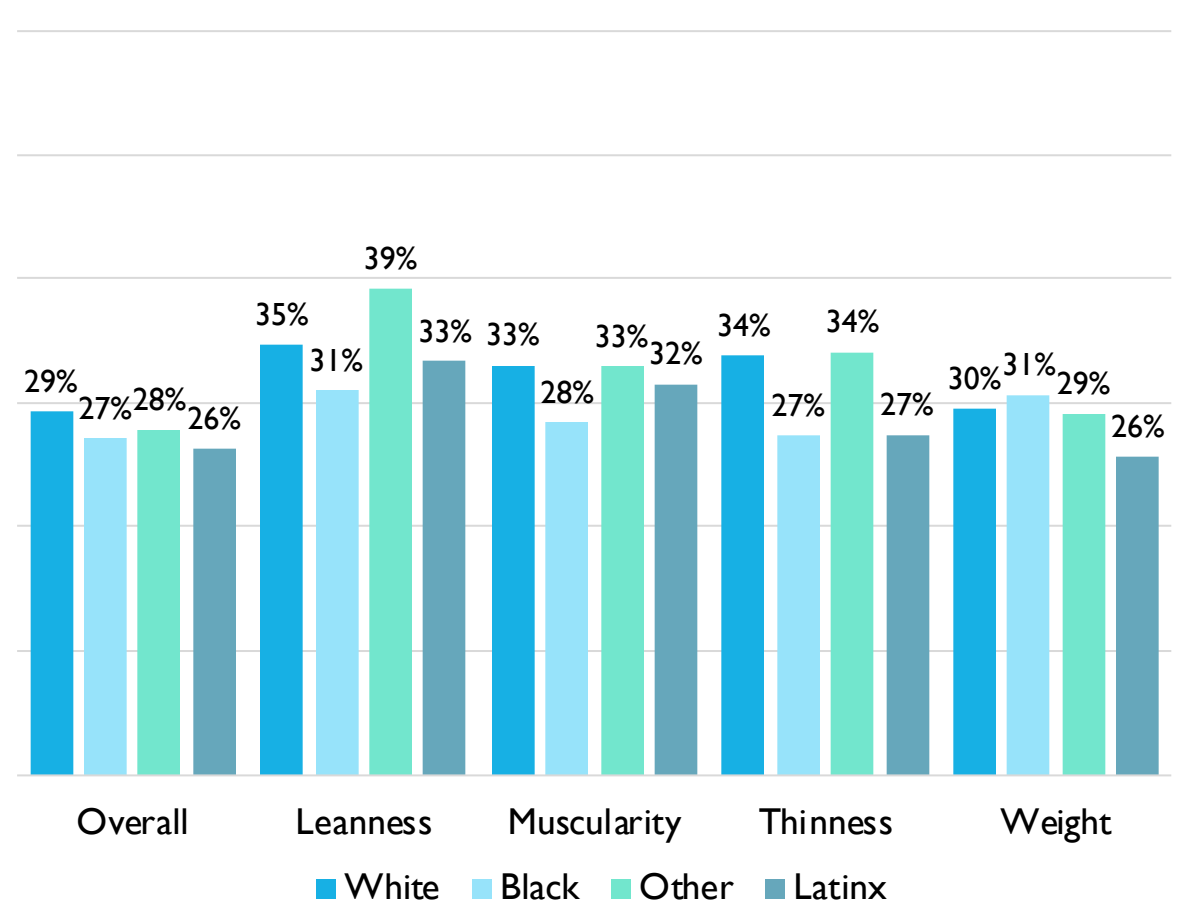


Body Dissatisfaction: All Athletes

WOMEN BY RACE



MEN BY RACE



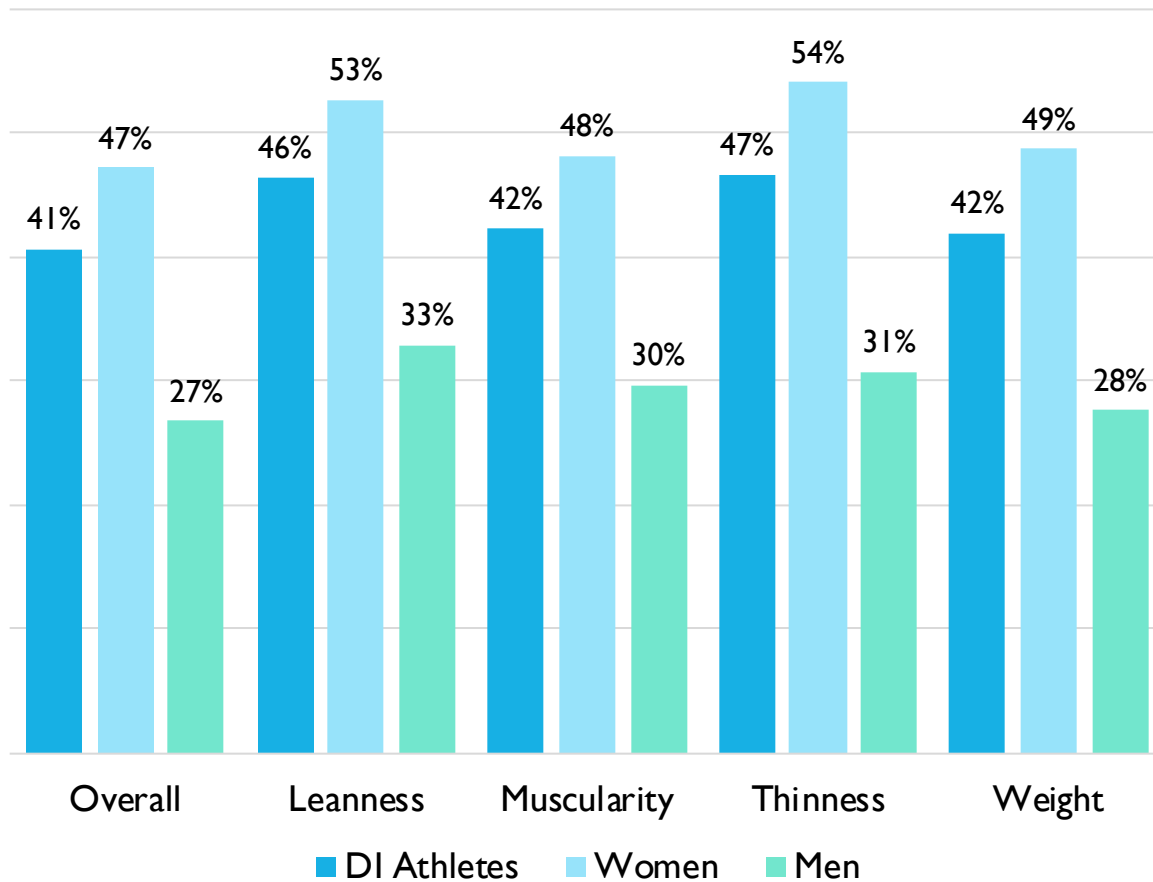


BODY
DISSATISFACTION:
DIVISION I ATHLETES

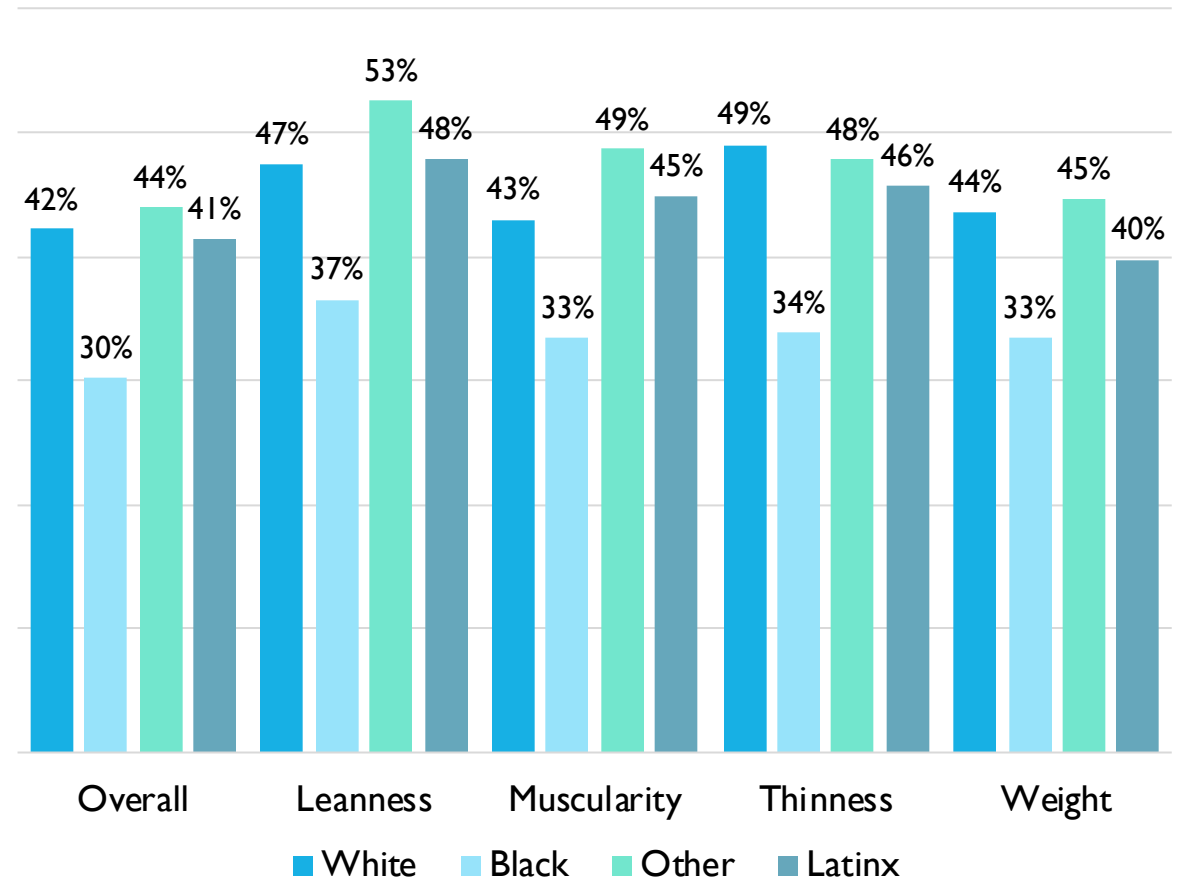


Body Dissatisfaction: Division I Athletes

GENDER

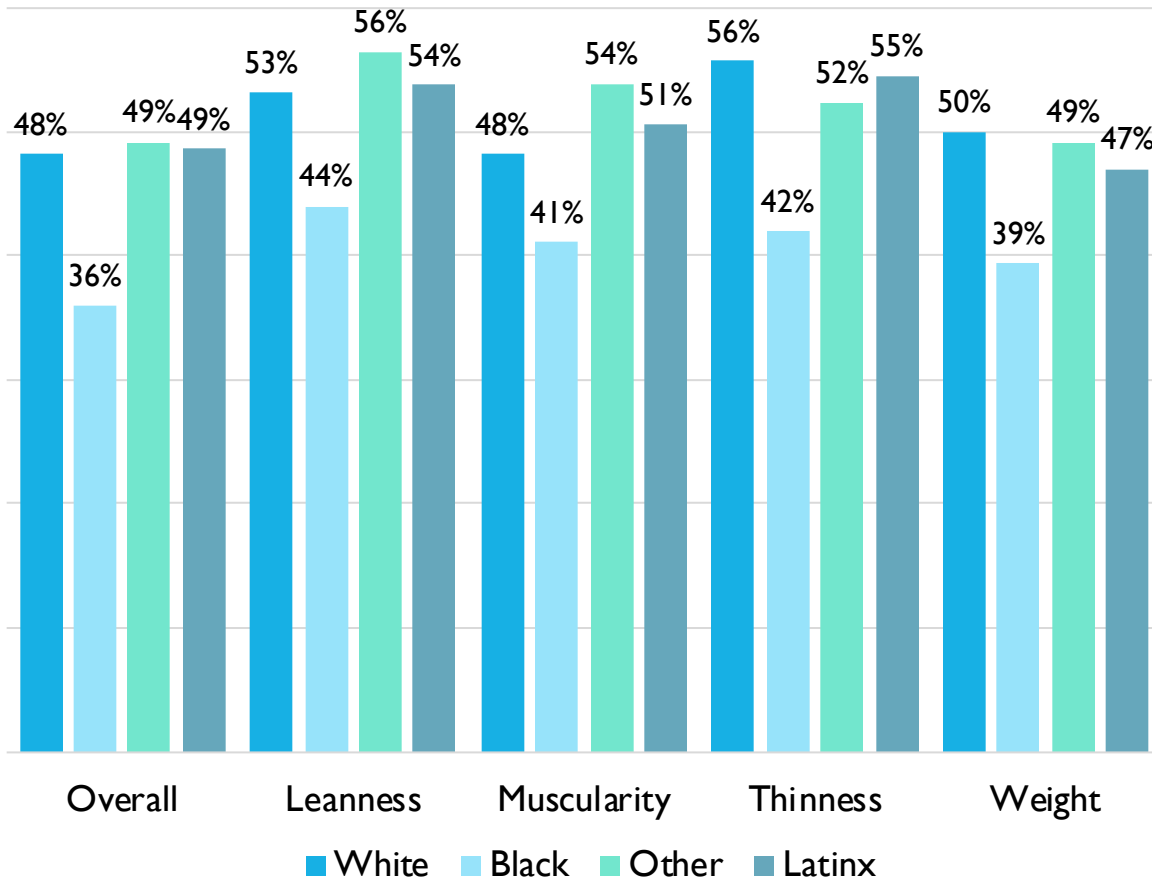


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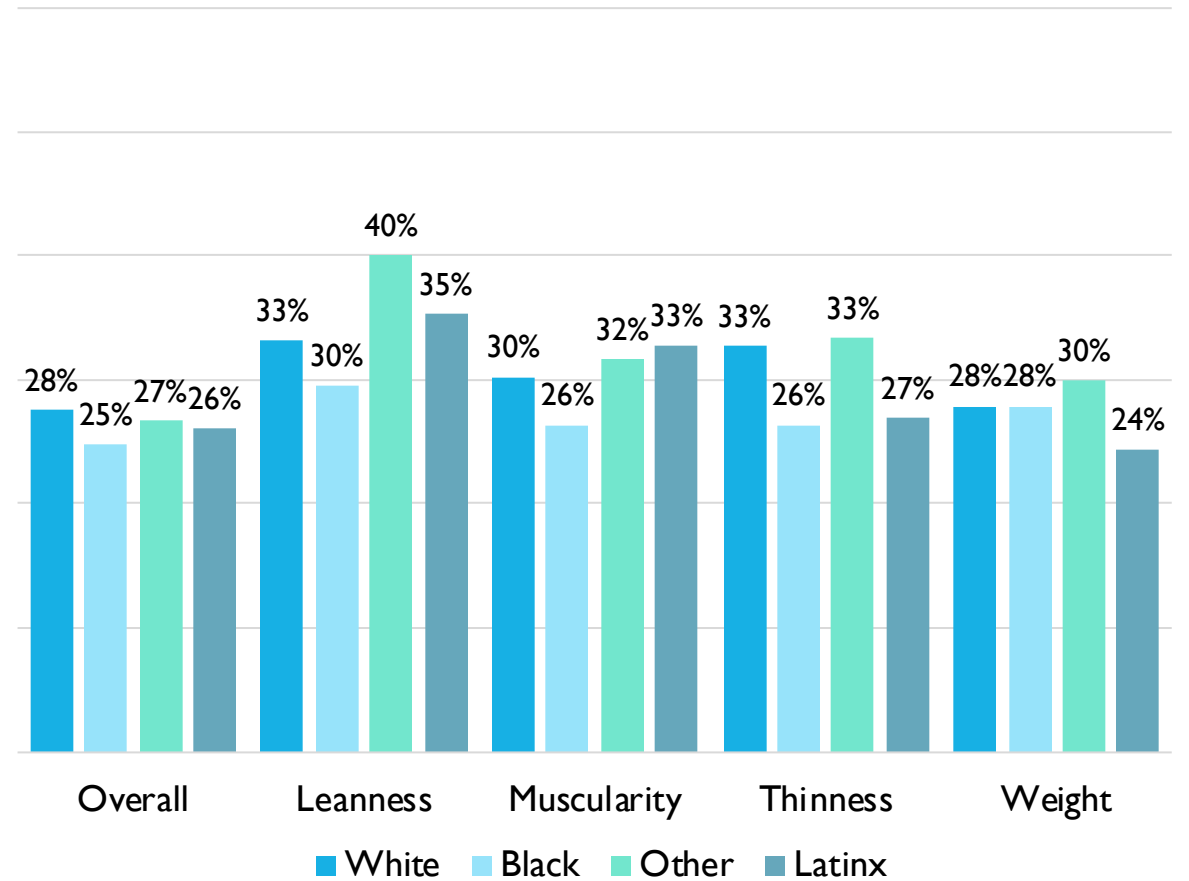


Body Dissatisfaction: Division I Athletes

WOMEN BY RACE



MEN BY RACE



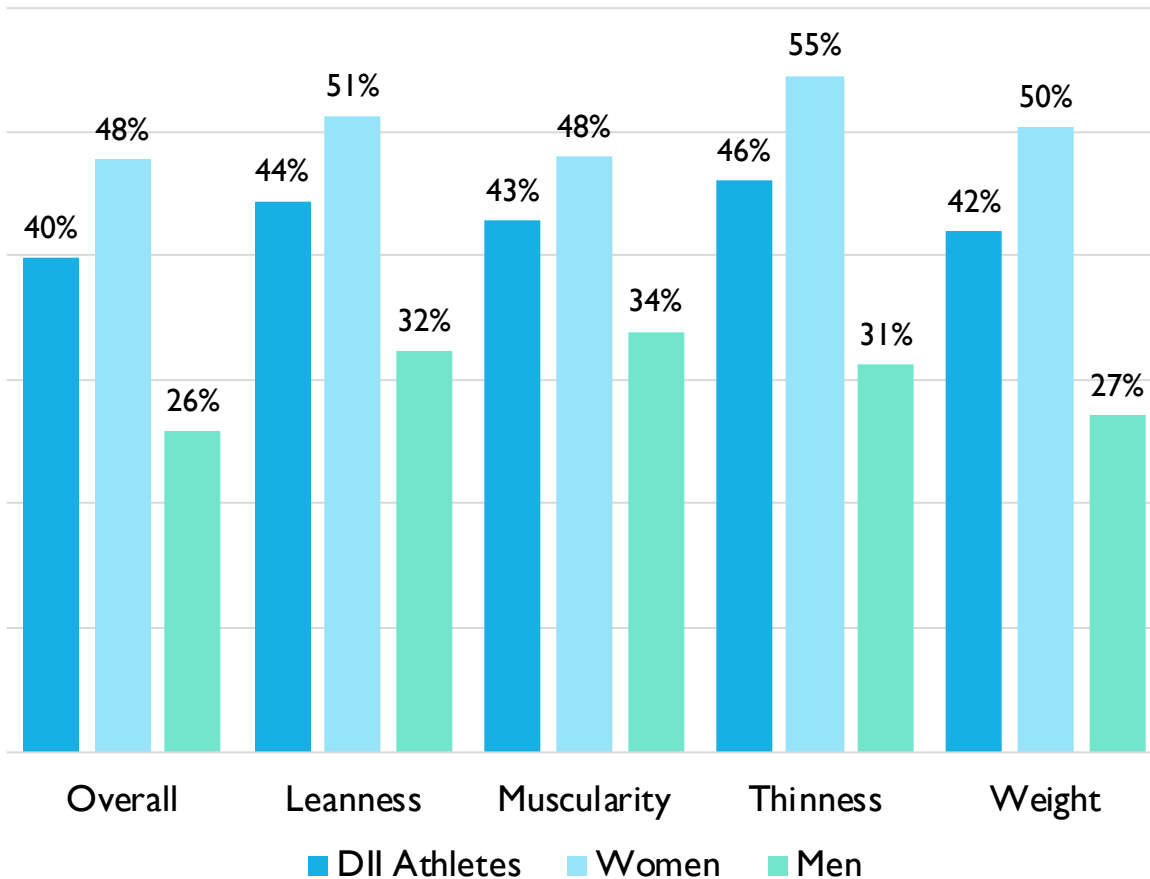


**BODY SATISFACTION:
DIVISION II ATHLETES**

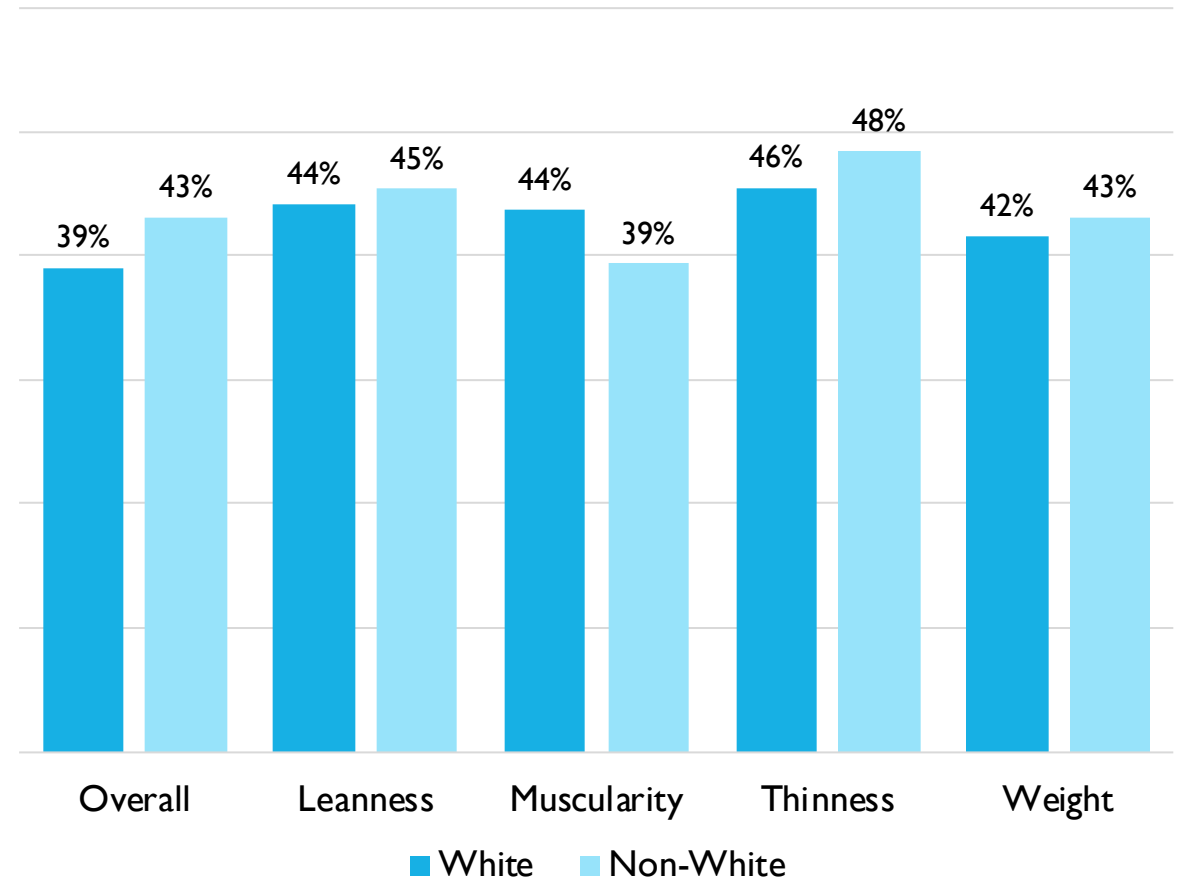


Body Dissatisfaction: Division II Athletes

GENDER

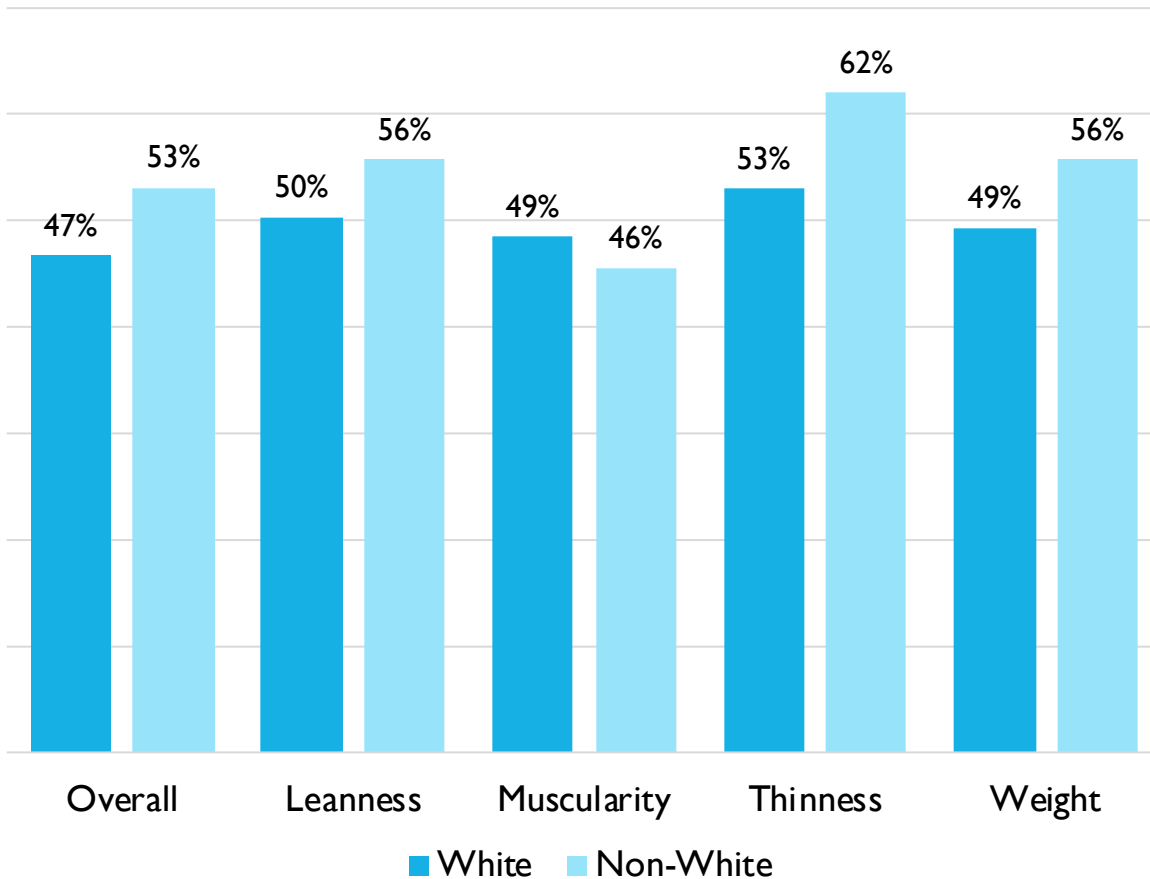


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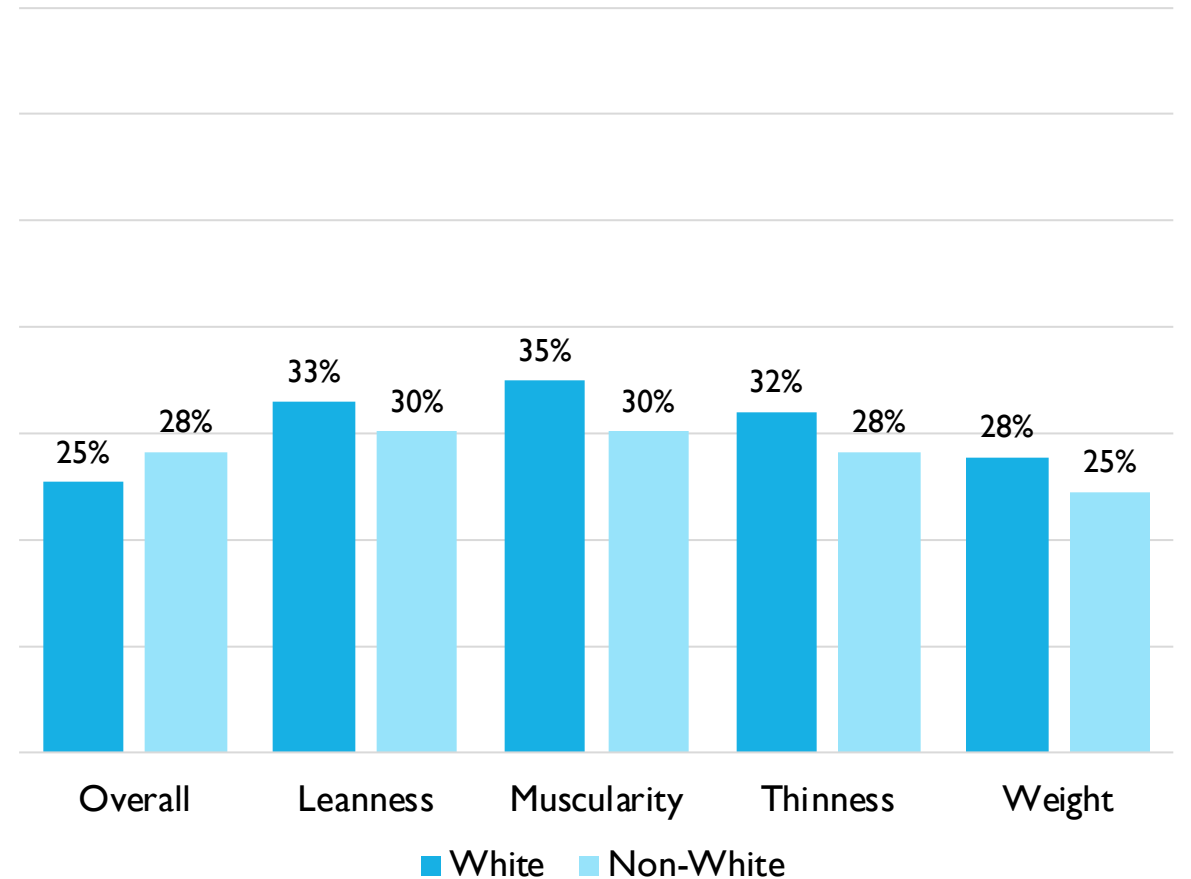


Body Dissatisfaction: Division II Athletes

WOMEN BY RACE



MEN BY RACE



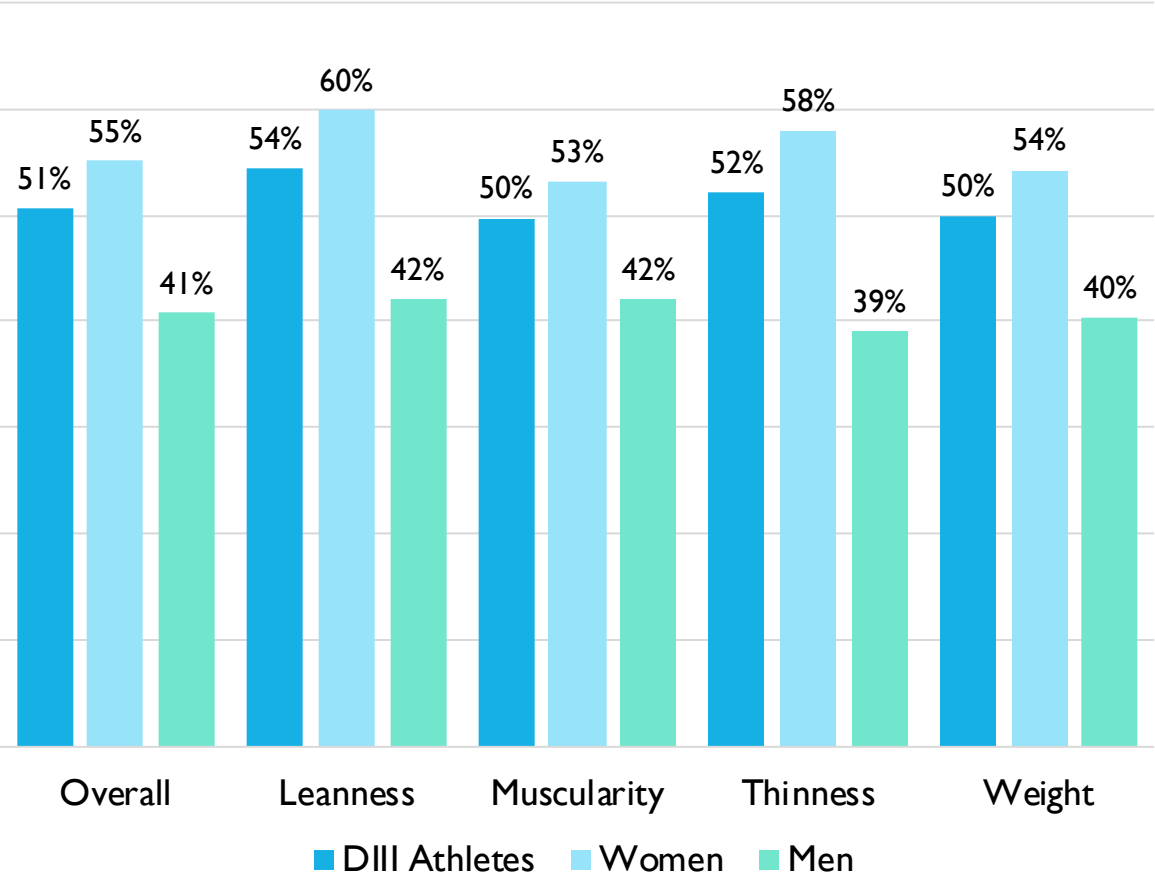


BODY
DISSATISFACTION:
DIVISION III ATHLETES

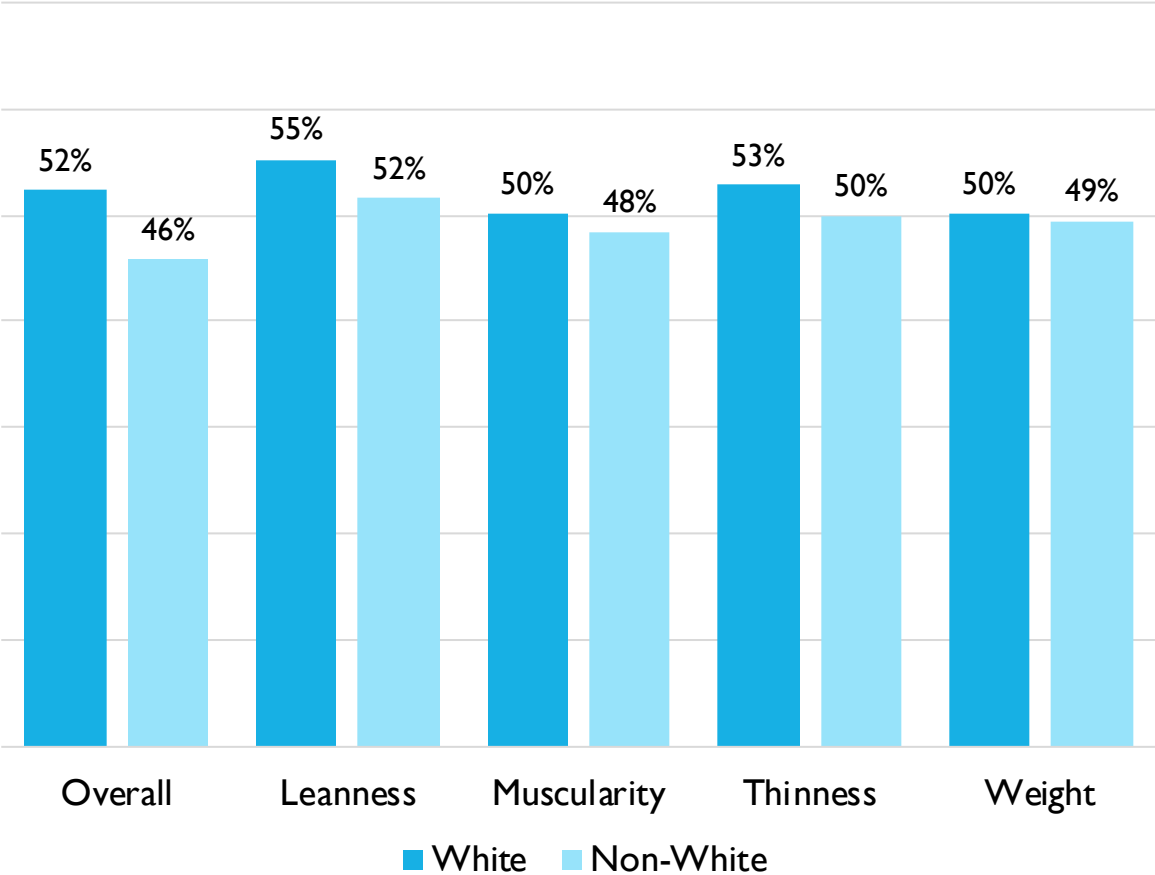


Body Dissatisfaction: Division III Athletes

GENDER

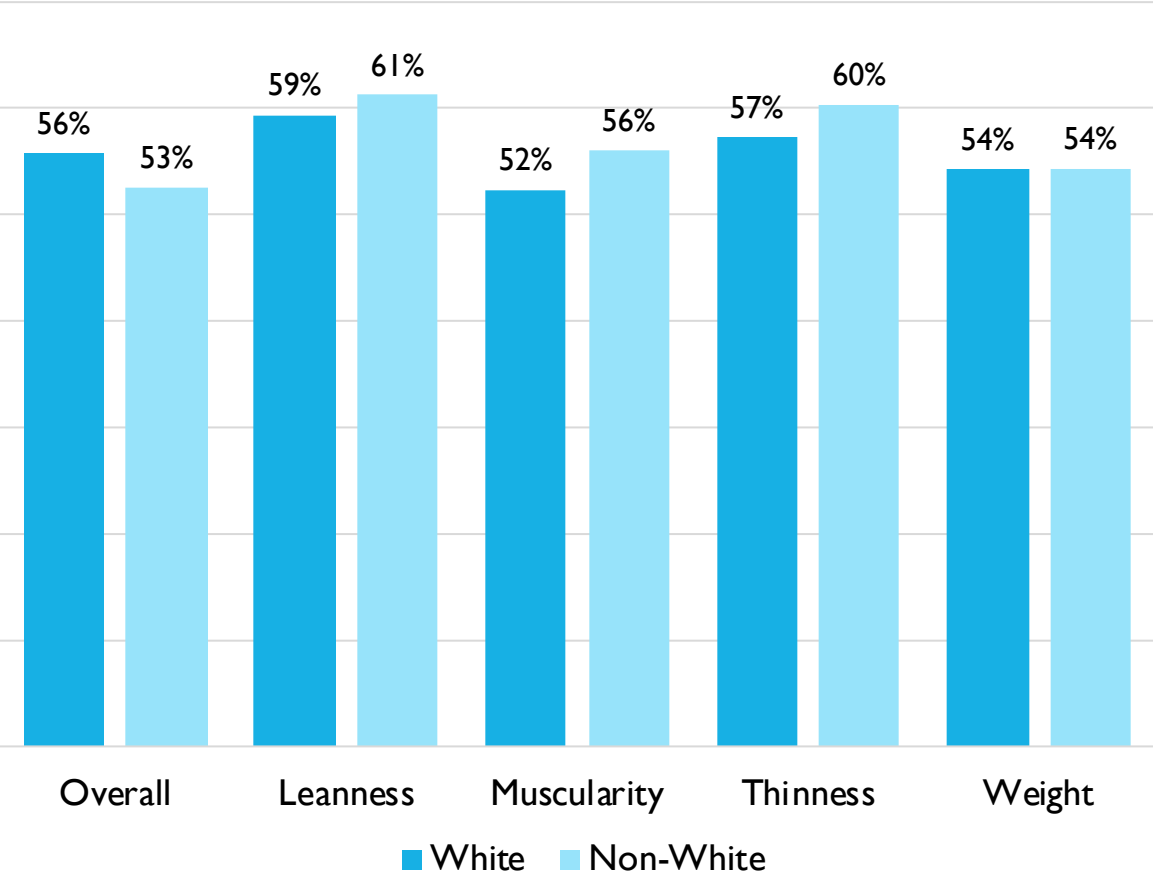


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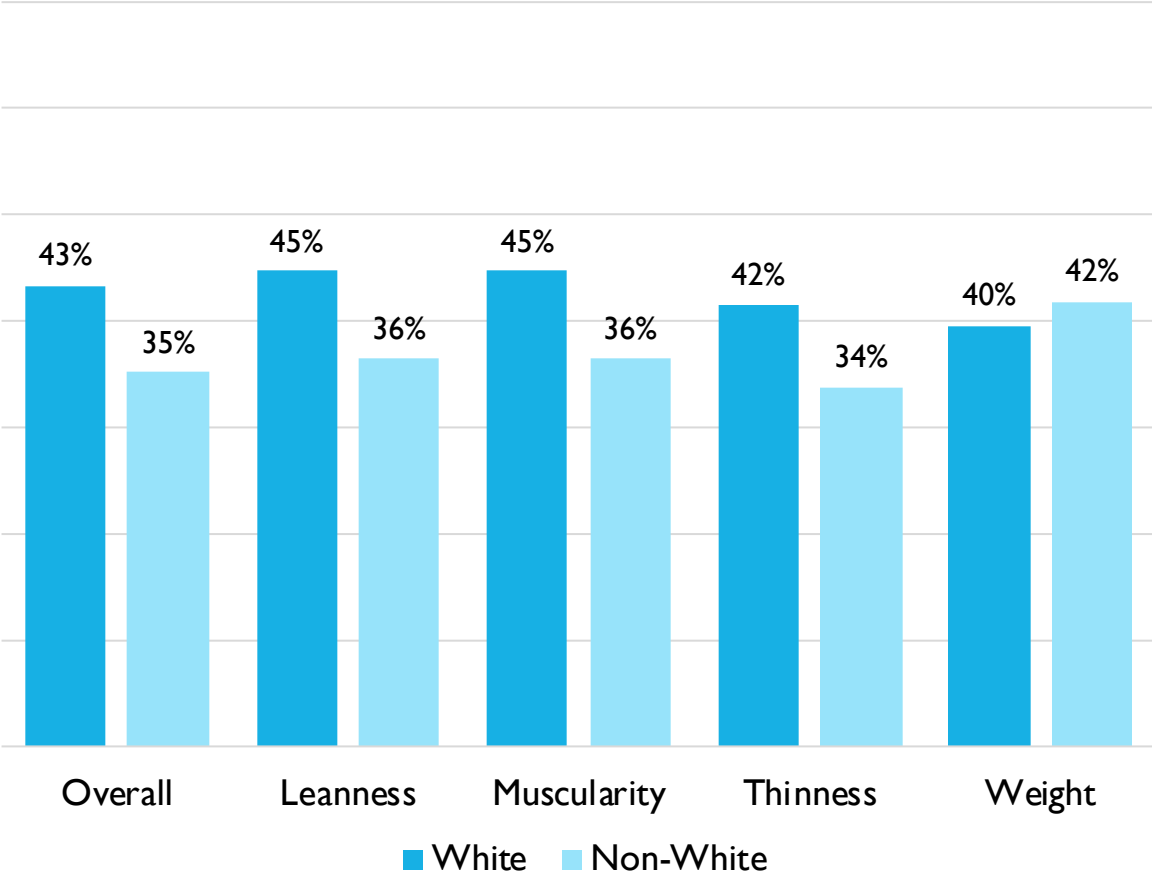


Body Dissatisfaction: Division III Athletes

WOMEN BY RACE



MEN BY RACE



A photograph of a volleyball net with the words "NORTH TEXAS" and a bird logo repeated across the top. In the background, a volleyball player in a white jersey with the number "16" is visible, looking towards the camera with her hands raised. The image is dimmed to serve as a background for the text.

BODY DISSATISFACTION: CUMULATIVE ITEMS

Cumulative Body Dissatisfaction: Description of Measure

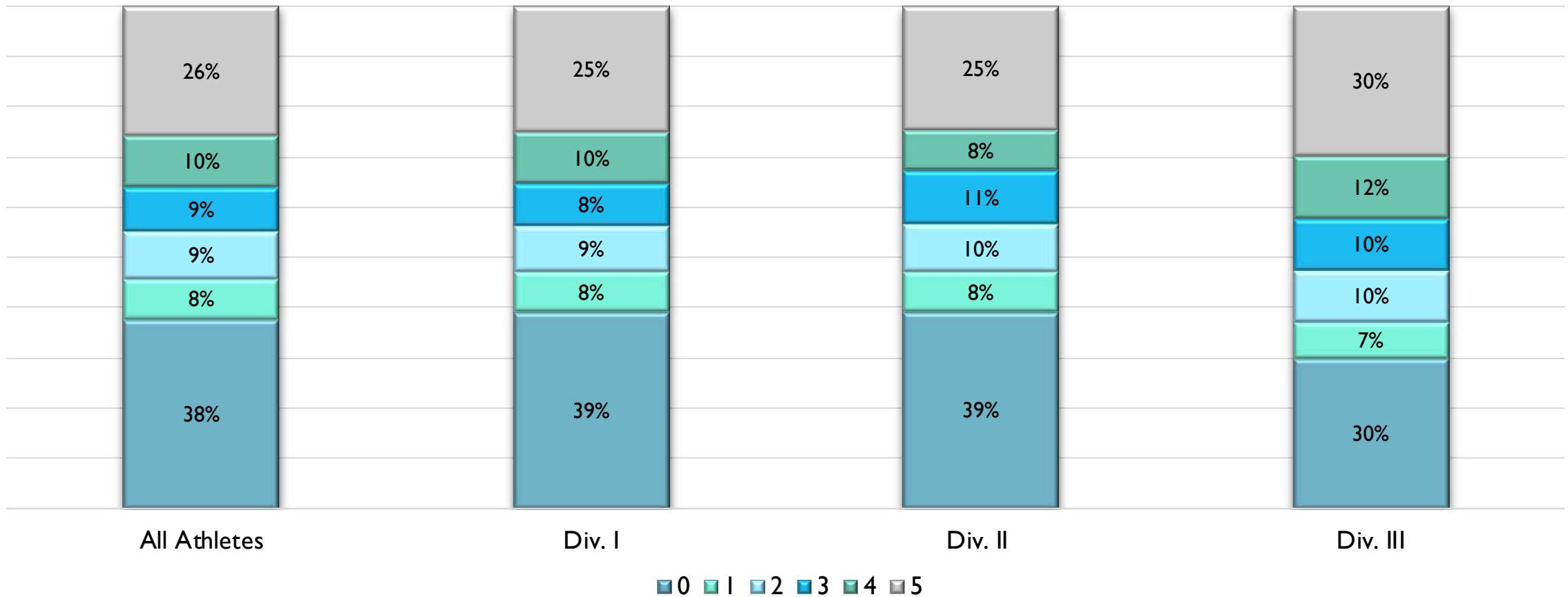
- Data presented in this section reflect the % of athletes who expressed body dissatisfaction/satisfaction (cumulatively). Scores ranged between 0 (no dissatisfaction reported) and 5 (dissatisfaction reported across all five items)
- Data are presented in a heat graph such that each portion of the bar graph reflects the % of athletes who reported dissatisfaction across that number of body items. For example, if the % associated with DIS4 is 14% it means that 14% of the athletes in the group responded with dissatisfaction on four of the five items regarding their bodies
- The five items were:
 - A. Overall size and shape of your body
 - B. Overall leanness and muscle definition of your body
 - C. Overall muscularity of your body
 - D. Overall thinness of your body
 - E. Your current weight

Cumulative Body Dissatisfaction: Summary of Results

- 30% to 39% of Athletes reported NO dissatisfaction with their bodies across all five of the items
- 35% to 42%, however, reported dissatisfaction with FOUR or more of the body items
- Women were up to TWO times more likely than Men to report dissatisfaction across multiple areas
- Black Athletes were most likely to report NO dissatisfaction (45%) and the least likely to be dissatisfied with FOUR or more body items (25%)

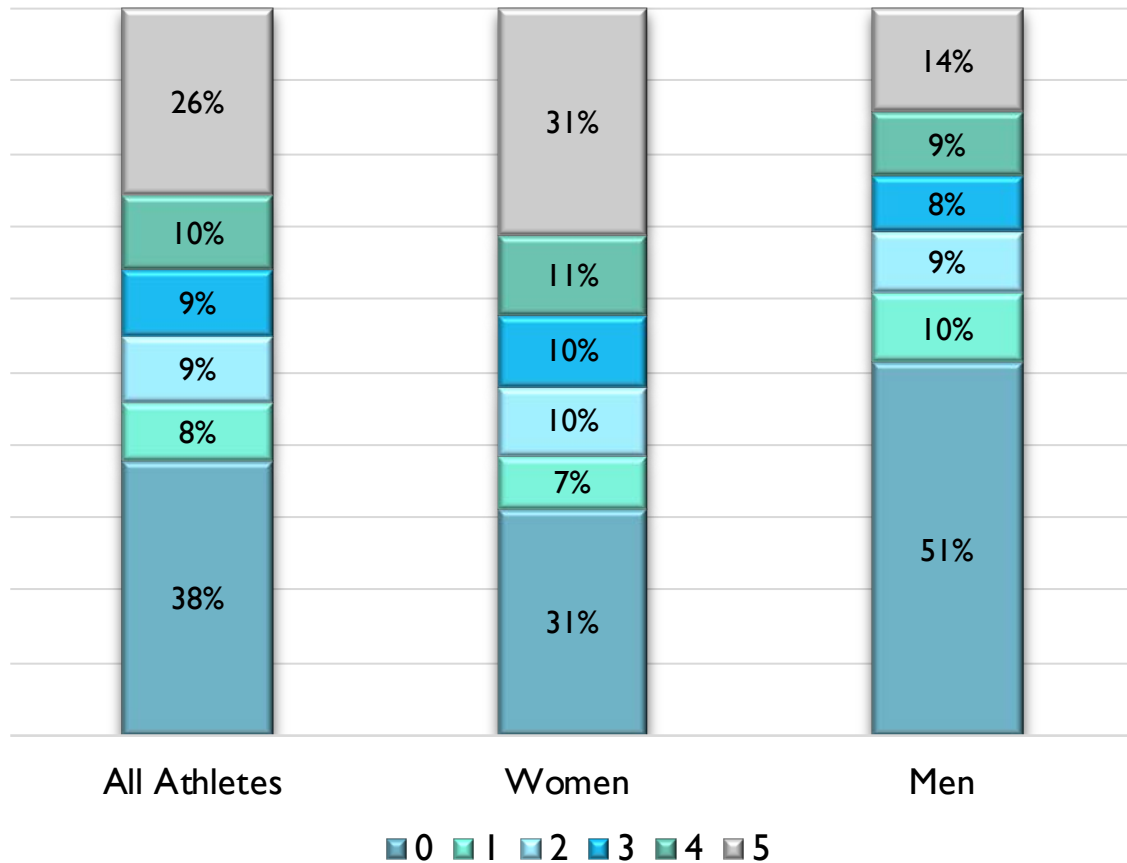
Cumulative Body Dissatisfaction: All Athletes

DIVISION

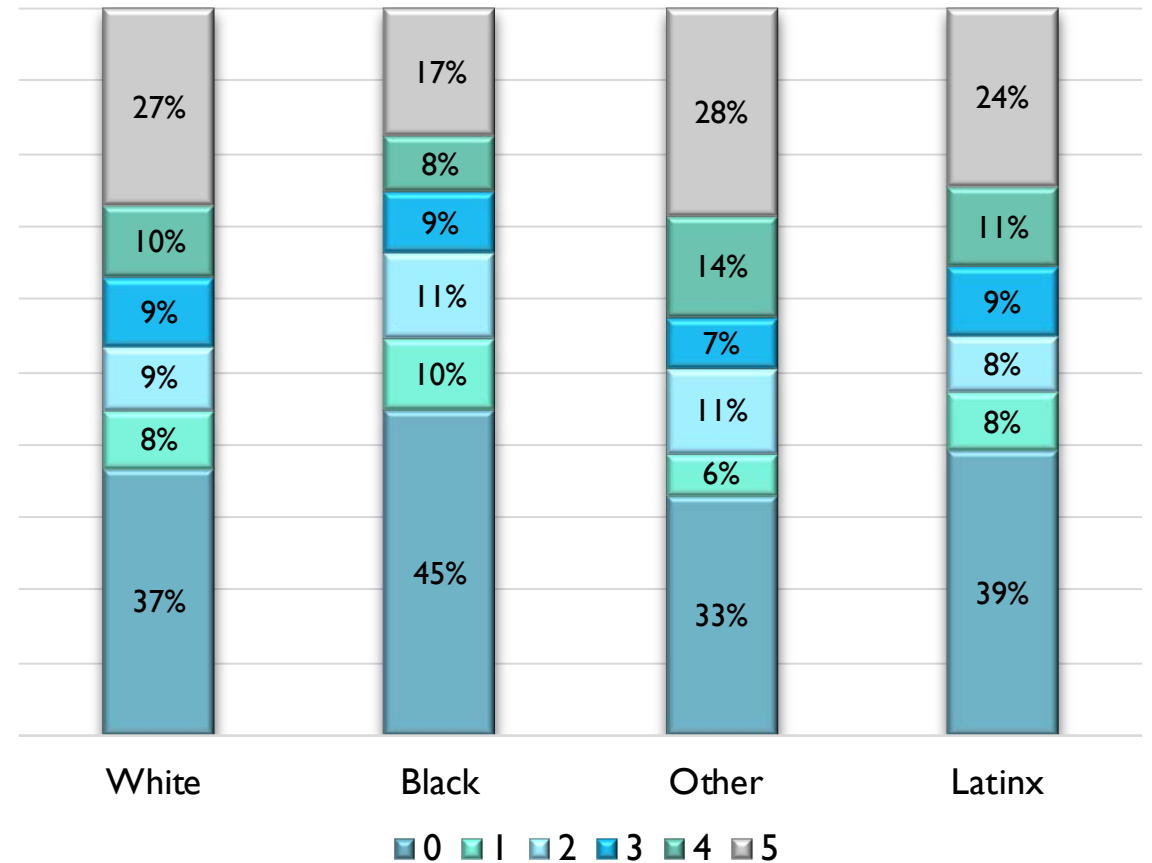


Cumulative Body Dissatisfaction: All Athletes

GENDER

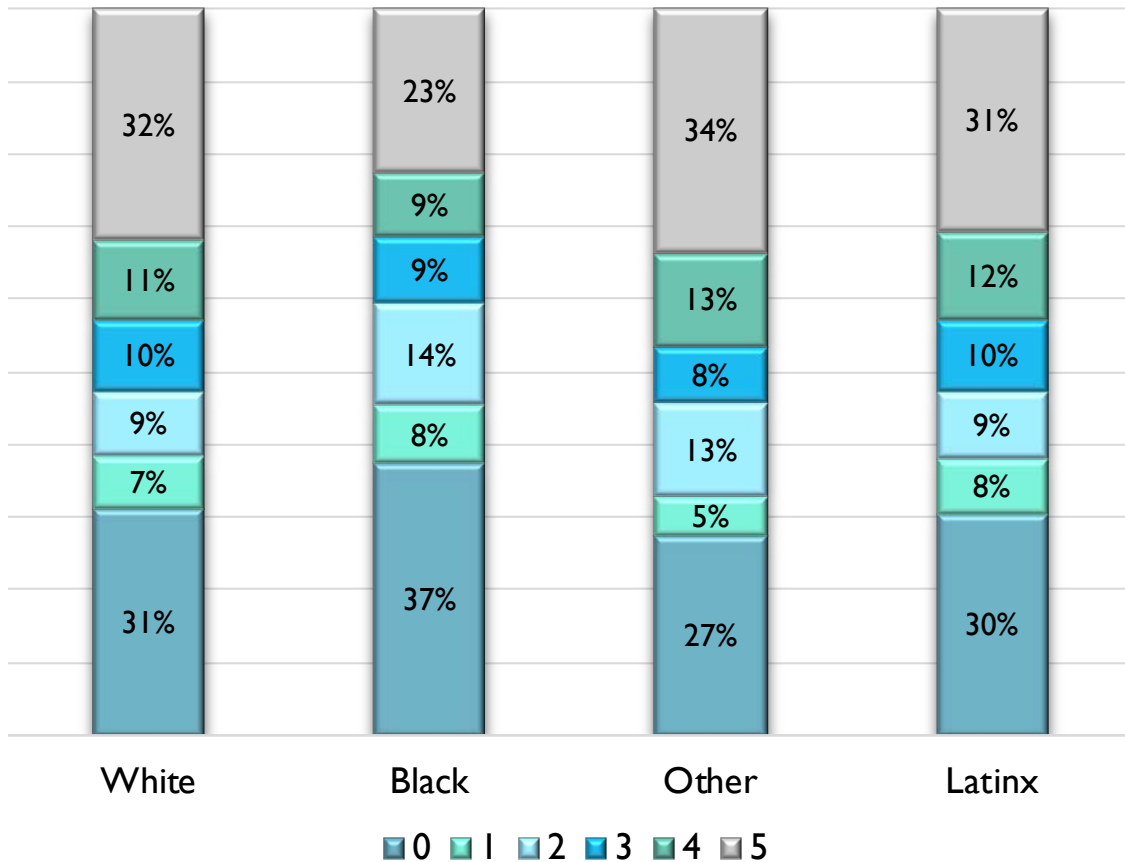


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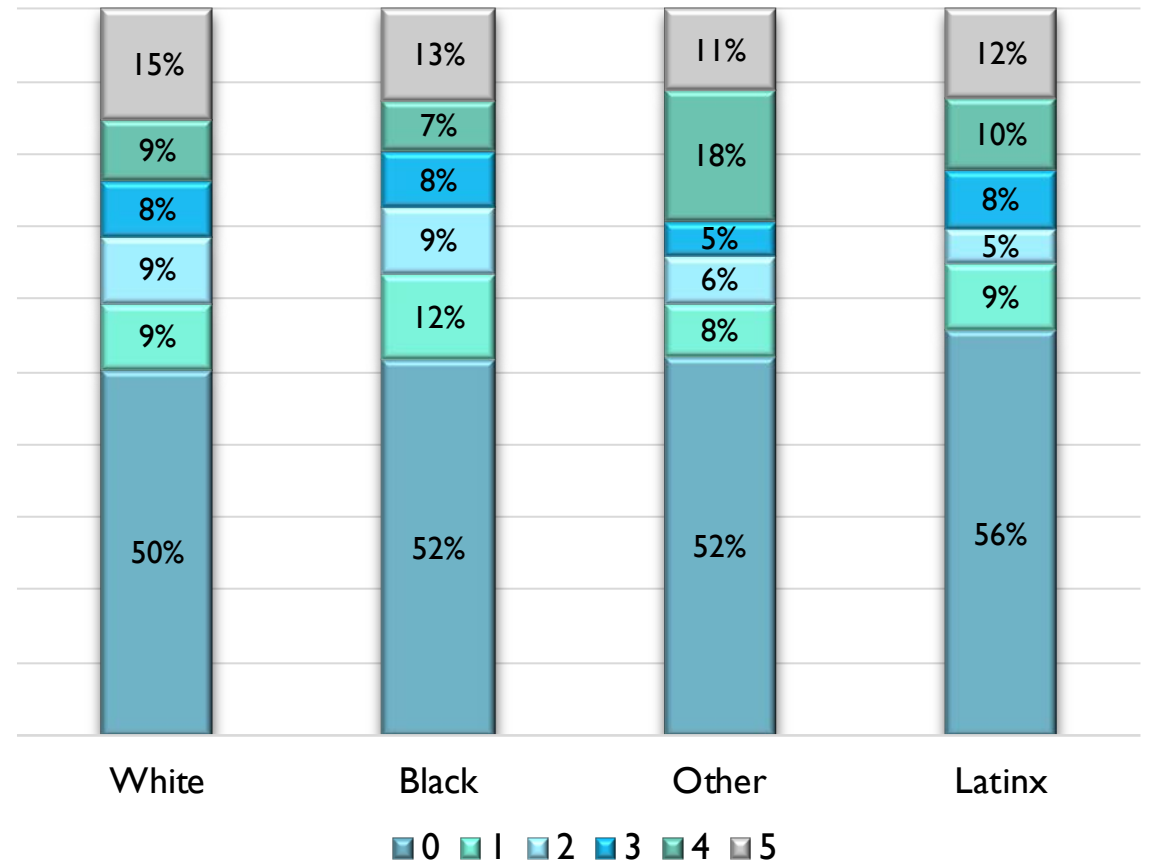


Cumulative Body Dissatisfaction: All Athletes

WOMEN BY RACE



MEN BY RACE



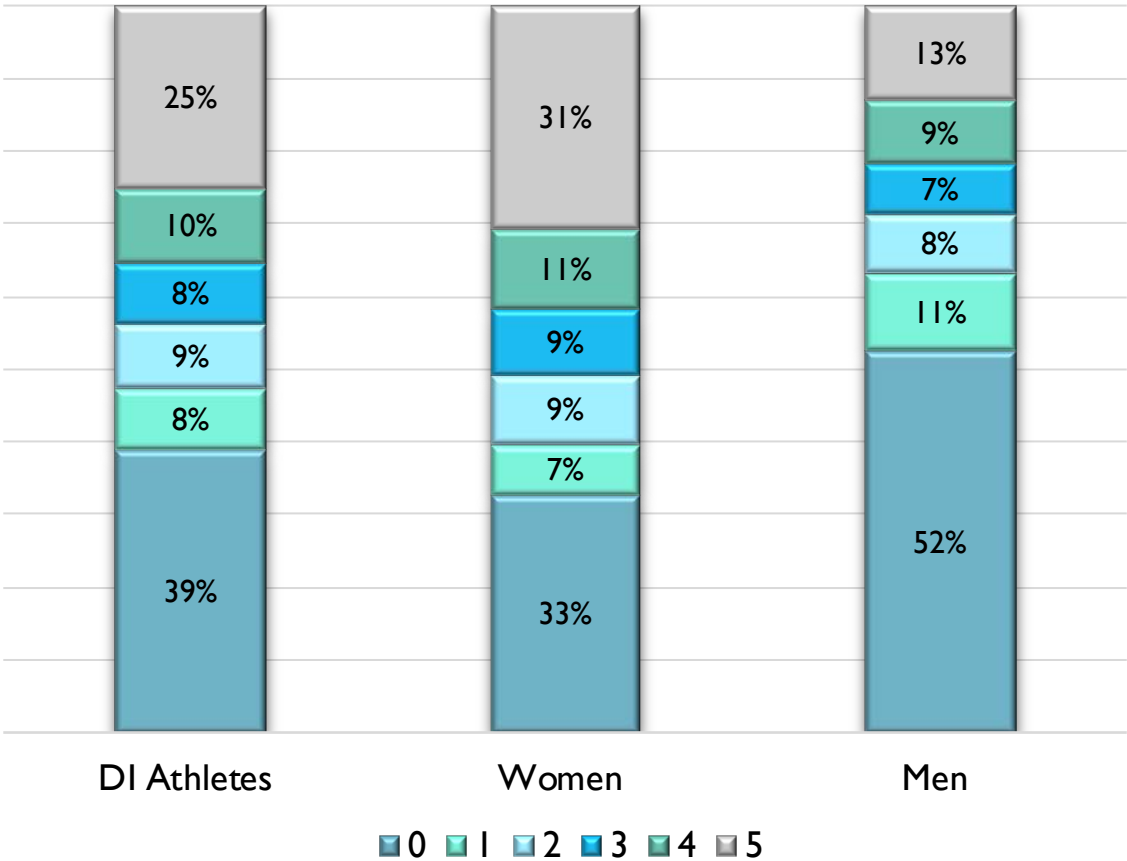


BODY
DISSATISFACTION:
DIVISION I ATHLETES

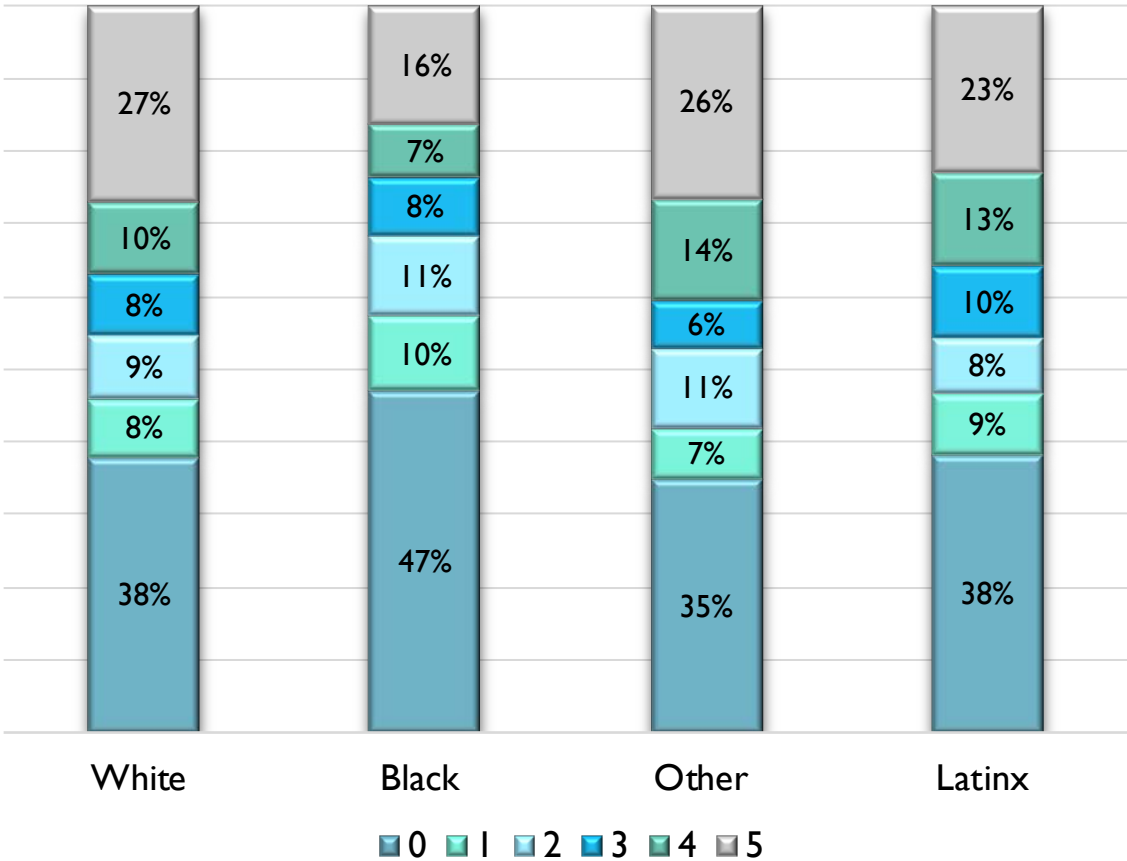


Cumulative Body Dissatisfaction: Division I Athletes

GENDER

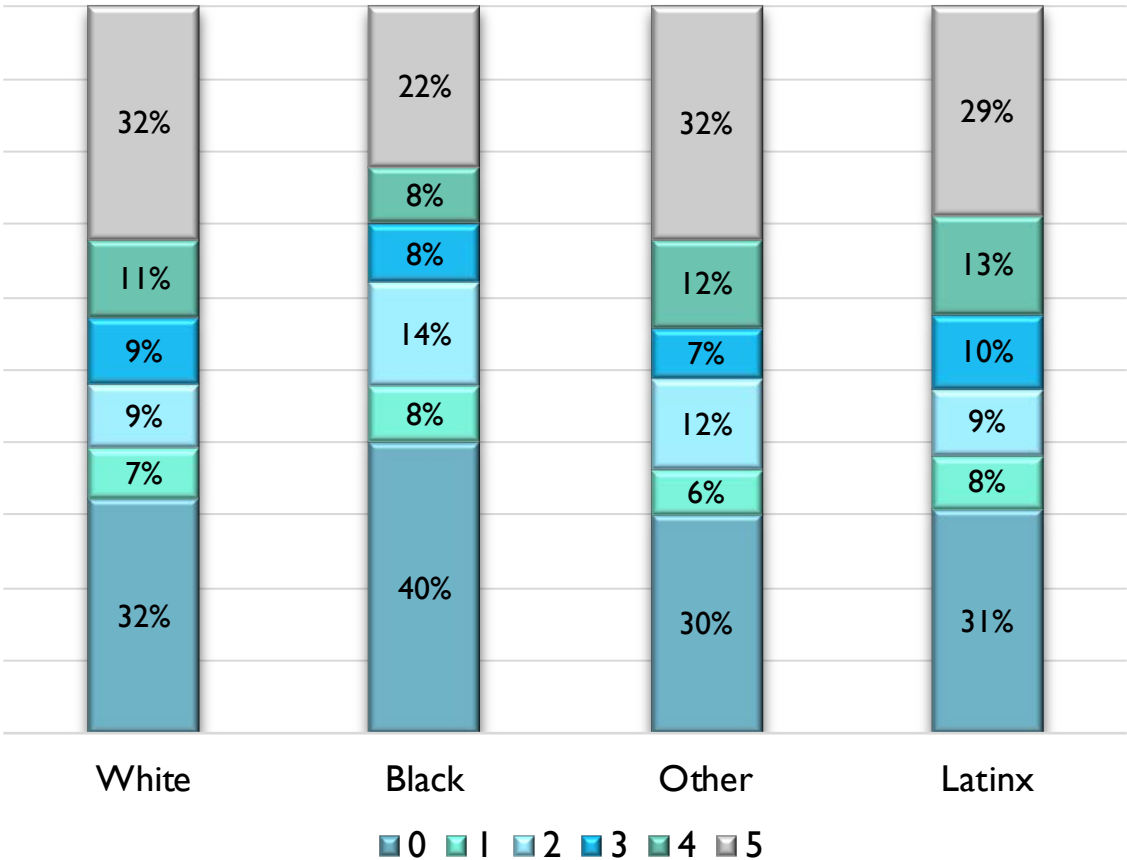


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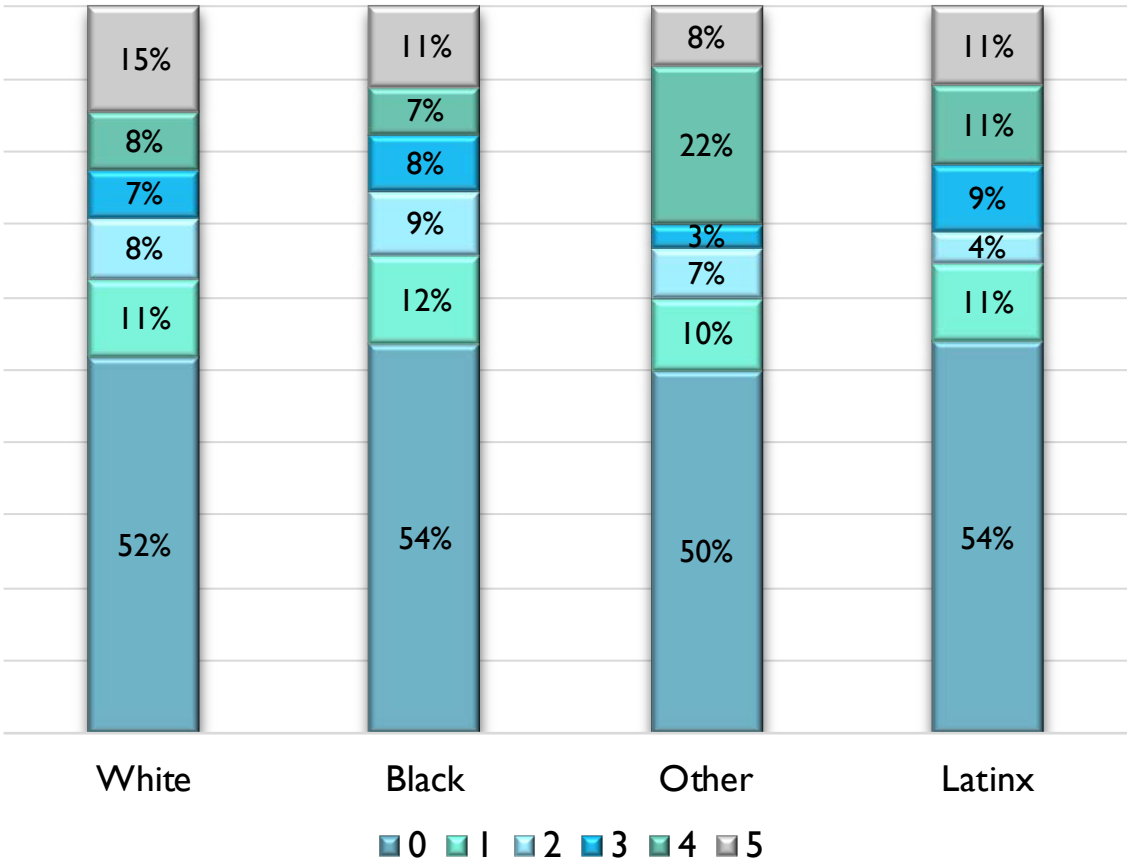


Cumulative Body Dissatisfaction: Division I Athletes

WOMEN BY RACE



MEN BY RACE



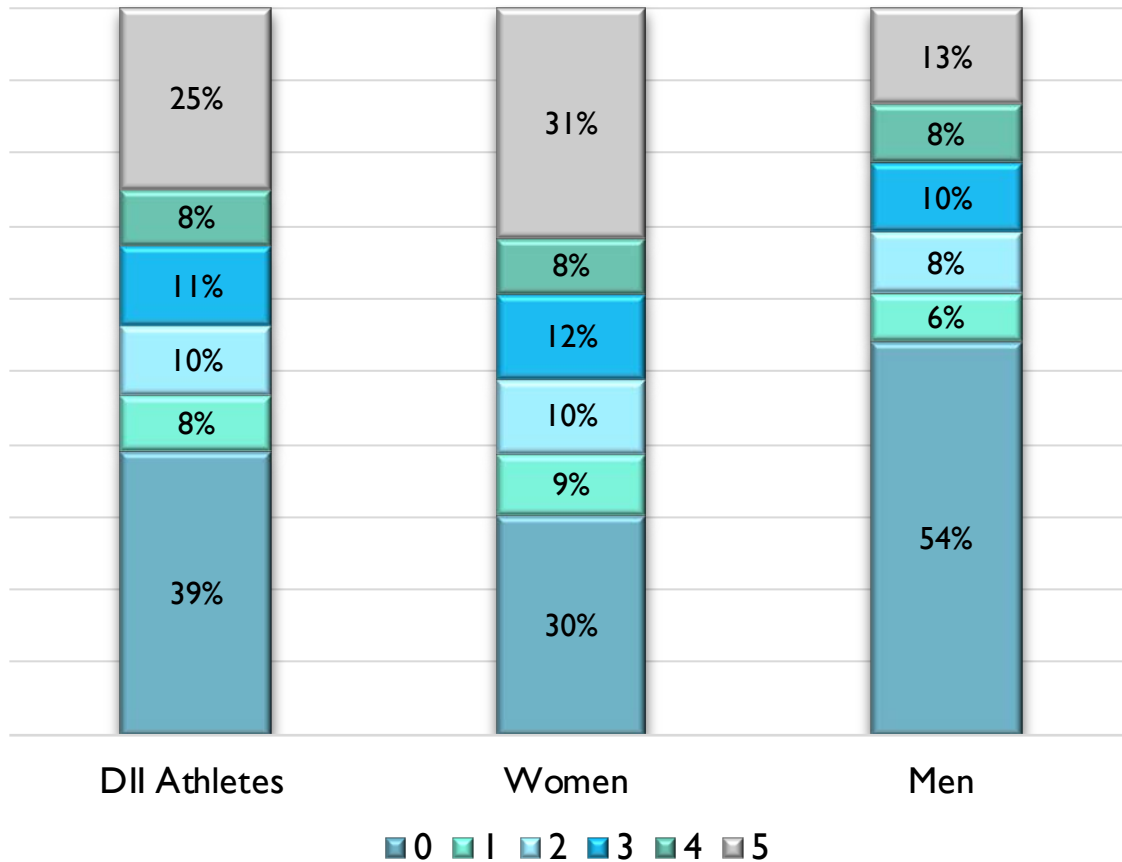


BODY
DISSATISFACTION:
DIVISION II ATHLETES



Cumulative Body Dissatisfaction: Division II Athletes

GENDER

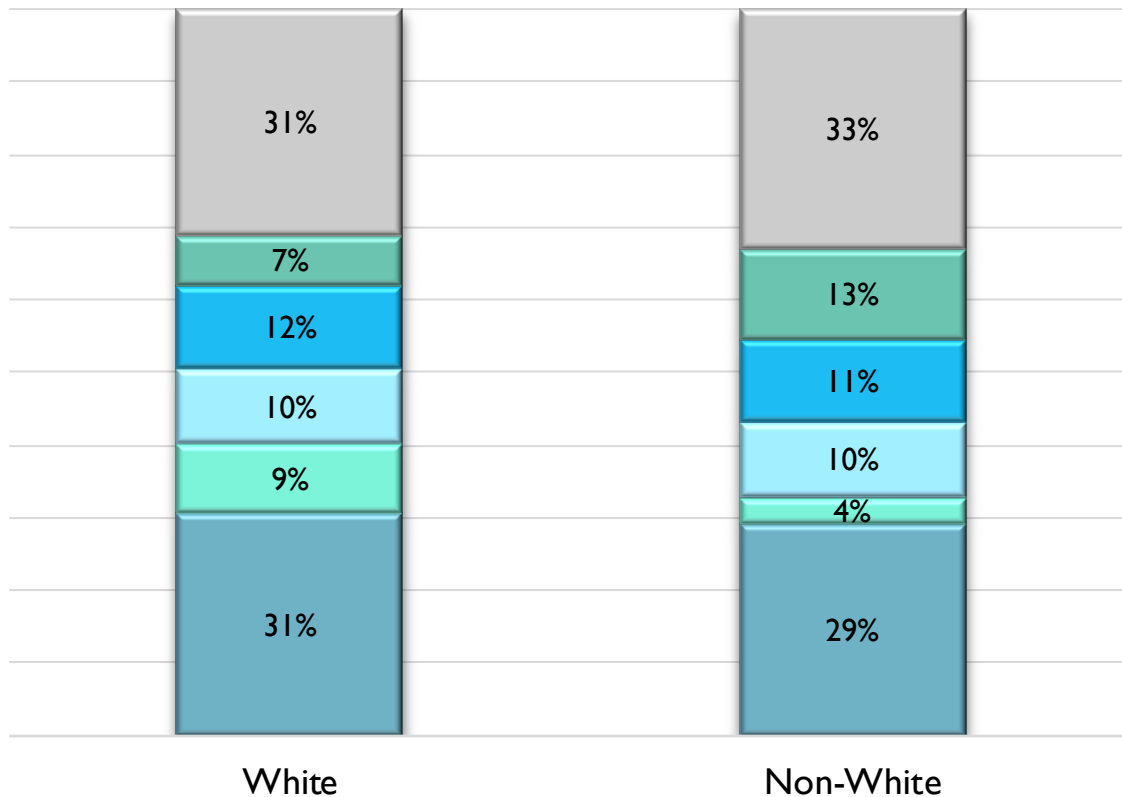


RACE

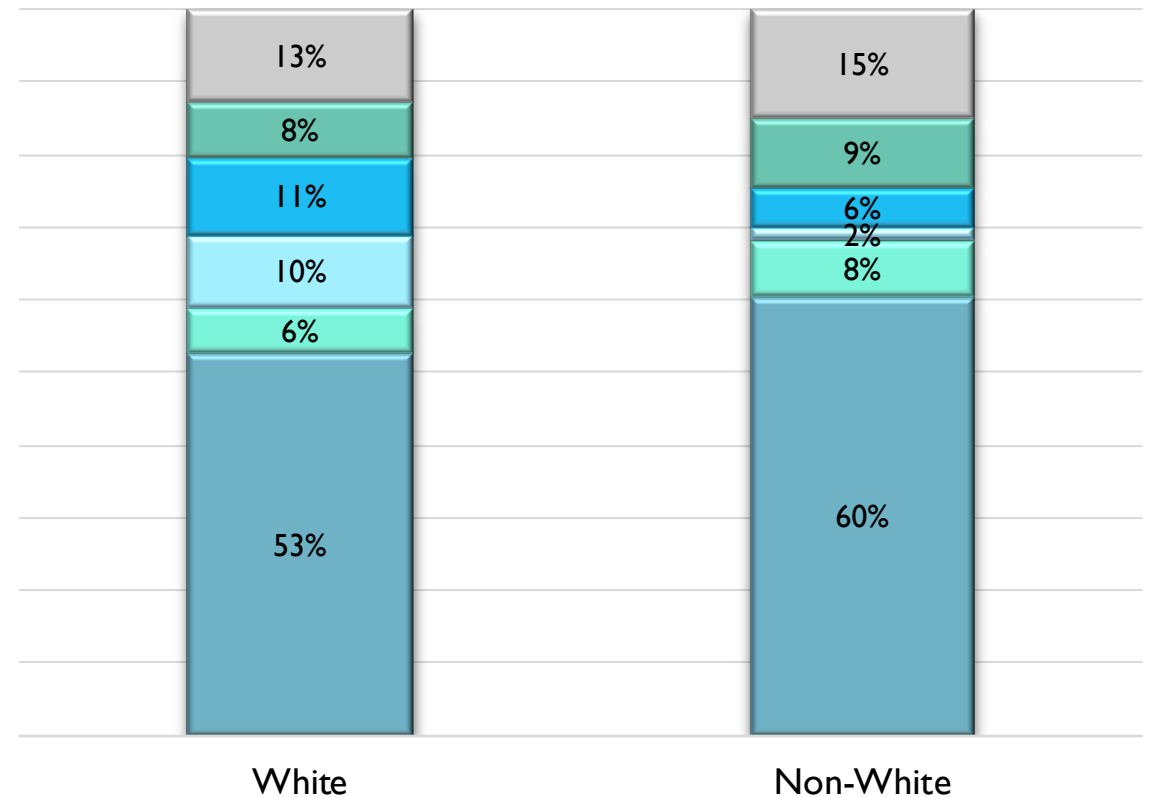


Cumulative Body Dissatisfaction: Division II Athletes

WOMEN BY RACE



MEN BY RACE



■ 0 ■ 1 ■ 2 ■ 3 ■ 4 ■ 5

■ 0 ■ 1 ■ 2 ■ 3 ■ 4 ■ 5

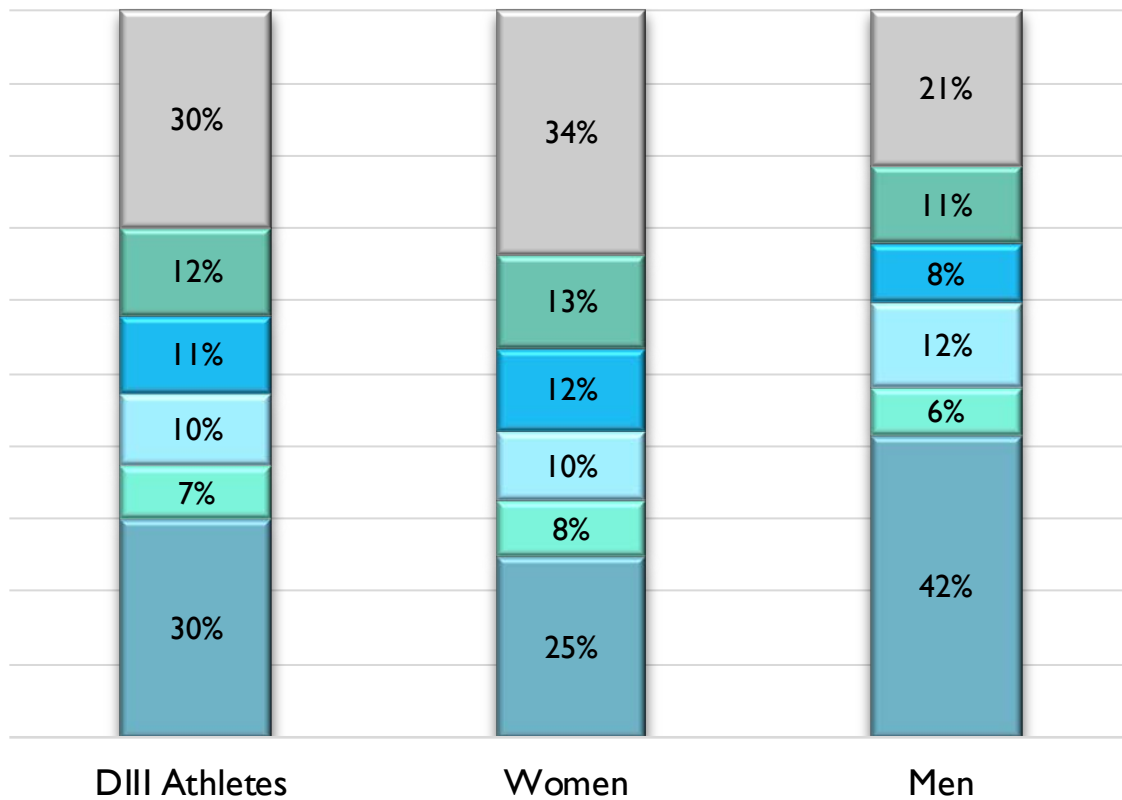


BODY SATISFACTION:
DIVISION III ATHLETES

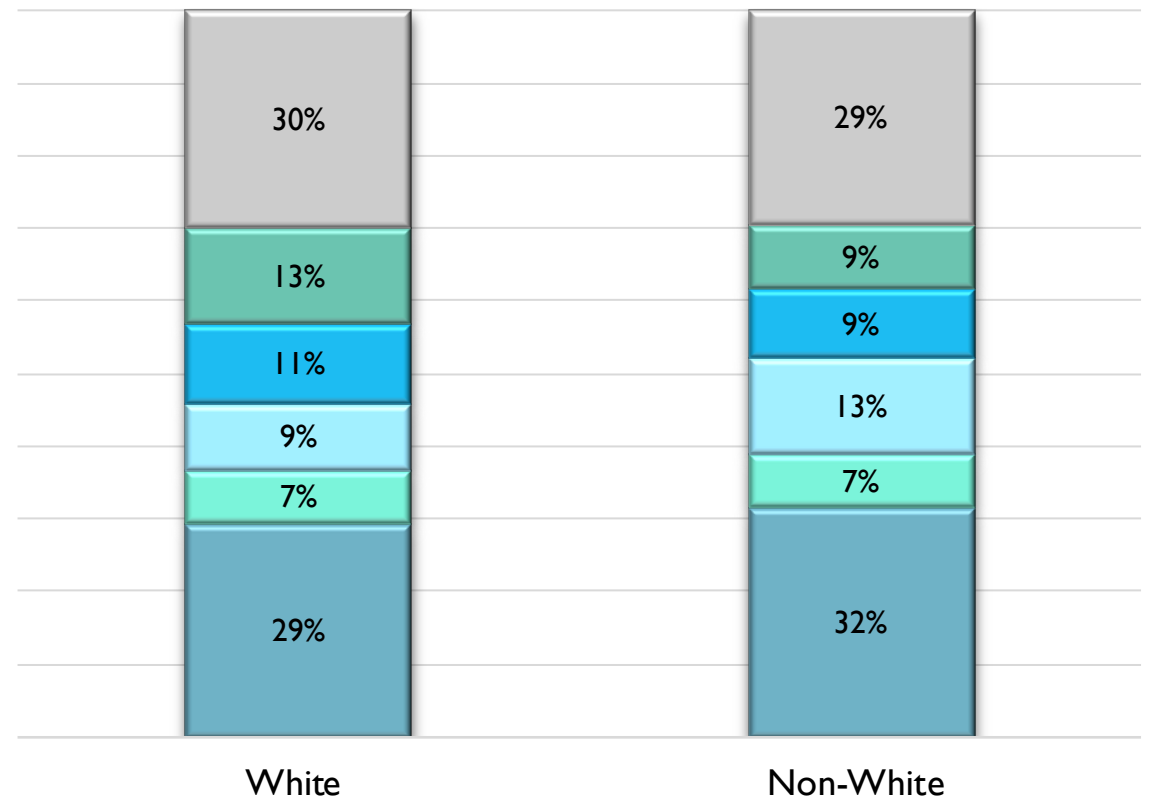


Cumulative Body Dissatisfaction: Division III Athletes

GENDER



RACE



■ 0 ■ 1 ■ 2 ■ 3 ■ 4 ■ 5

■ 0 ■ 1 ■ 2 ■ 3 ■ 4 ■ 5

Cumulative Body Dissatisfaction: Division III Athletes

WOMEN BY RACE



MEN BY RACE





VIGOROUS EXERCISE BEHAVIORS

IMPACT OF COVID-19 ON STUDENT ATHLETE'S HEALTH, PERFORMANCE, AND PSYCHOLOGICAL WELL-BEING

Vigorous Exercise Behaviors: Description of Measure

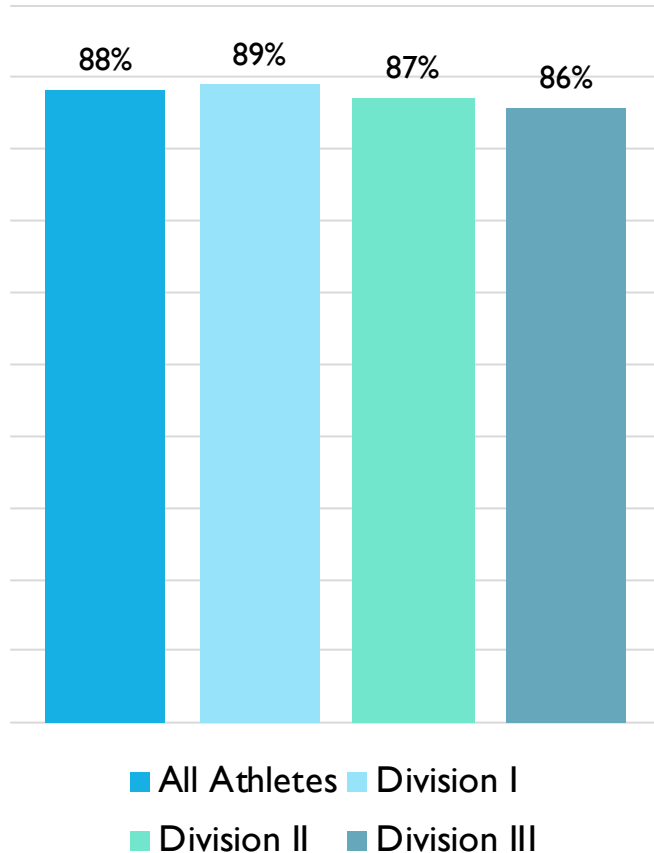
- Athletes responded to two questions regarding their current exercise behaviors:
 - A. Question 1 - Have you engaged in vigorous exercise over the last two weeks? (YES/NO)
 - B. Question 2 - What are the average number of MINUTES you have spent EACH DAY on vigorous exercise, such as lifting weights, aerobic conditioning, and any other training you did for your sport?
- For Question 1, data presented in the bar graphs reflect the % of athletes who responded YES
- For Question 2, data were grouped into 15-minute increments (e.g., 1-15, 16-30) and presented in bar graphs to reflect the % of athletes who engaged in vigorous exercise for that timeframe

Vigorous Exercise Behaviors: Summary of Results

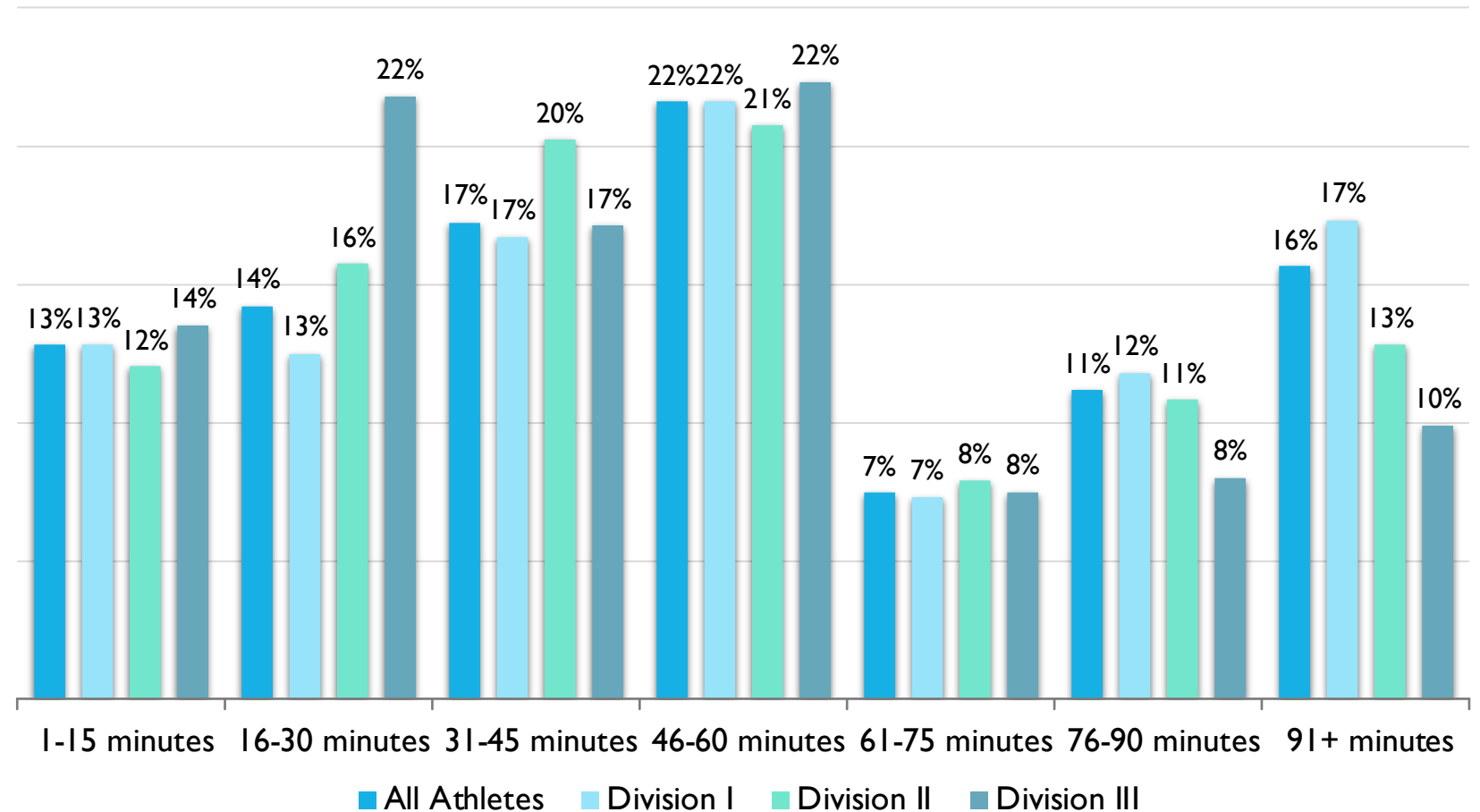
- Between 86% and 89% of Athletes reported having engaged in vigorous exercise
- Such vigorous exercise was slightly more likely to occur among Men (92%) and White (90%) Athletes
- Almost 75% of Athletes reported engaging in vigorous exercise for 30 minutes or more per day; 34% were exercising vigorously 60 minutes or more per day
- Men, more so than Women, were likely to work out for longer periods of time each day

Vigorous Exercise Behaviors: All Athletes

**DIVISION:
ENGAGEMENT**

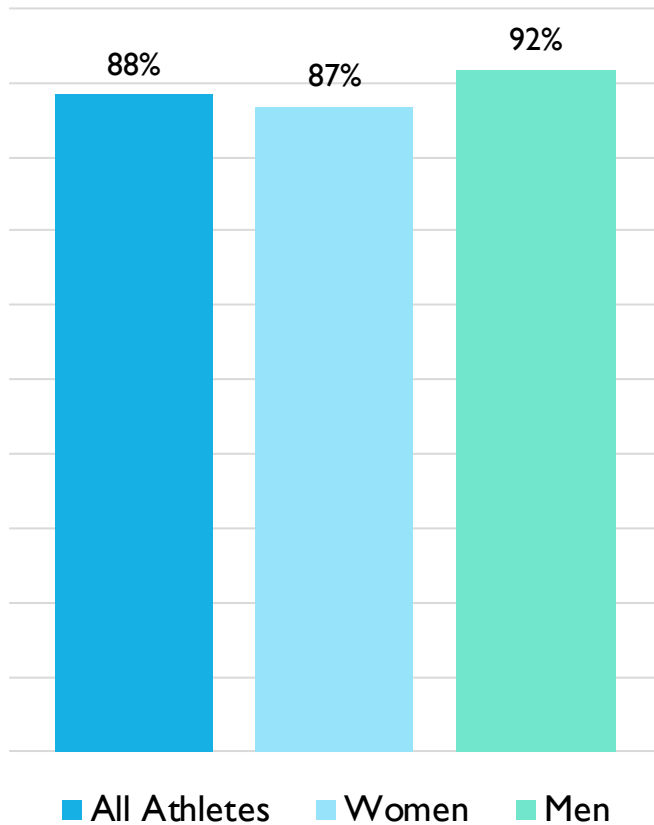


DIVISION: TIME SPENT

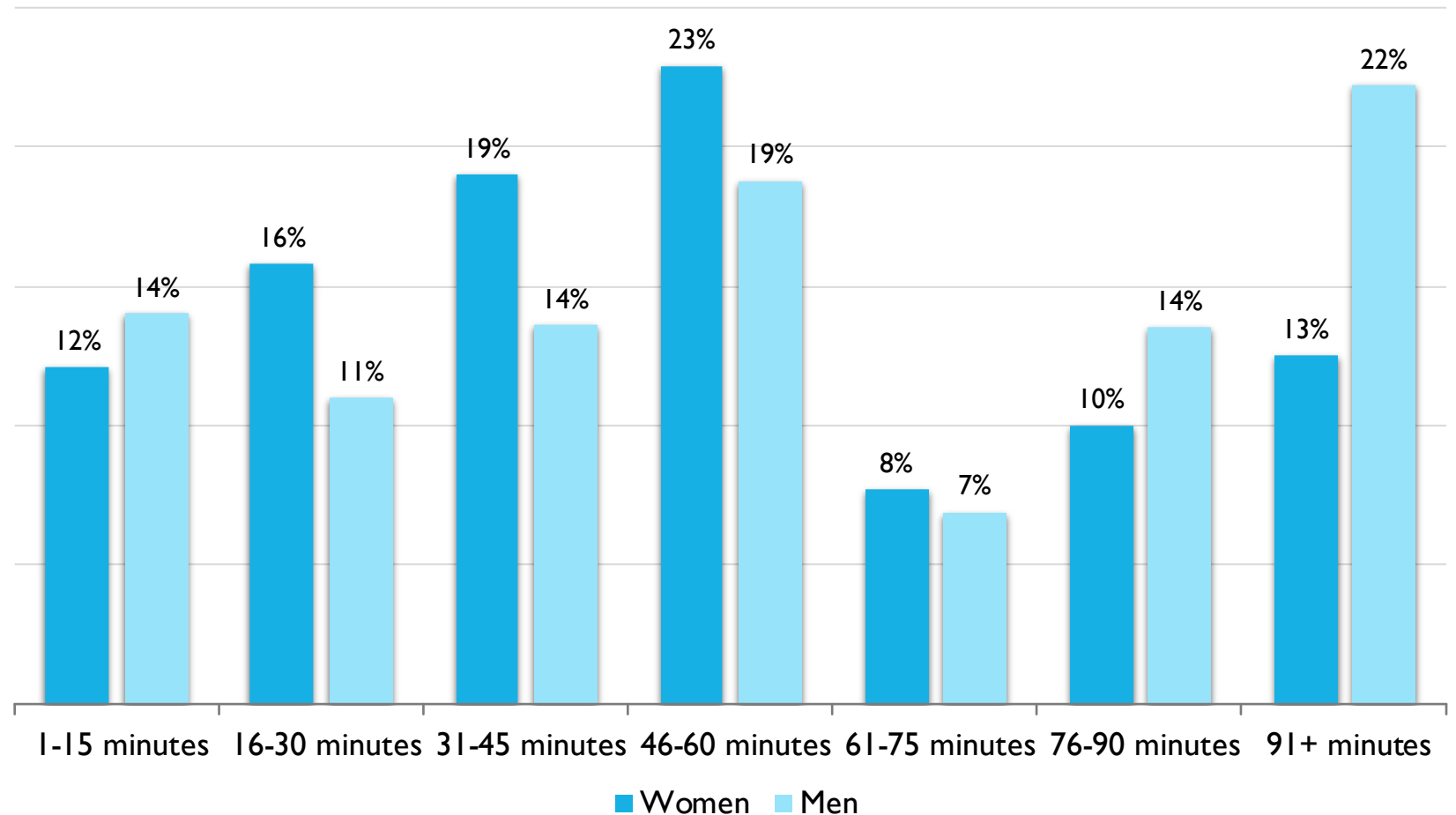


Vigorous Exercise Behaviors: All Athletes

GENDER: ENGAGEMENT

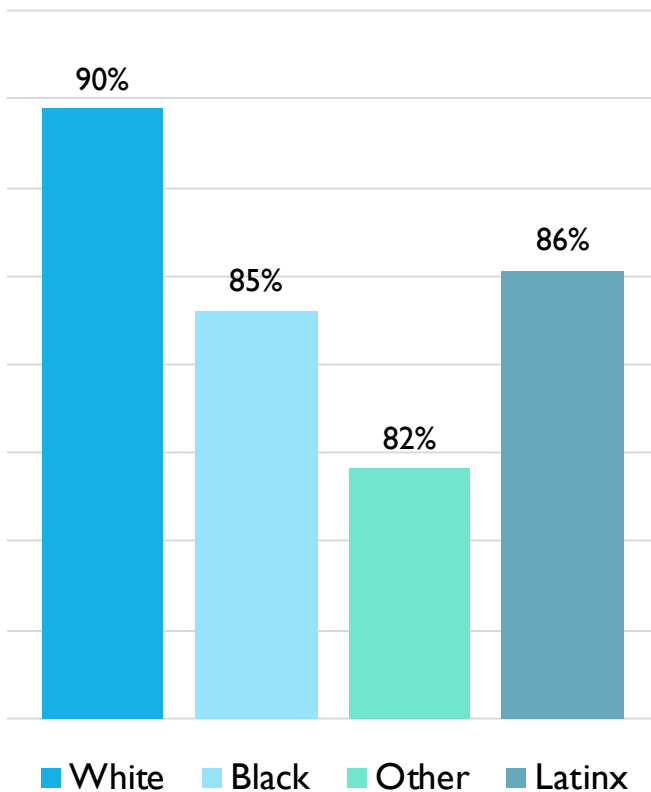


GENDER: TIME SPENT

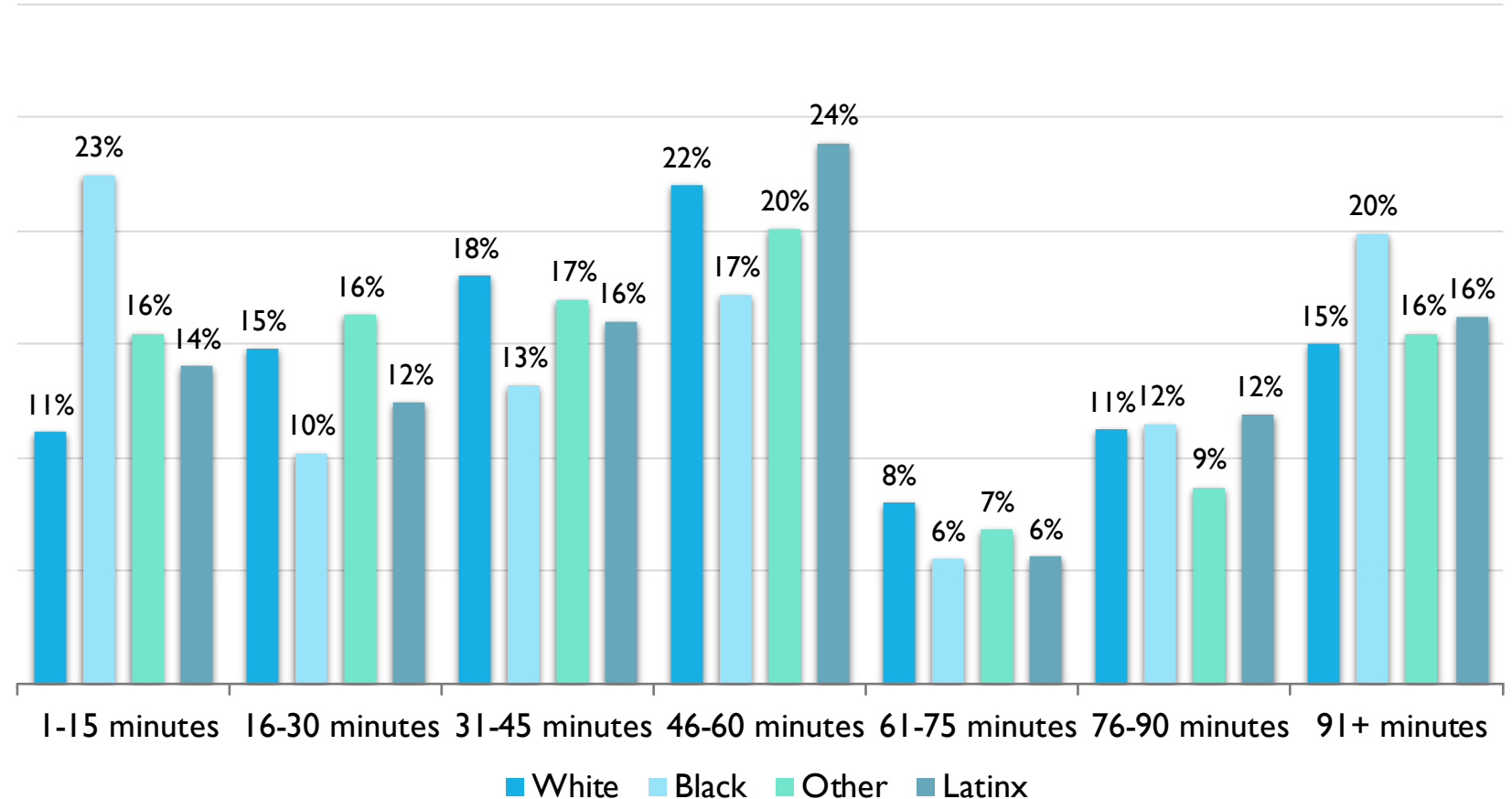


Vigorous Exercise Behaviors: All Athletes

**RACE:
ENGAGEMENT**

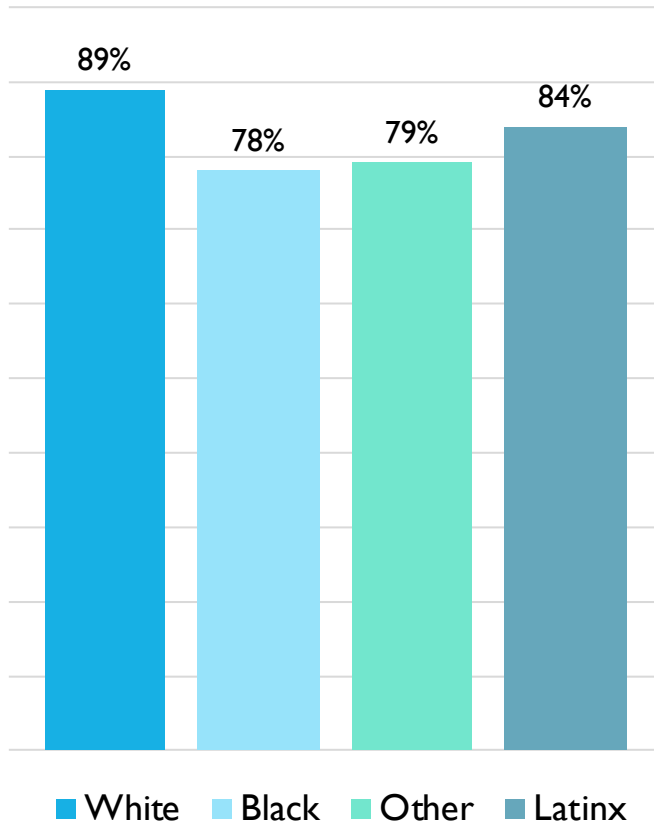


RACE: TIME SPENT

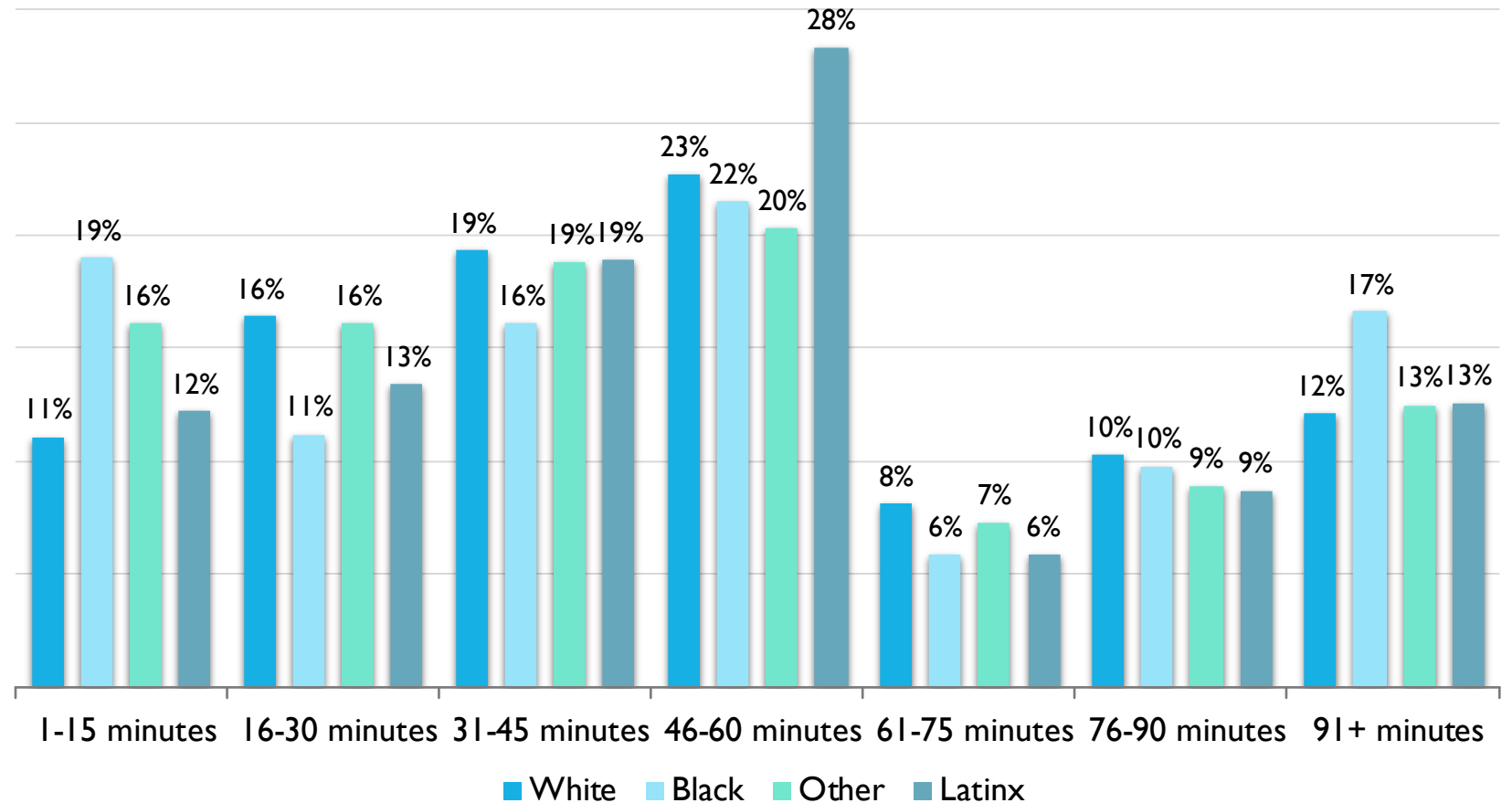


Vigorous Exercise Behaviors: All Athletes

WOMEN BY RACE: ENGAGEMENT

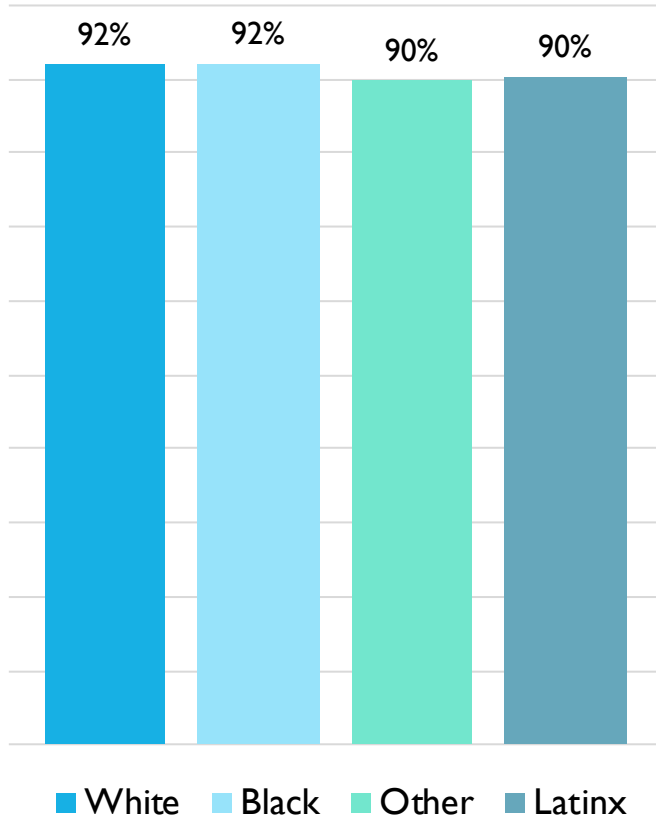


WOMEN BY RACE: TIME SPENT

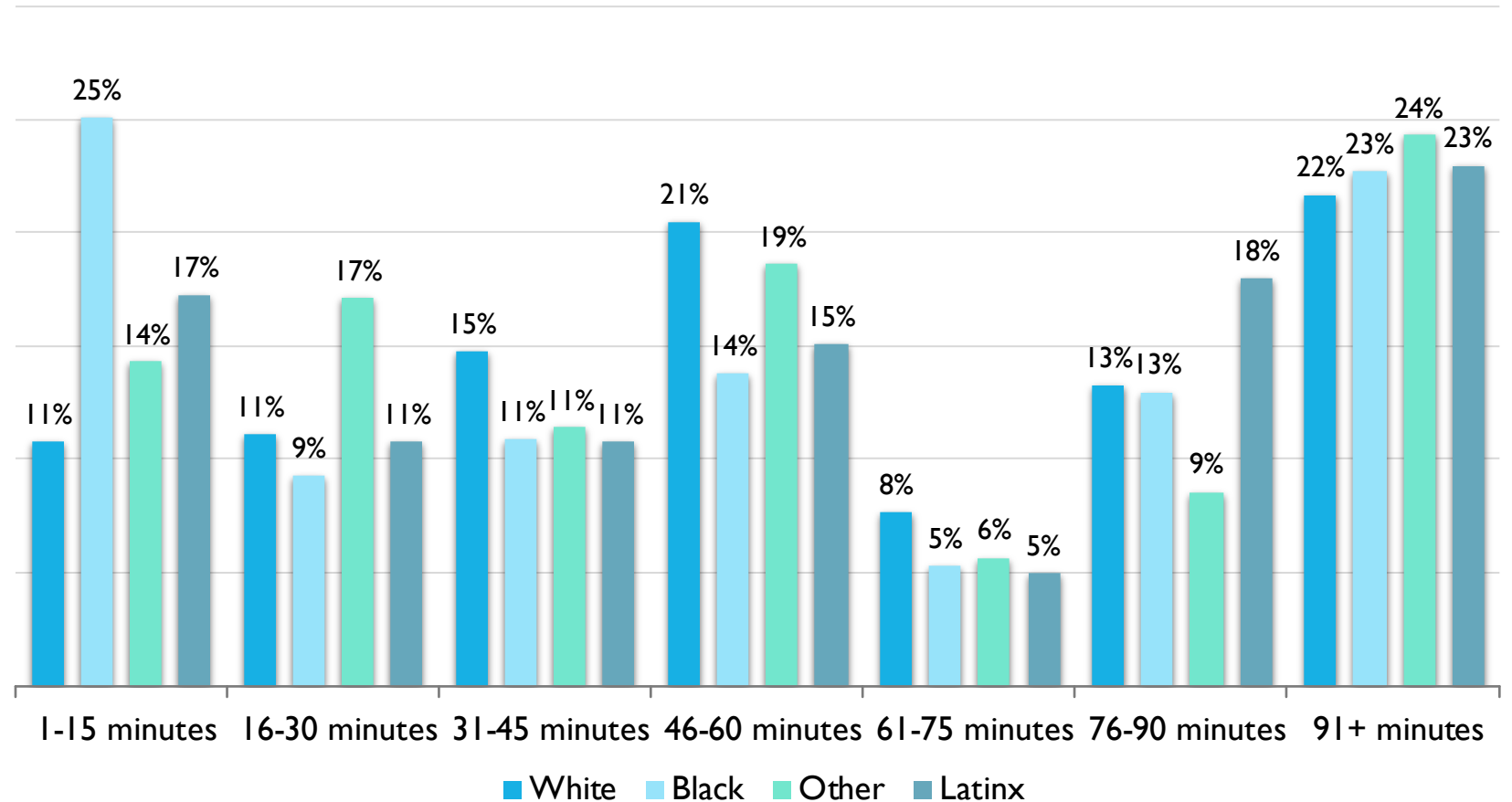


Vigorous Exercise Behaviors: All Athletes

MEN BY RACE: ENGAGEMENT



MEN BY RACE: TIME SPENT



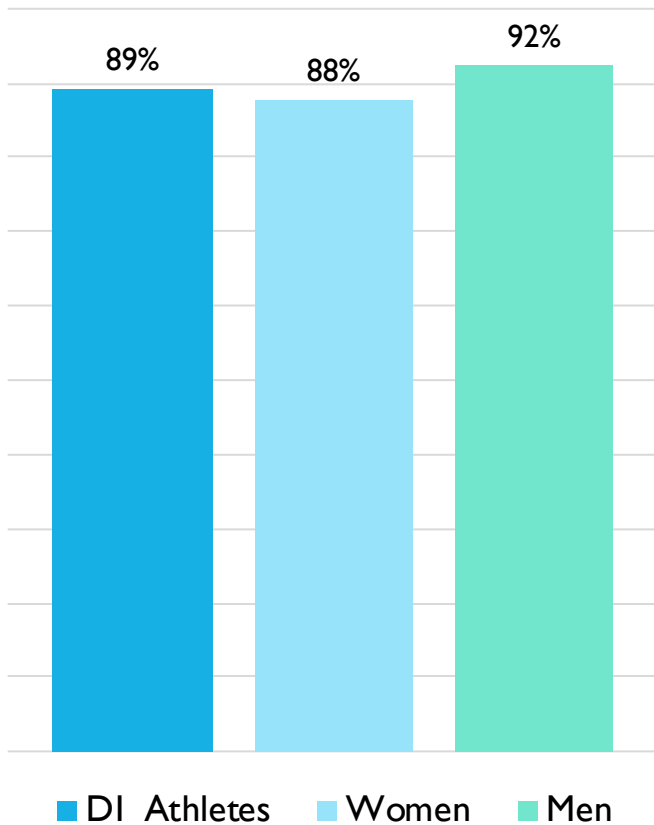


**VIGOROUS
EXERCISE BEHAVIORS:
DIVISION I ATHLETES**

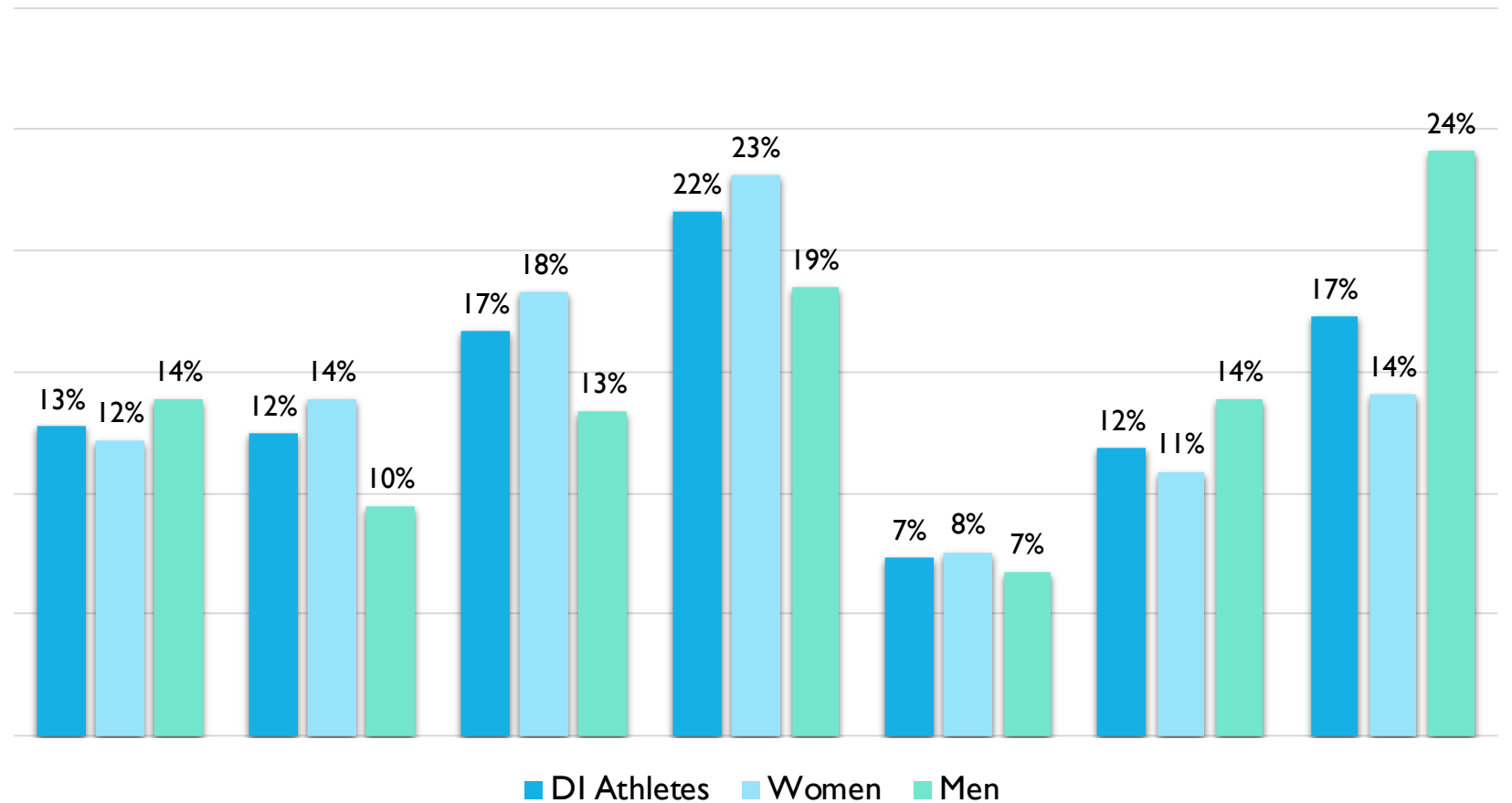


Vigorous Exercise Behaviors: Division I Athletes

GENDER: ENGAGEMENT

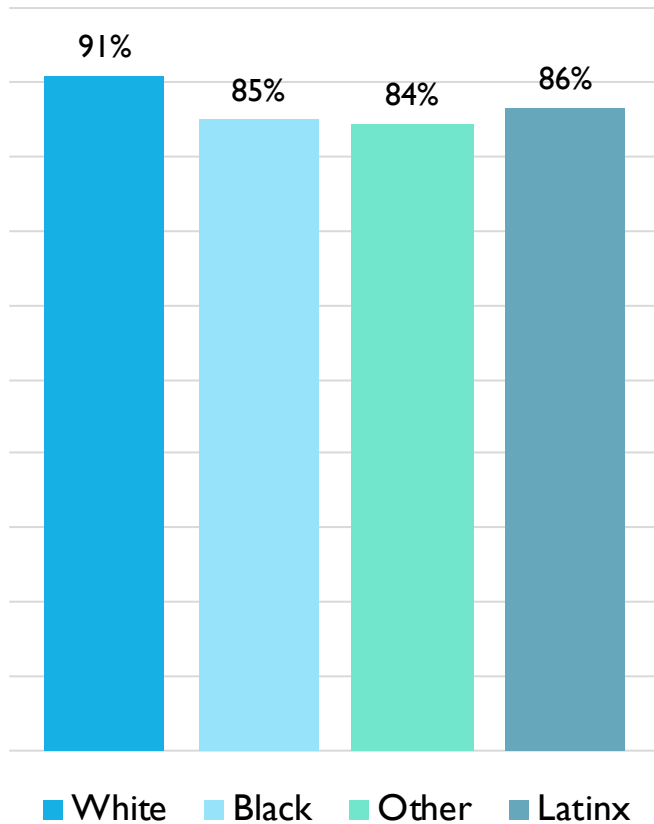


GENDER: TIME SPENT

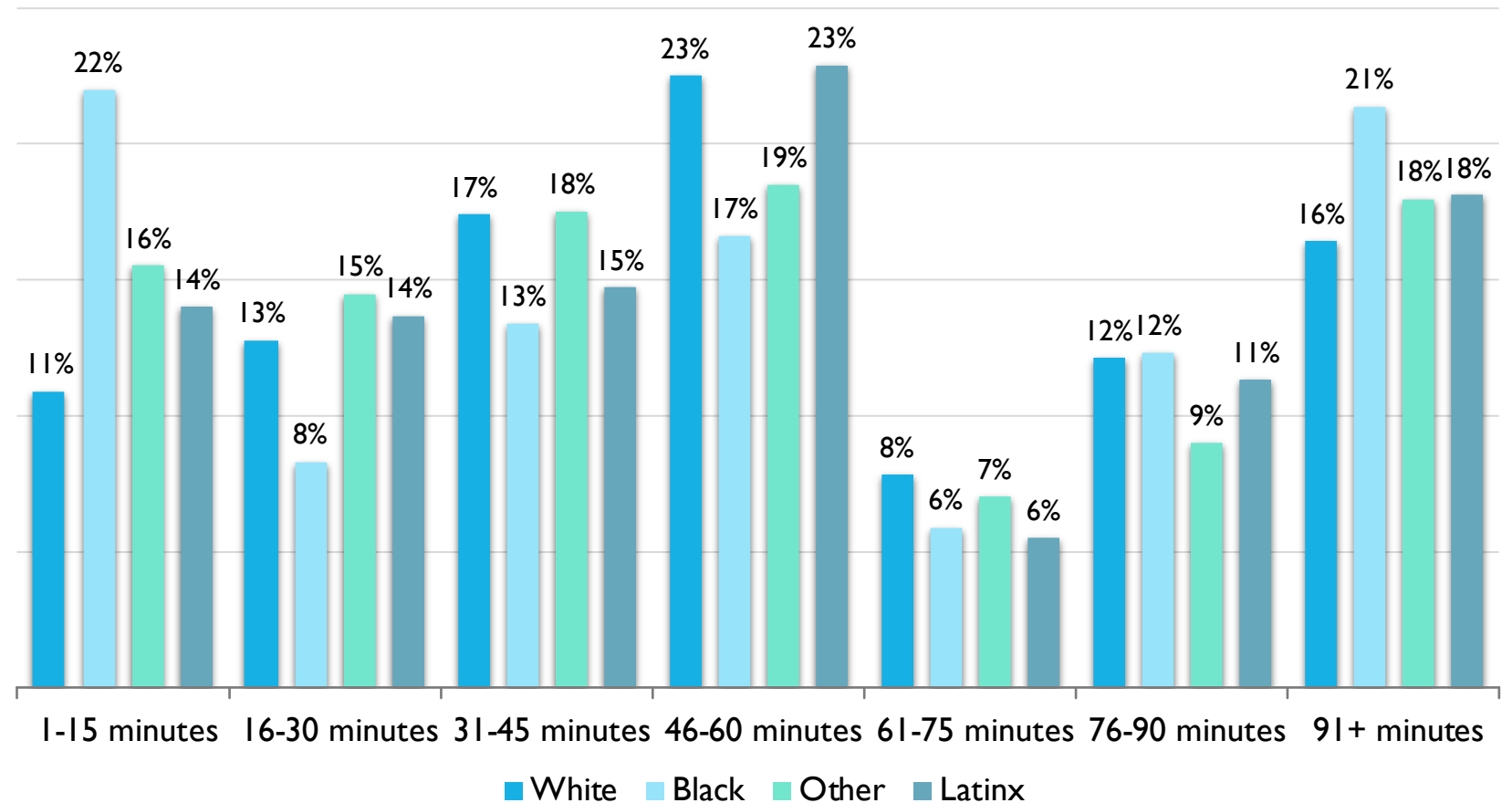


Vigorous Exercise Behaviors: Division I Athletes

RACE: ENGAGEMENT

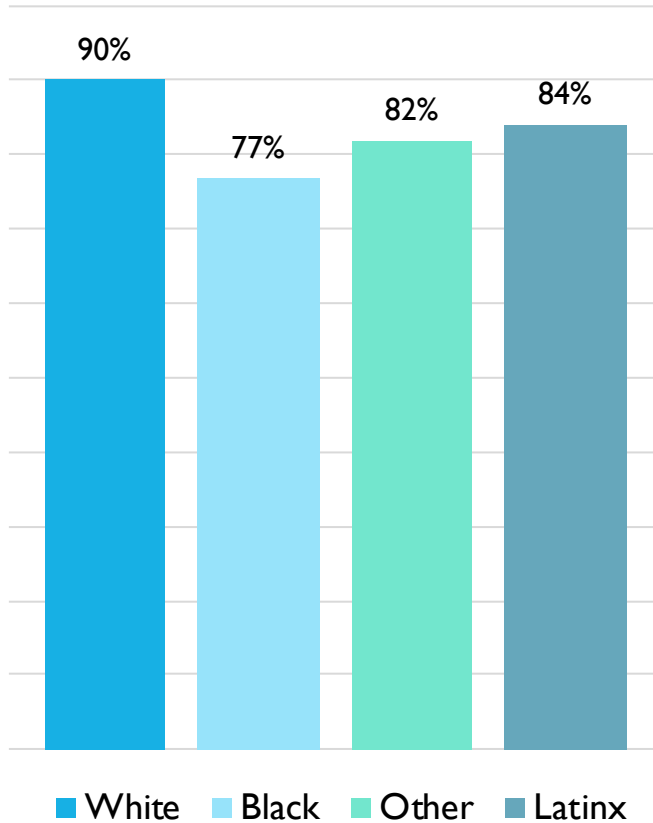


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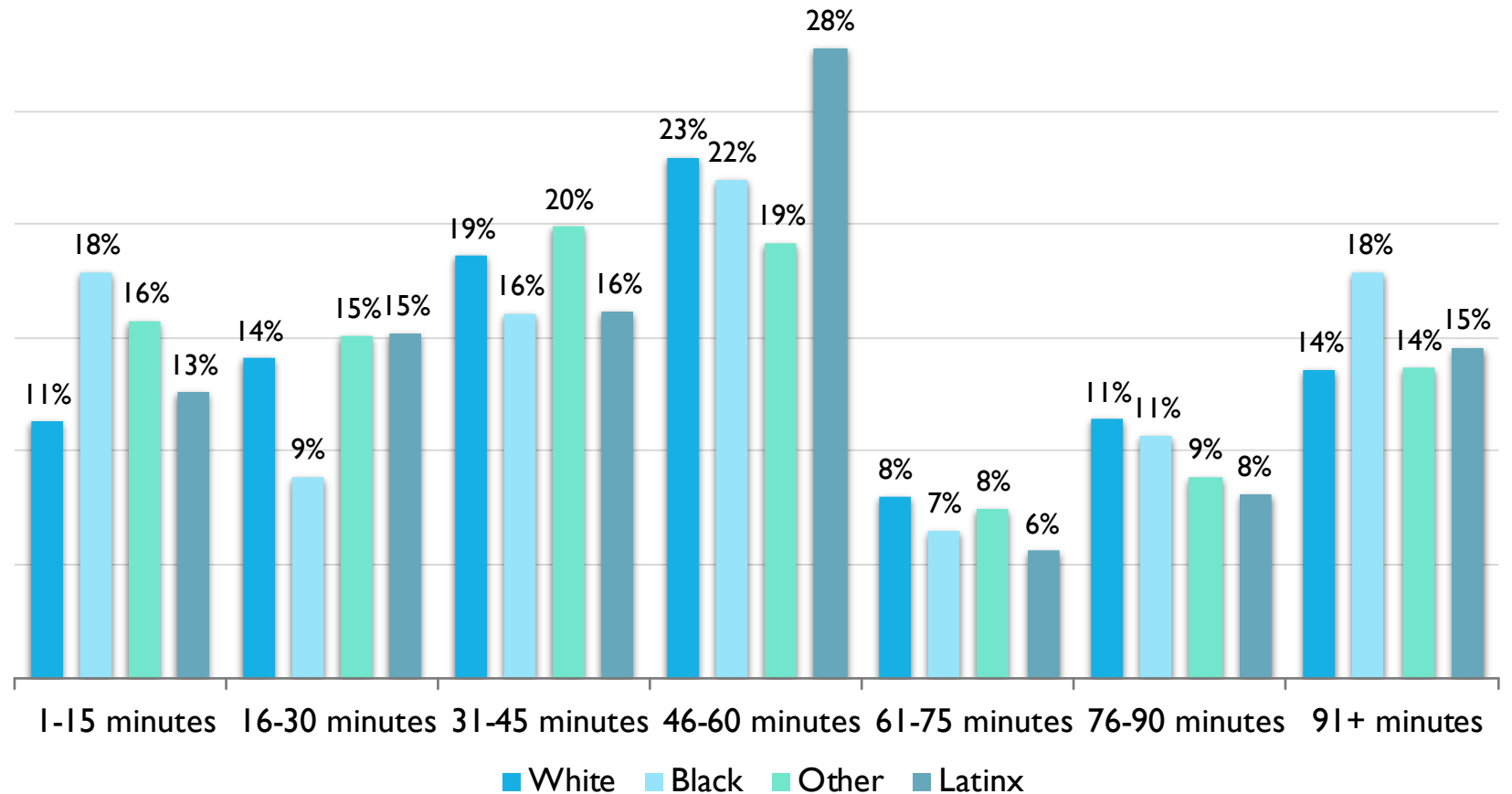


Vigorous Exercise Behaviors: Division I Athletes

WOMEN BY RACE: ENGAGEMENT

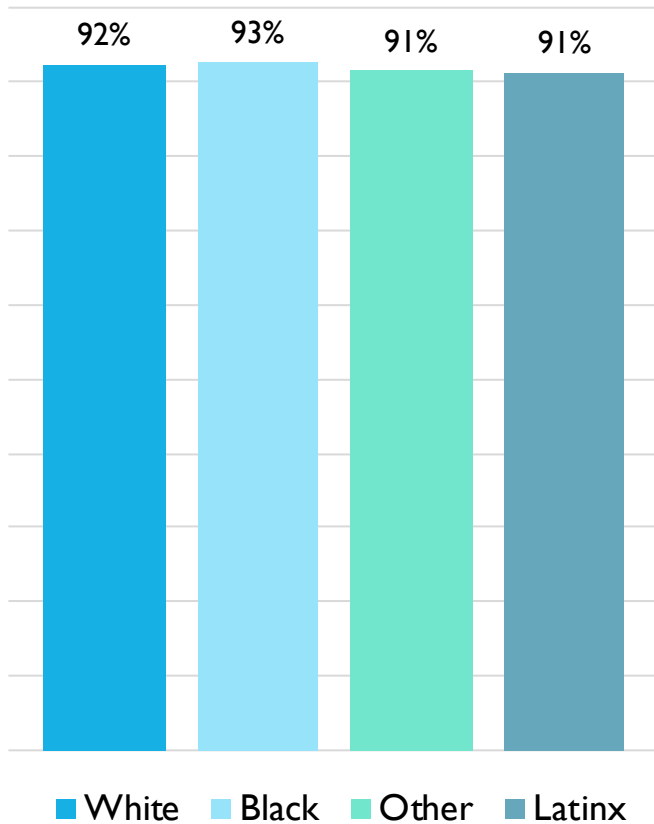


WOMEN BY RACE: TIME SPENT

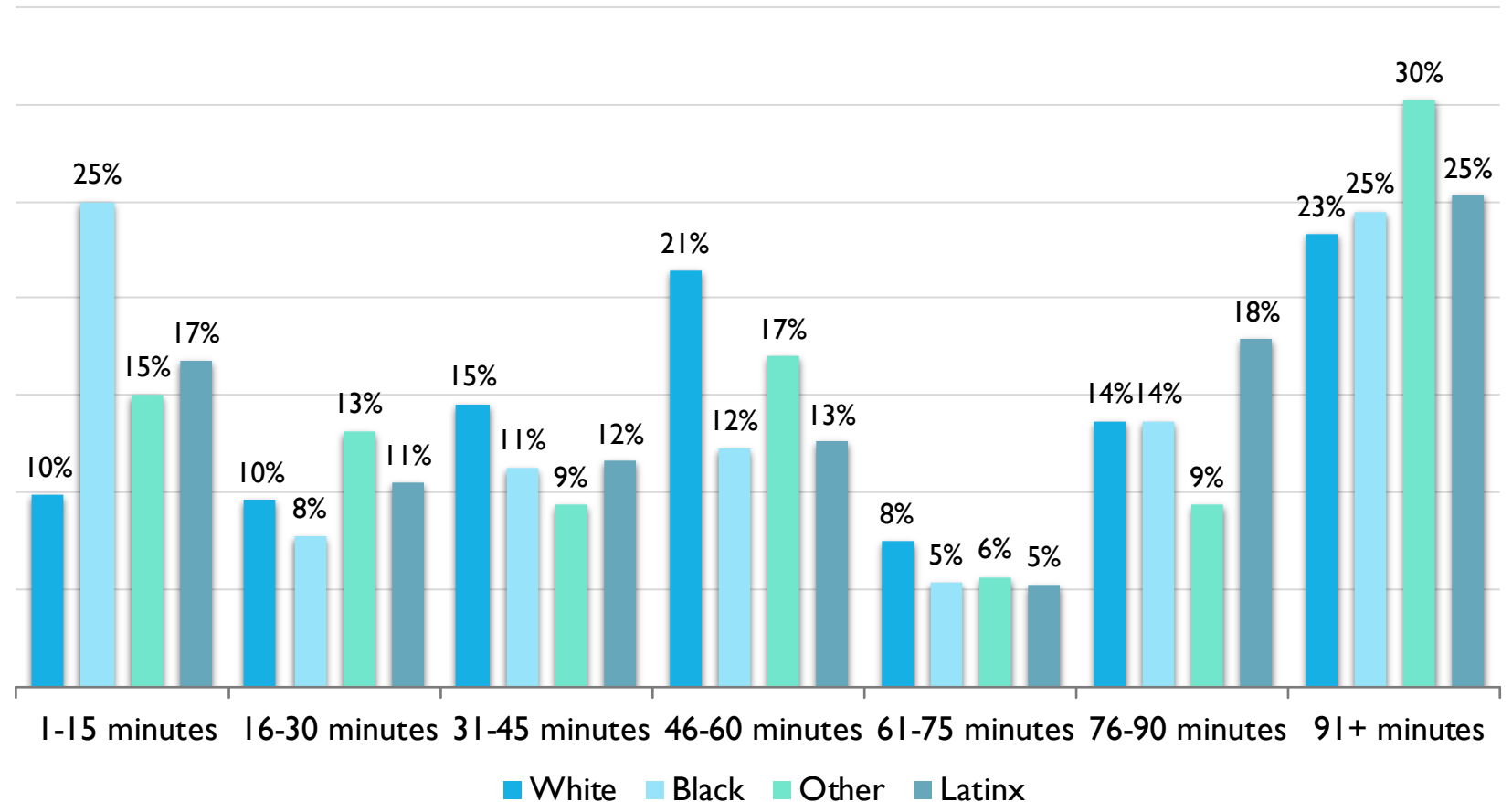


Vigorous Exercise Behaviors: Division I Athletes

MEN BY RACE: ENGAGEMENT



MEN BY RACE: TIME SPENT



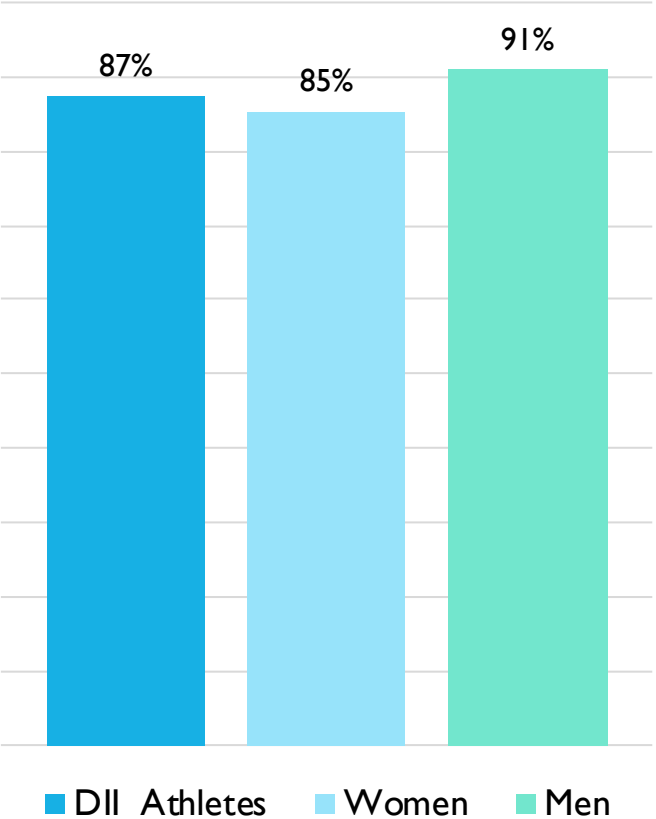


**VIGOROUS
EXERCISE BEHAVIORS:
DIVISION II ATHLETES**

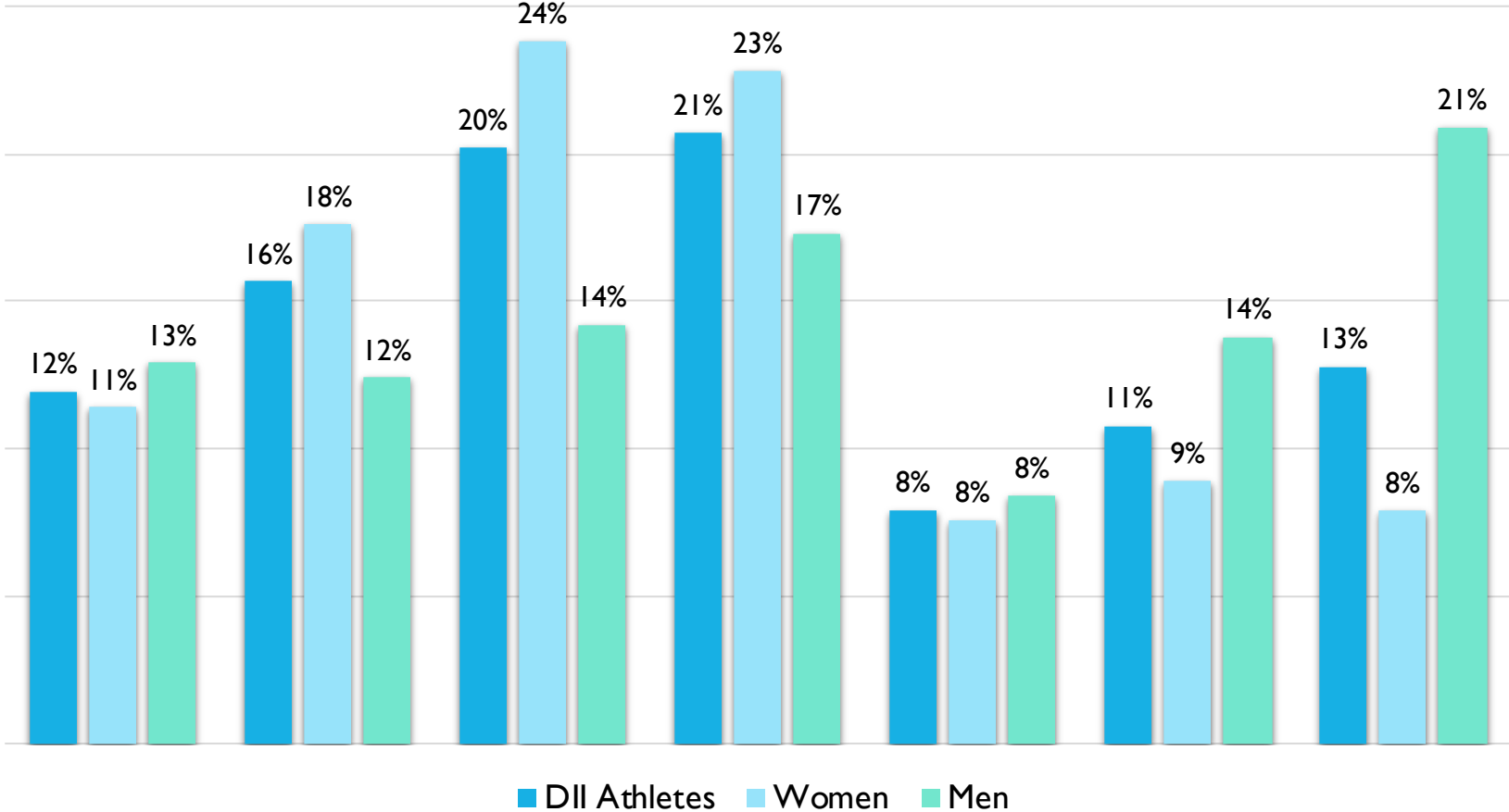


Vigorous Exercise Behaviors: Division II Athletes

GENDER: ENGAGEMENT

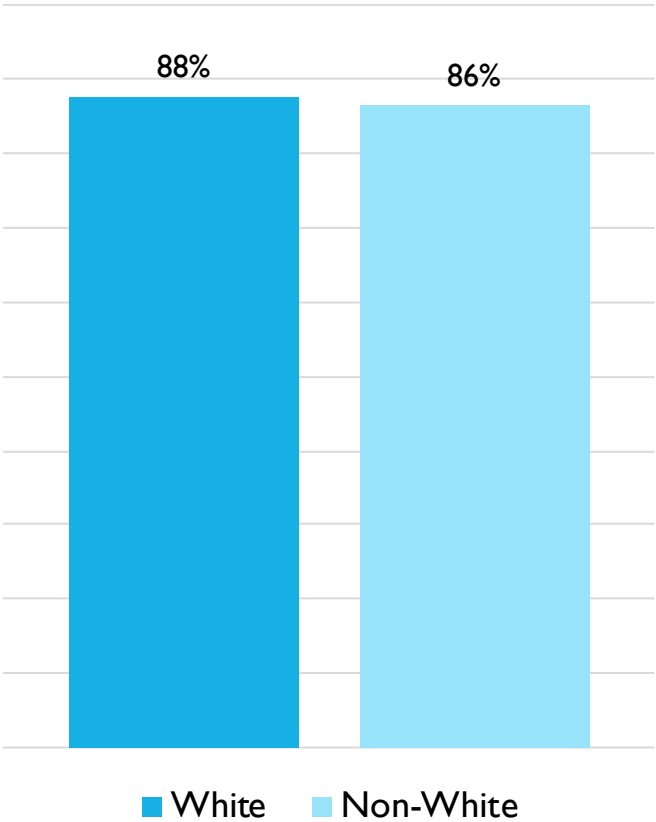


GENDER: TIME SPENT

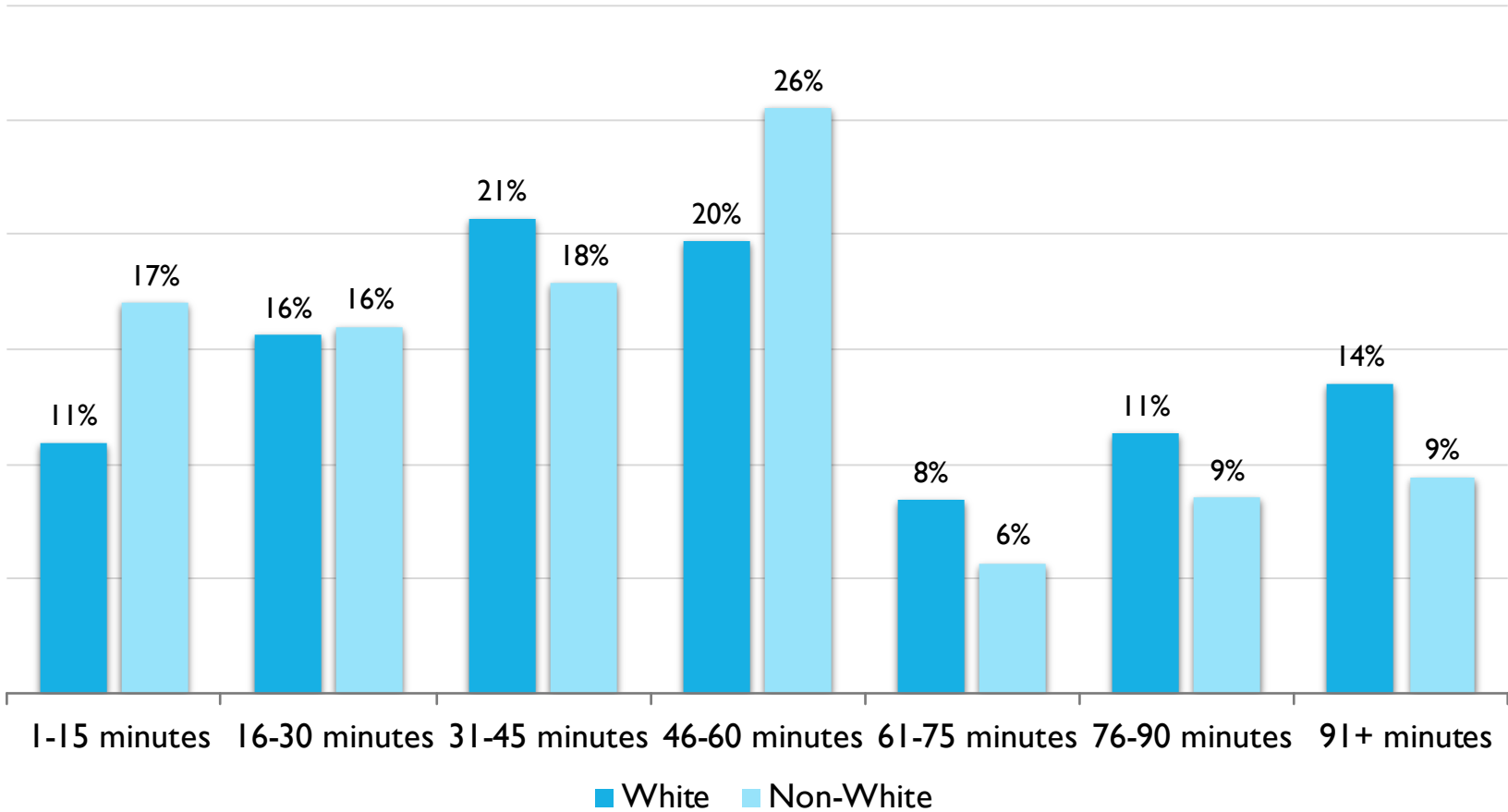


Vigorous Exercise Behaviors: Division II Athletes

RACE: ENGAGEMENT

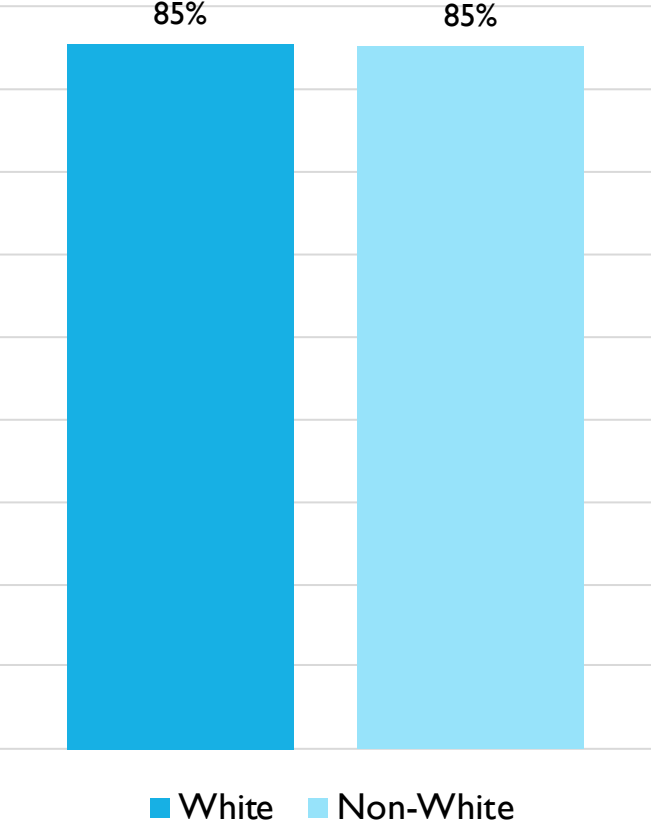


RACE: TIME SPENT

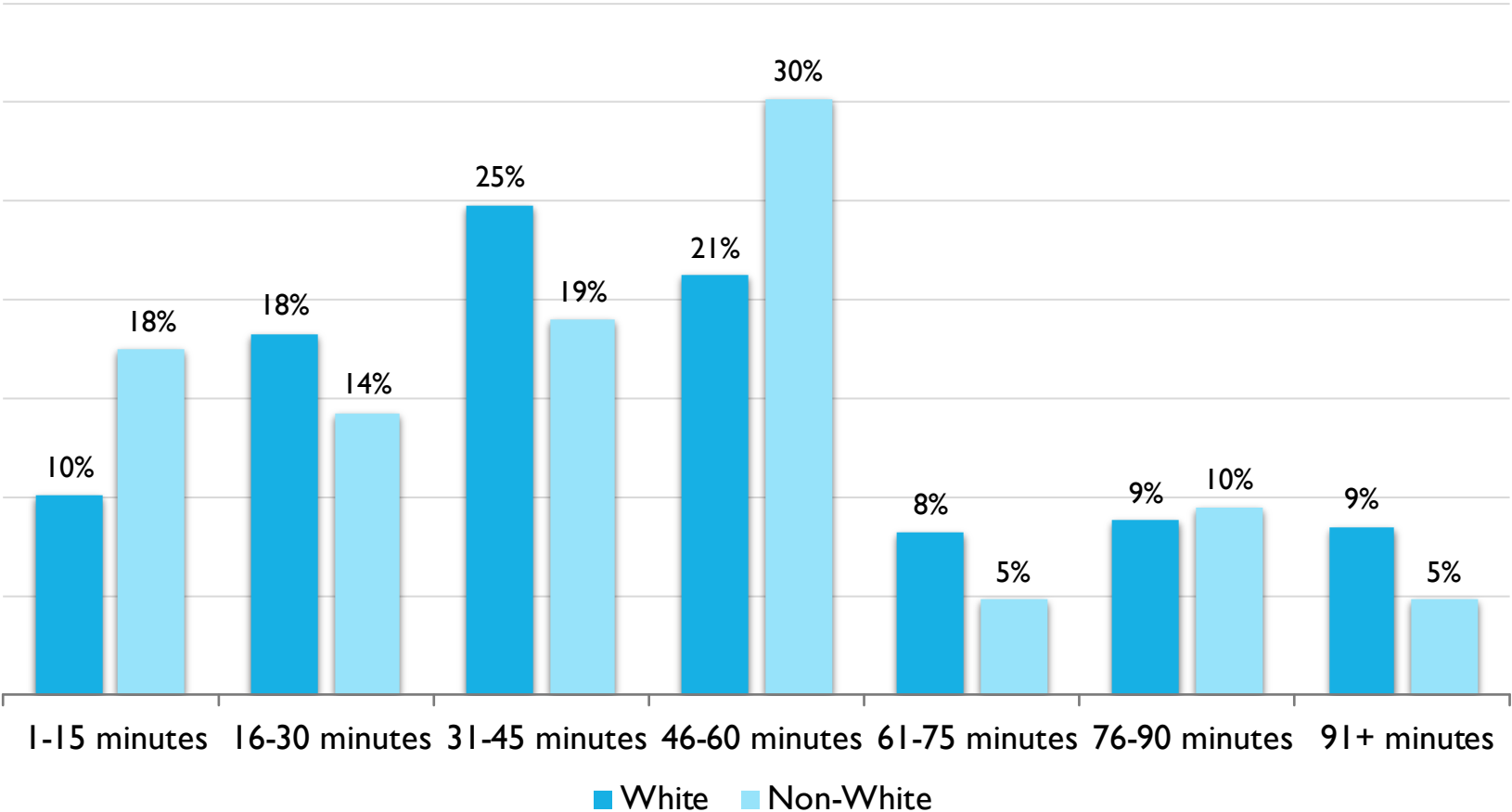


Vigorous Exercise Behaviors: Division II Athletes

WOMEN BY RACE: ENGAGEMENT

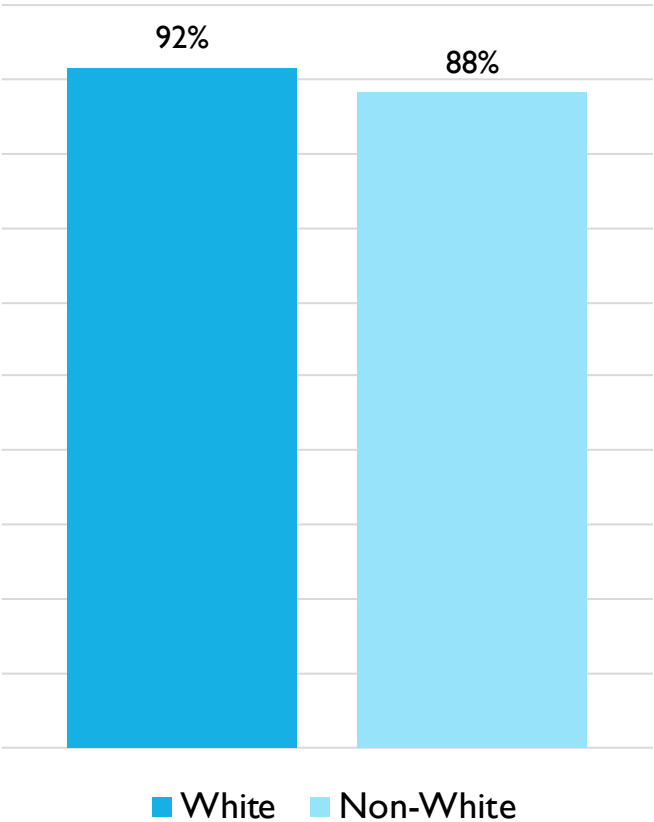


WOMEN BY RACE: TIME SPENT

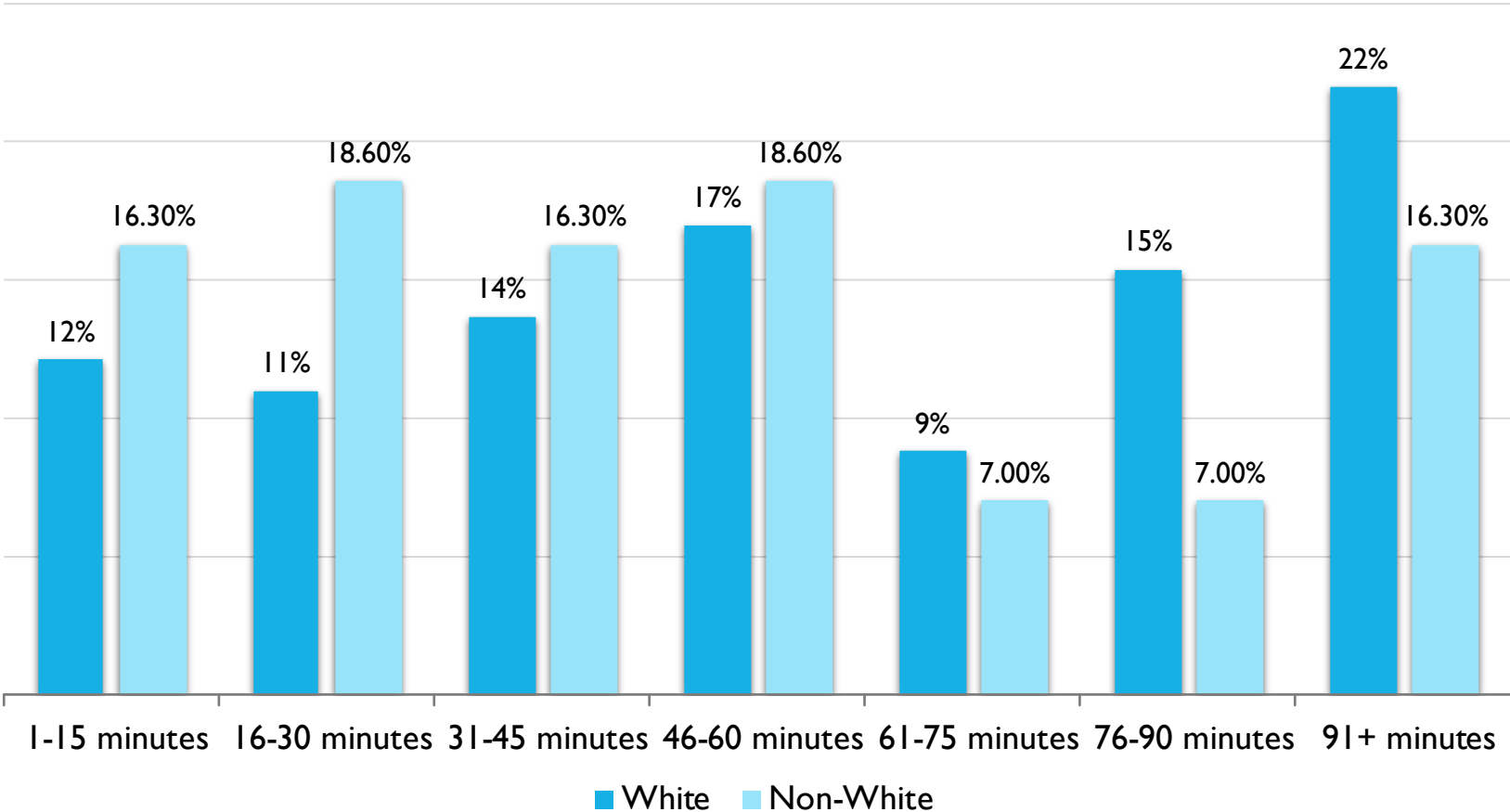


Vigorous Exercise Behaviors: Division II Athletes

MEN BY RACE: ENGAGEMENT



MEN BY RACE: TIME SPENT



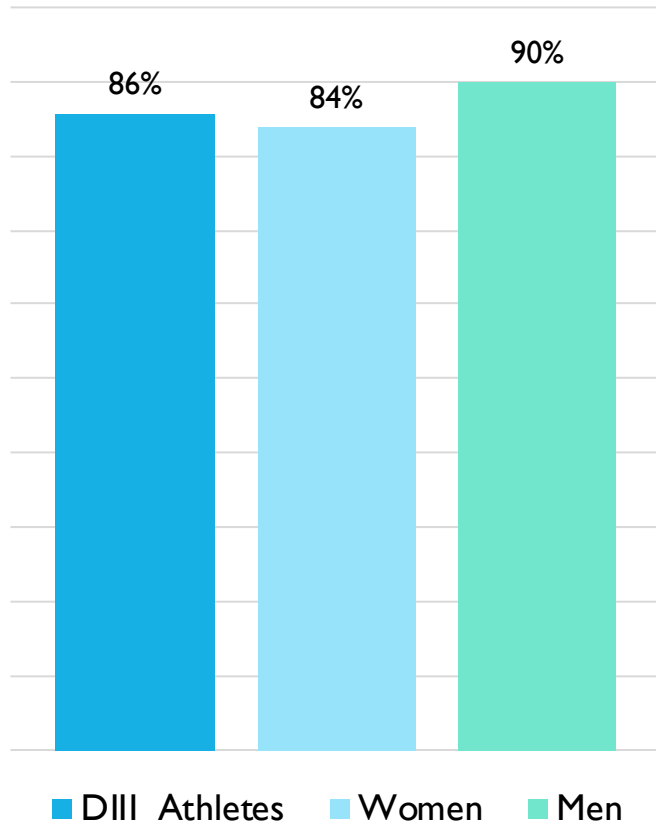


**VIGOROUS
EXERCISE BEHAVIORS:
DIVISION III ATHLETES**

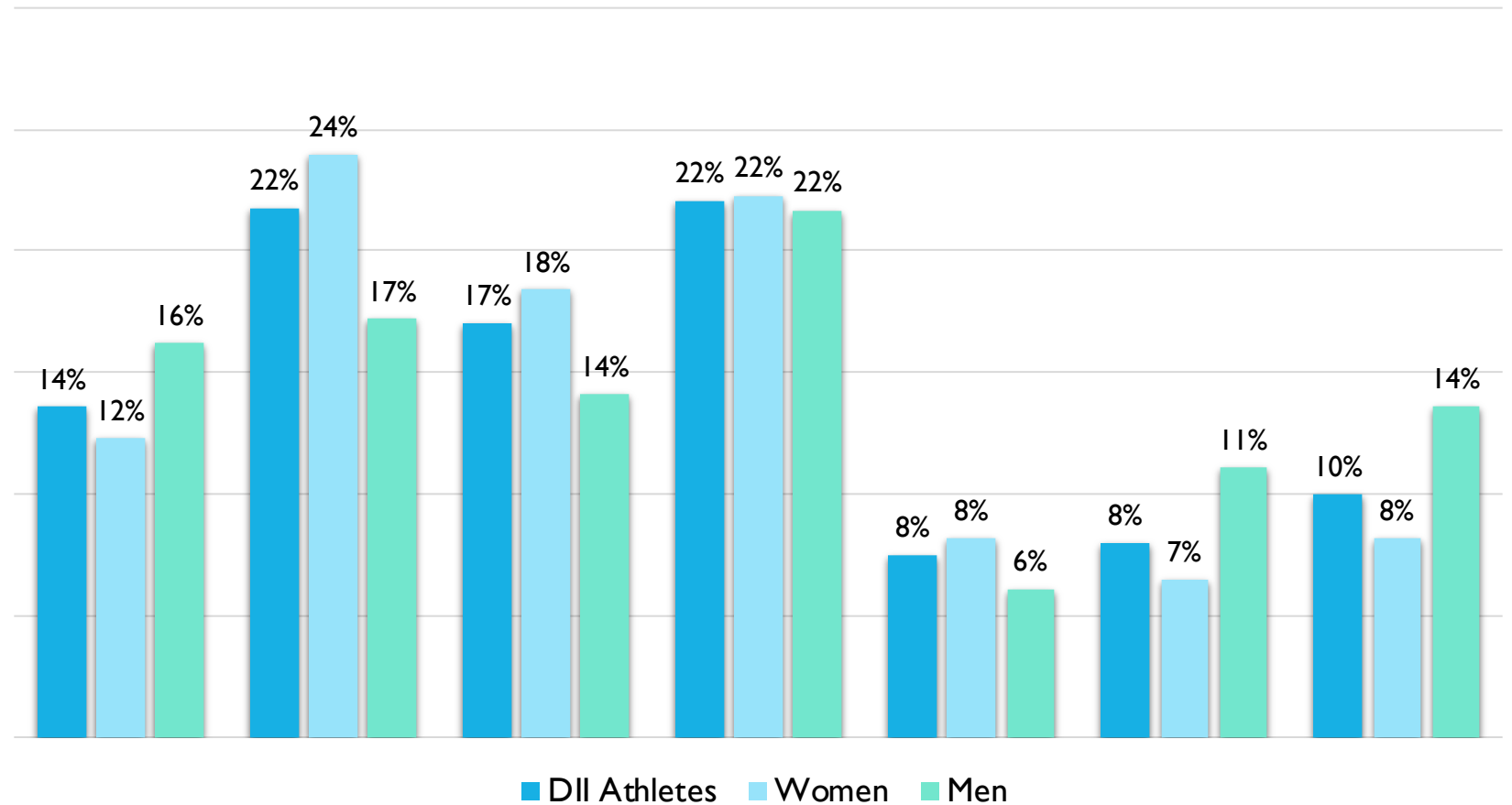


Vigorous Exercise Behaviors: Division III Athletes

GENDER: ENGAGEMENT

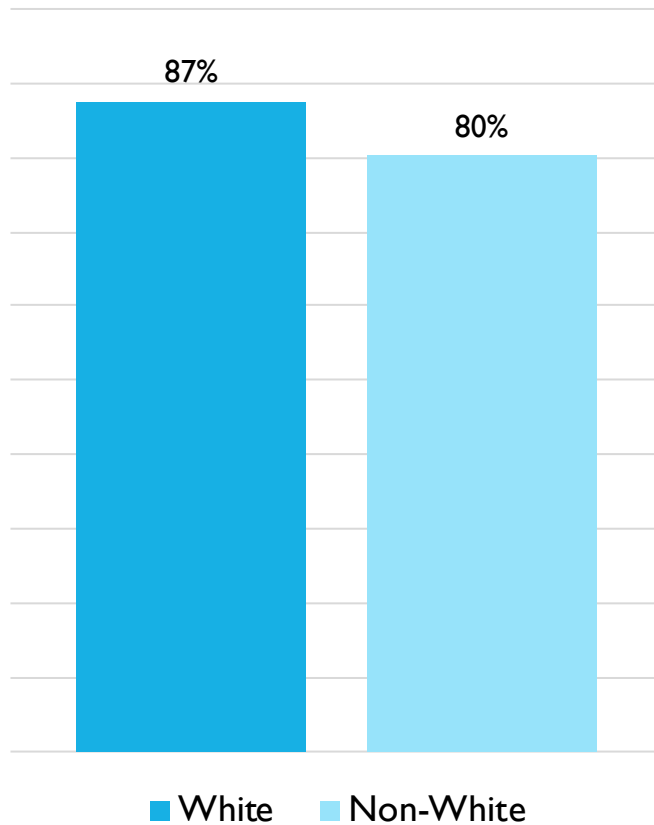


GENDER: TIME SPENT

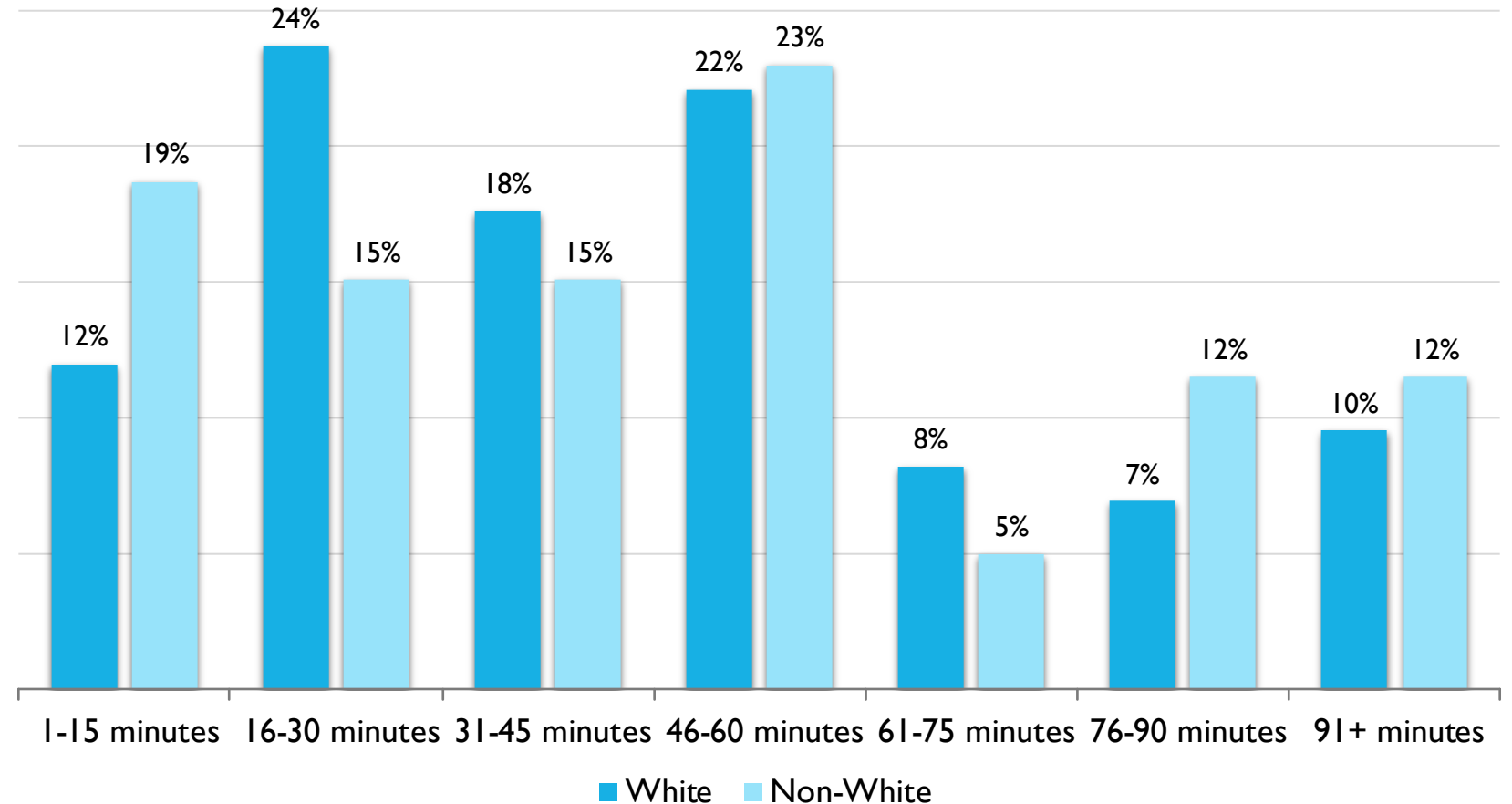


Vigorous Exercise Behaviors: Division III Athletes

**RACE:
ENGAGEMENT**

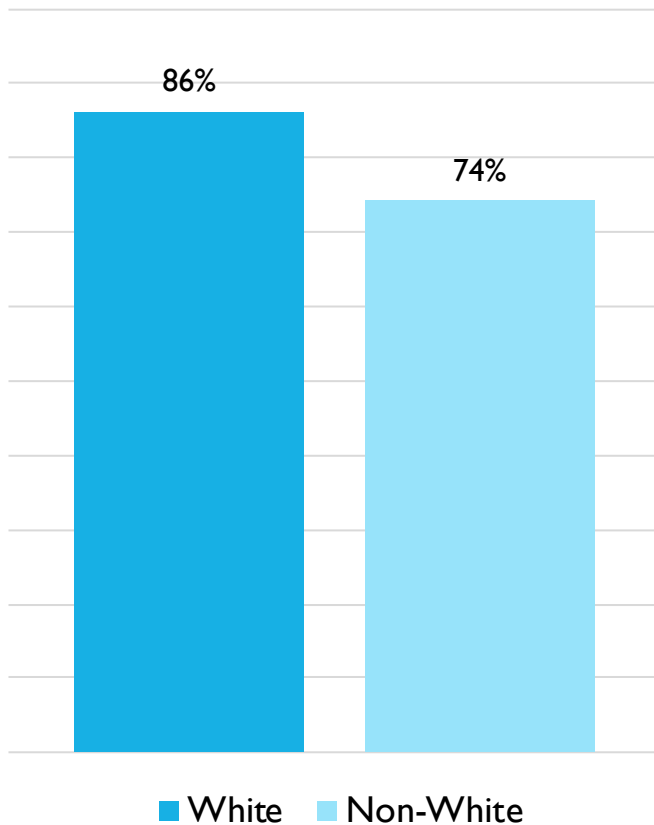


RACE: TIME SPENT

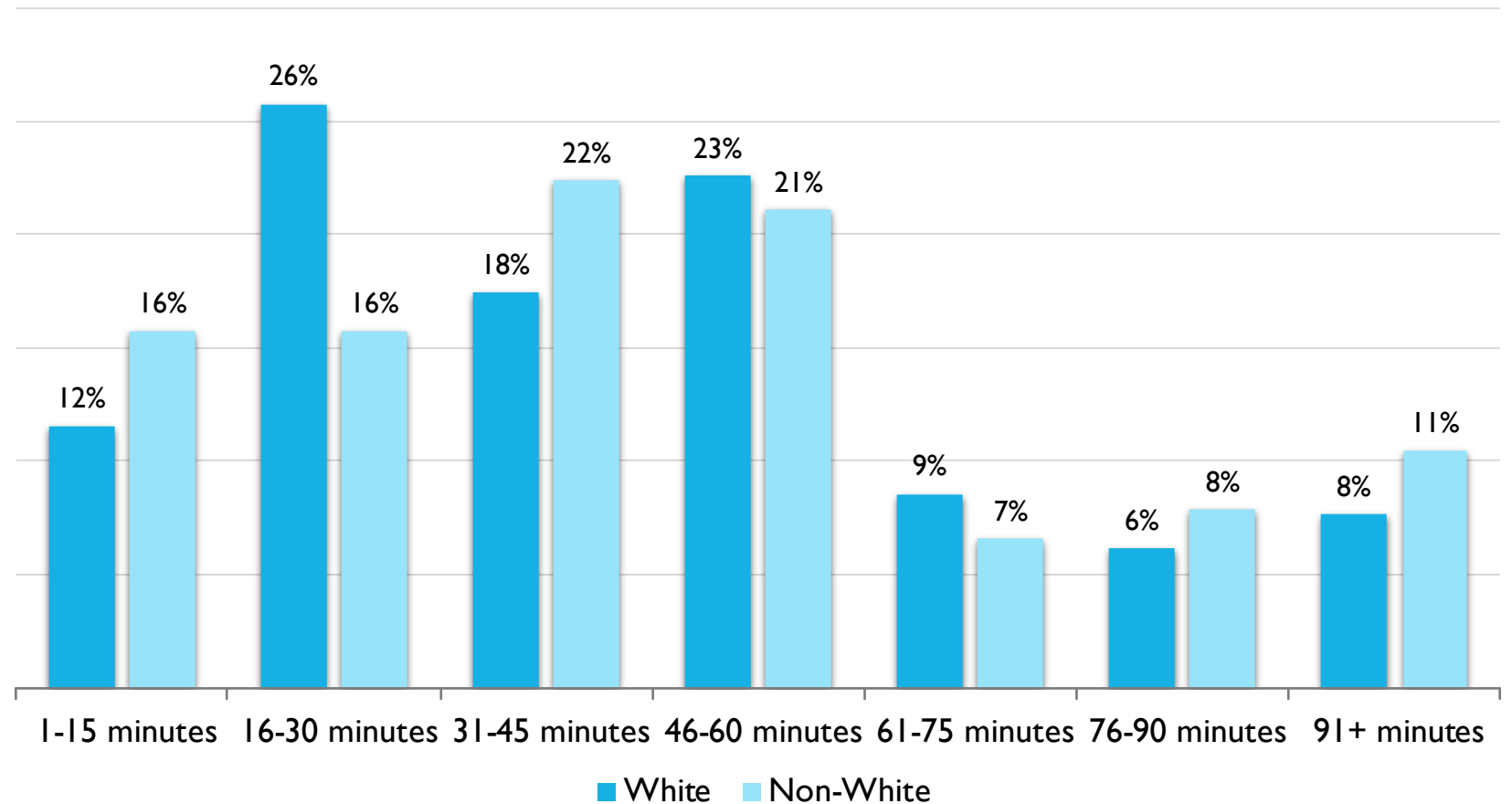


Vigorous Exercise Behaviors: Division III Athletes

WOMEN BY RACE: ENGAGEMENT

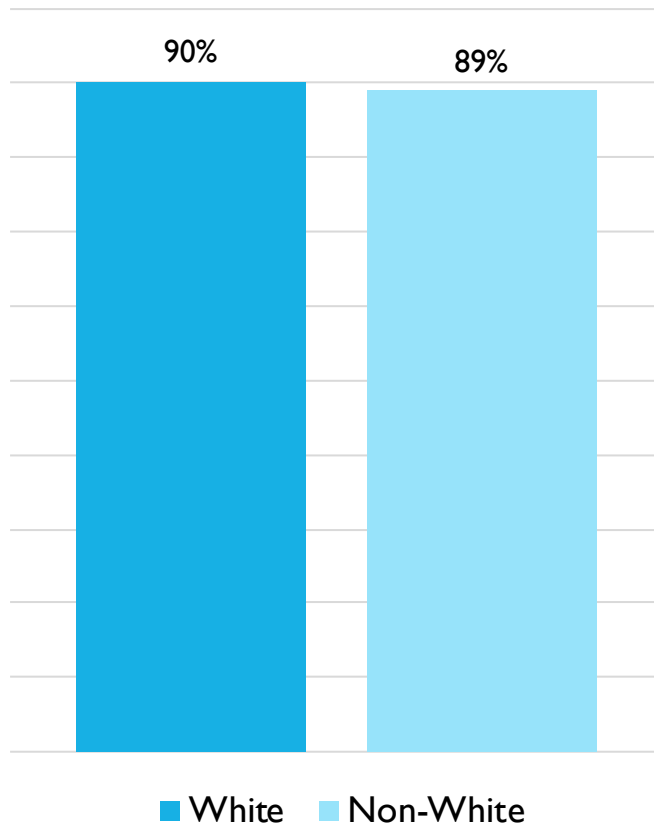


WOMEN BY RACE: TIME SPENT

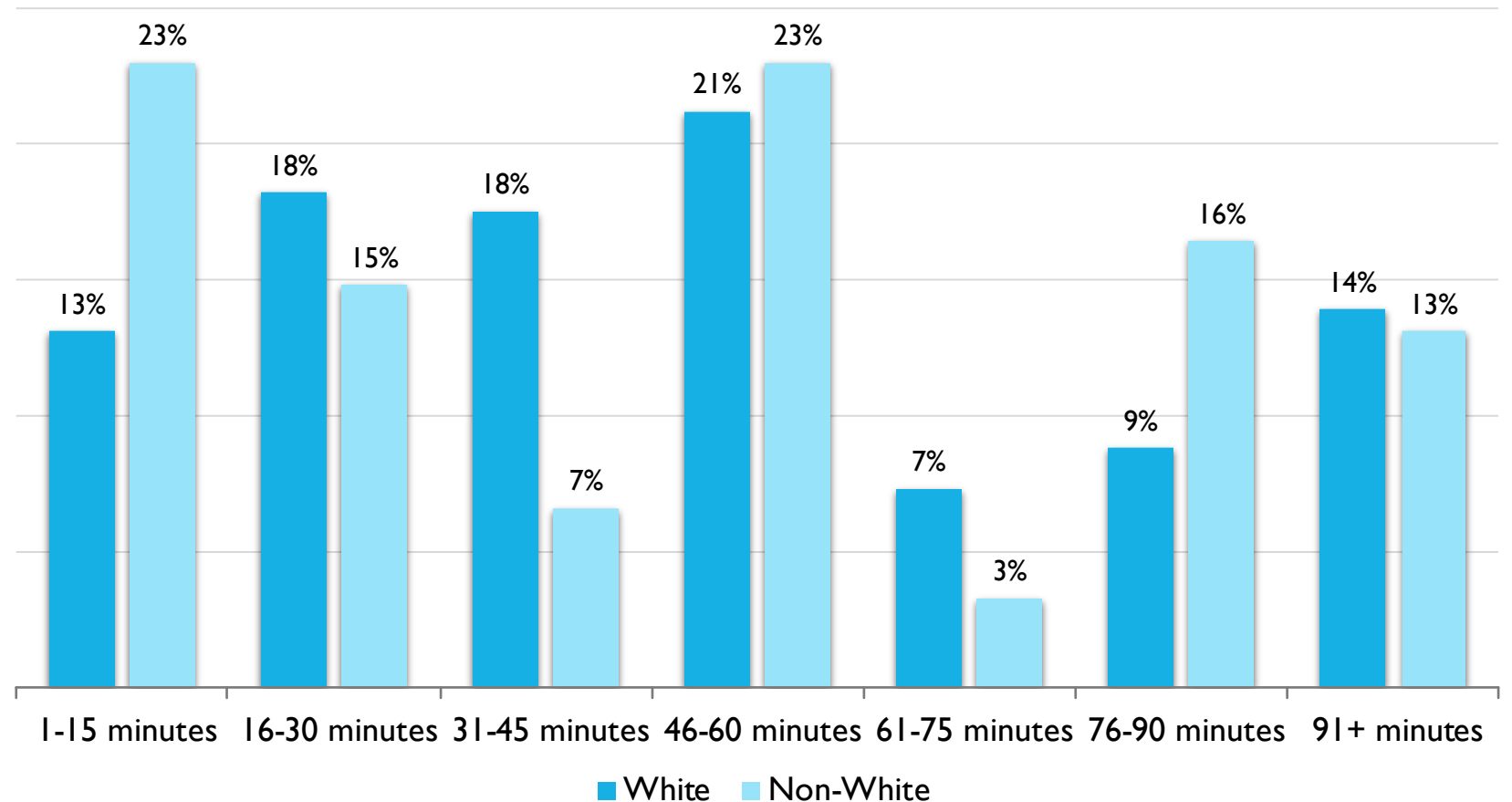


Vigorous Exercise Behaviors: Division III Athletes

MEN BY RACE: ENGAGEMENT



MEN BY RACE: TIME SPENT



A group of football players in blue and green uniforms are huddled together on the field. They are wearing helmets and jerseys with "E-USA" and "M" visible. A coach in a white shirt is visible in the background, smiling. The scene is set outdoors on a grassy field.

MENTAL HEALTH COUNSELING

Mental Health Counseling: Description of Measure

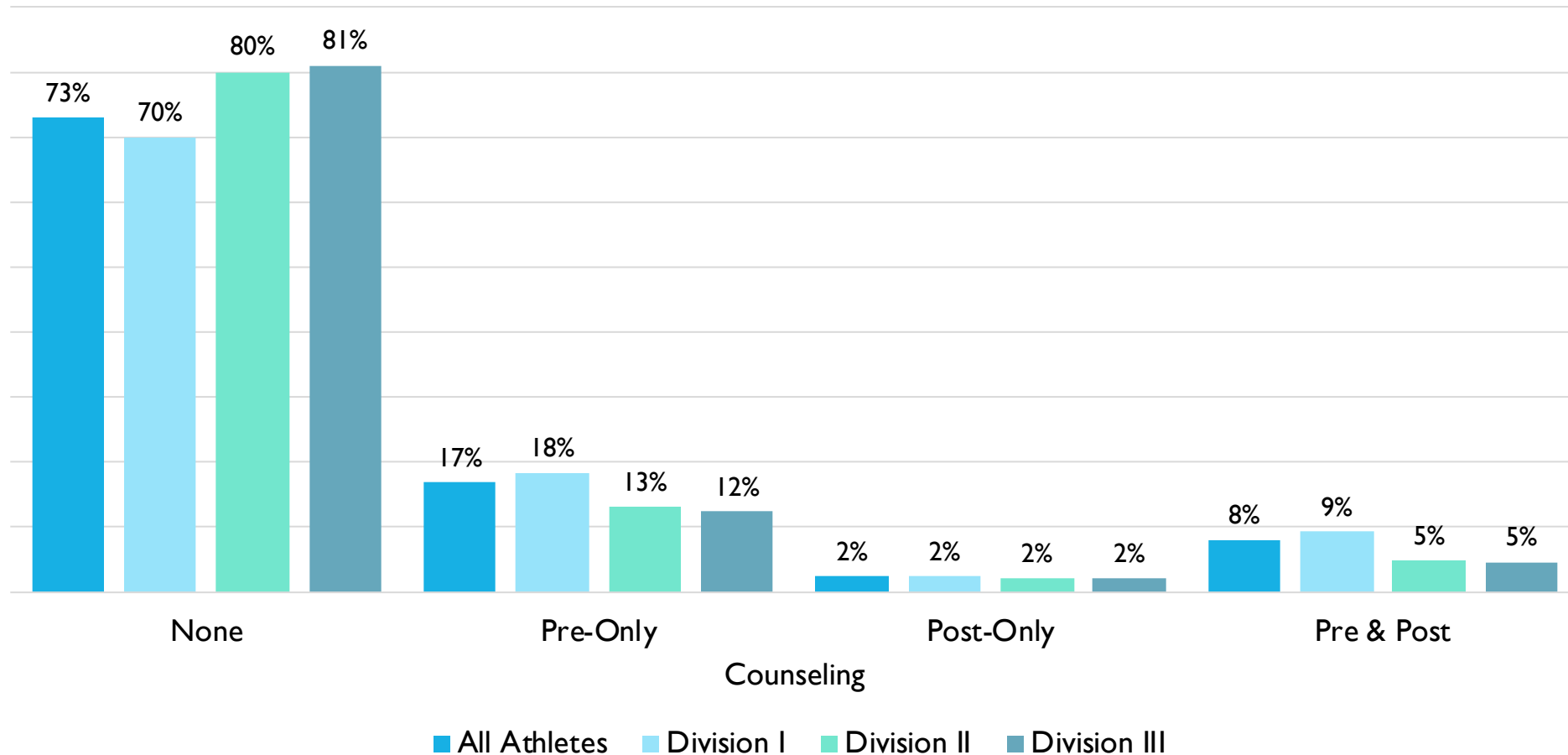
- Athletes responded YES/NO to two questions about mental health counseling:
 - A. Question 1 - In the 6 months PRIOR TO when the NCAA cancelled all collegiate sports on March 12, 2020, had you received counseling from a psychologist, counselor or other mental health provider?
 - B. Question 2 - Since the NCAA cancelled all collegiate sports on March 12, 2020, have you sought counseling from a psychologist, counselor or other mental health provider?
- Data presented in bar graphs reflect the % of athletes who represented each of the following, mutually exclusive groups:
 - A. None - % of athletes who reported having received NO counseling, either prior to OR after the cancellation of spring sports
 - B. Pre-Only - % of athletes who reported having received counseling ONLY prior to the cancellation of collegiate sports.
 - C. Post-Only - % of athletes who reported having received counseling ONLY after the cancellation of collegiate sports
 - D. Pre & Post - % of athletes who reported having received counseling prior to AND after the cancellation of collegiate sports

Mental Health Counseling: Summary of Results

- 70% to 81% of Athletes had not been involved in counseling at any point in time
- For those who were engaged in counseling prior to COVID and the shutdown of athletic departments, only approximately 33% continued counseling after
- Very few Athletes (2%) started counseling anew after COVID
- Women, more so than Men, were likely to be involved in counseling across all time points
- Although relatively comparable % of Athletes across racial groups were in counseling prior to COVID, Black Athletes were disproportionately affected after in their inability to continue services

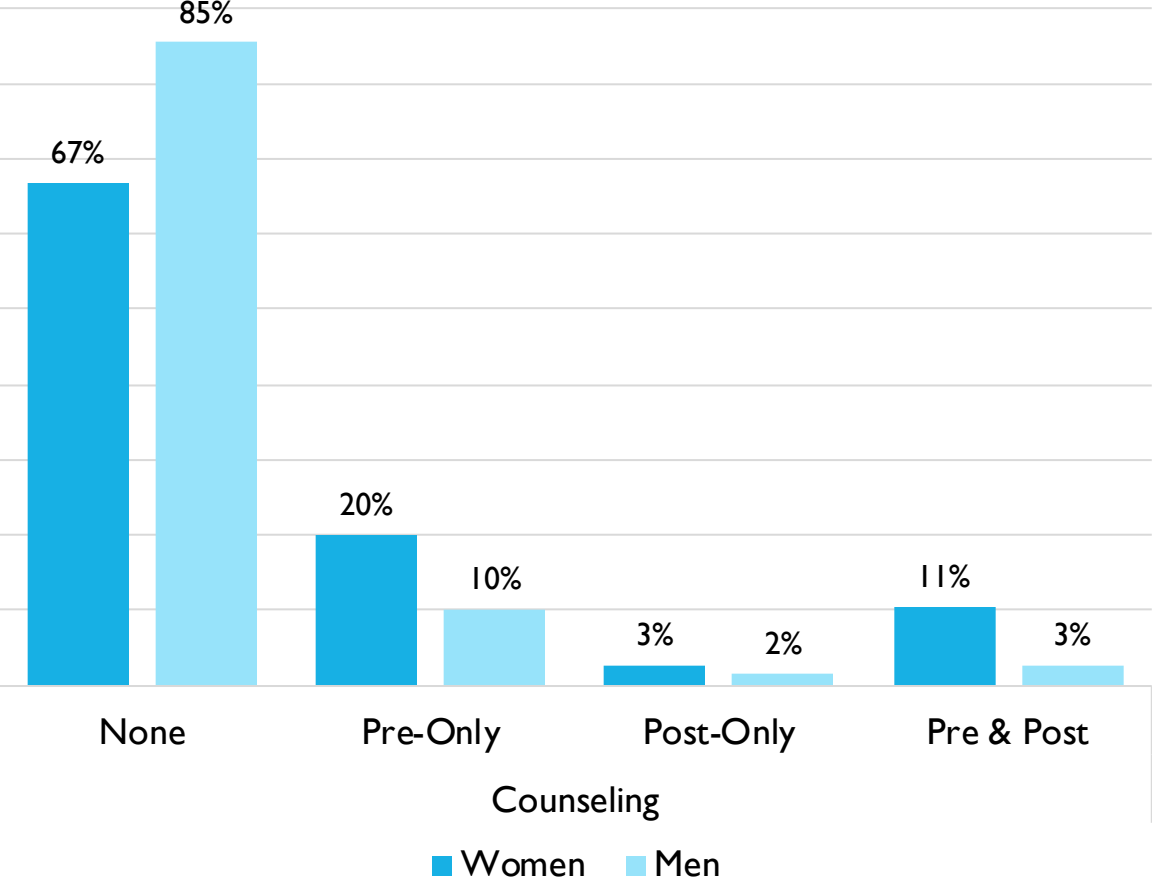
Mental Health Counseling: All Athletes

DIVISION

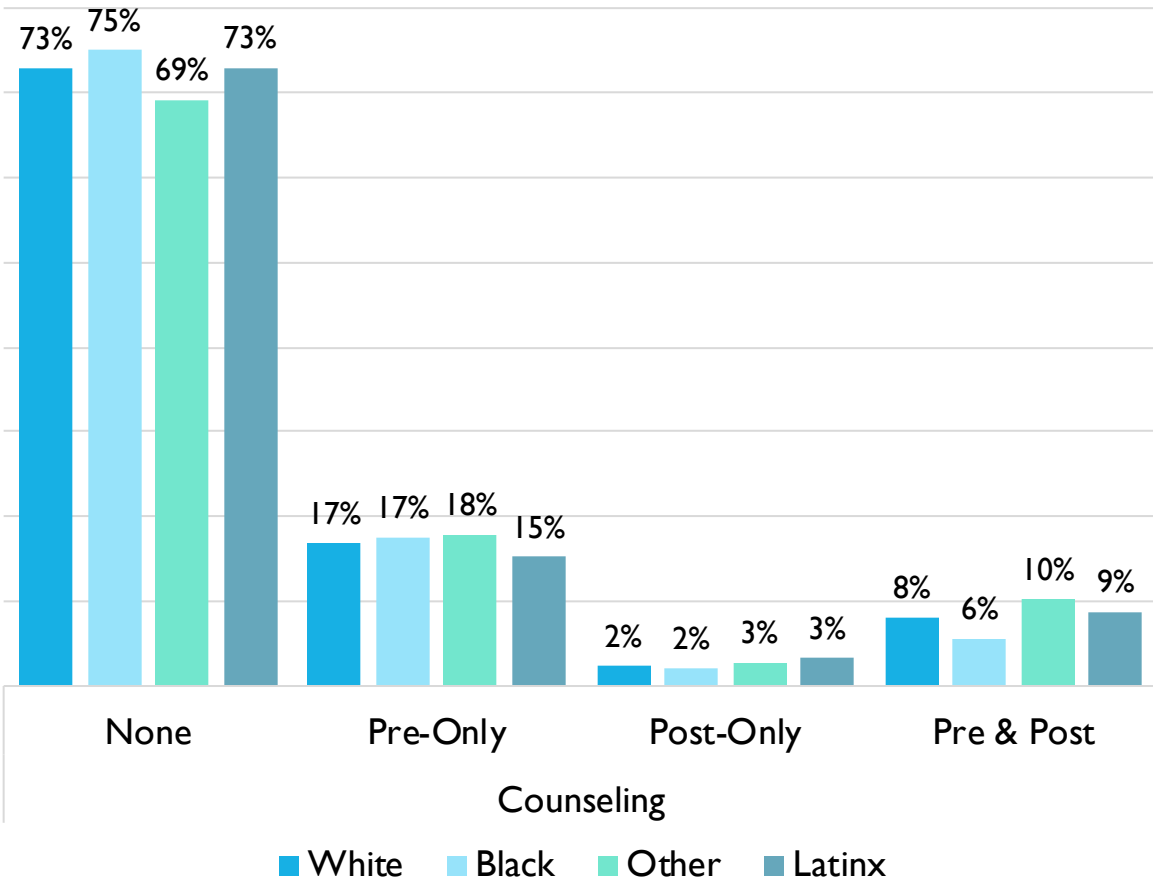


Mental Health Counseling: All Athletes

GENDER

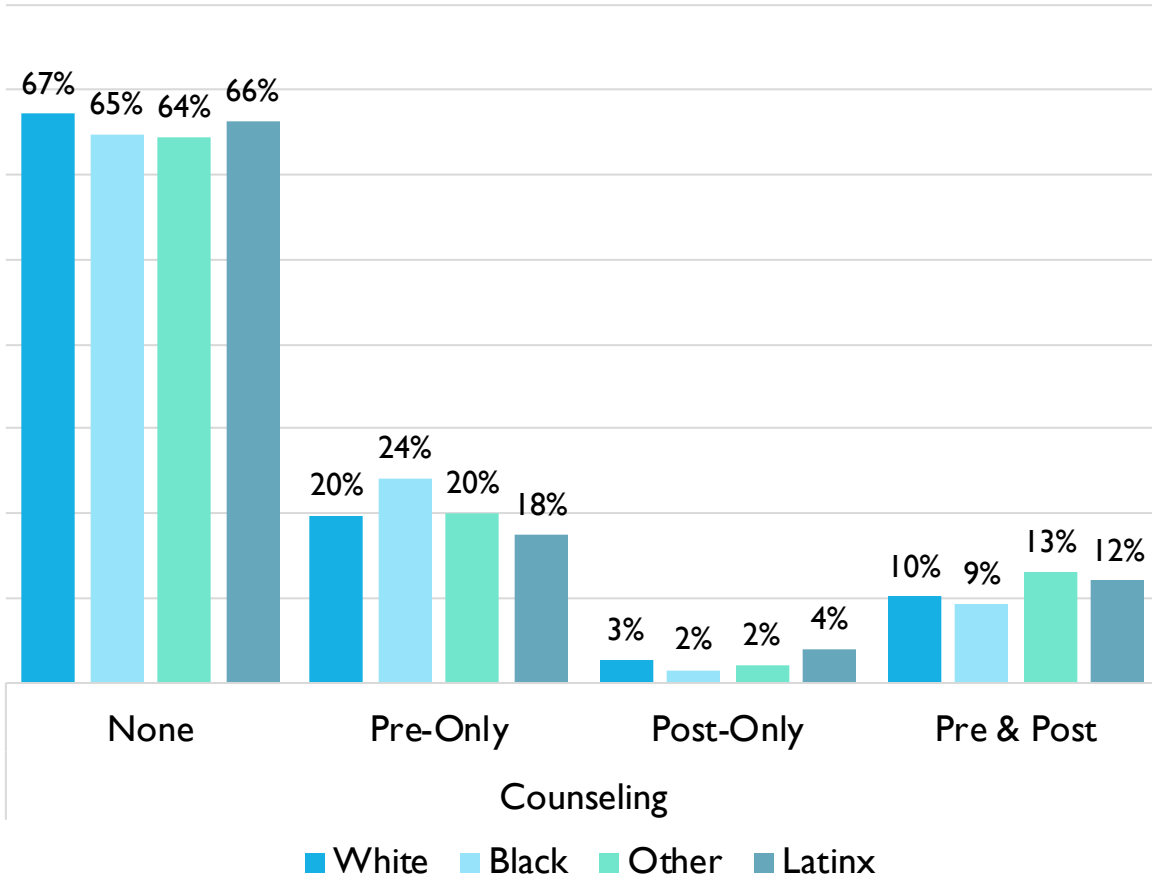


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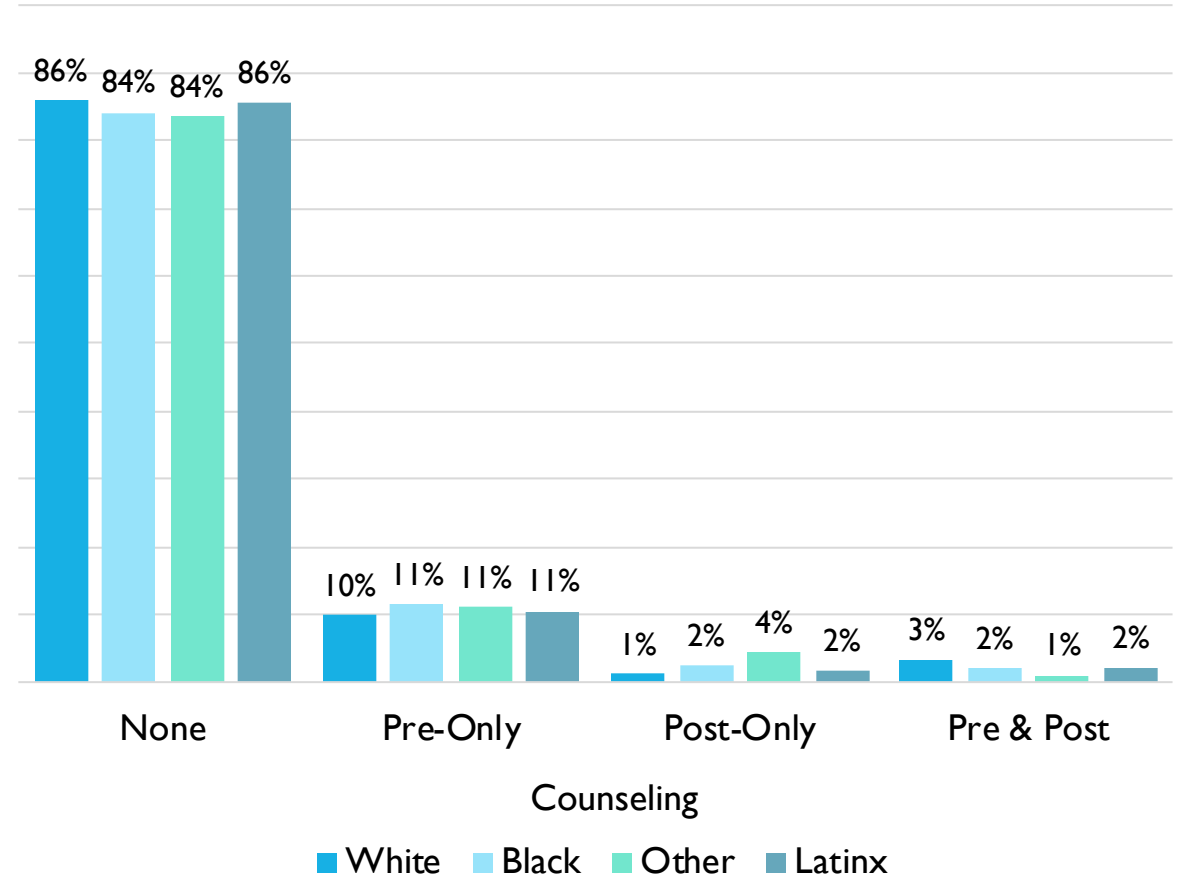


Mental Health Counseling: All Athletes

WOMEN BY RACE



MEN BY RACE



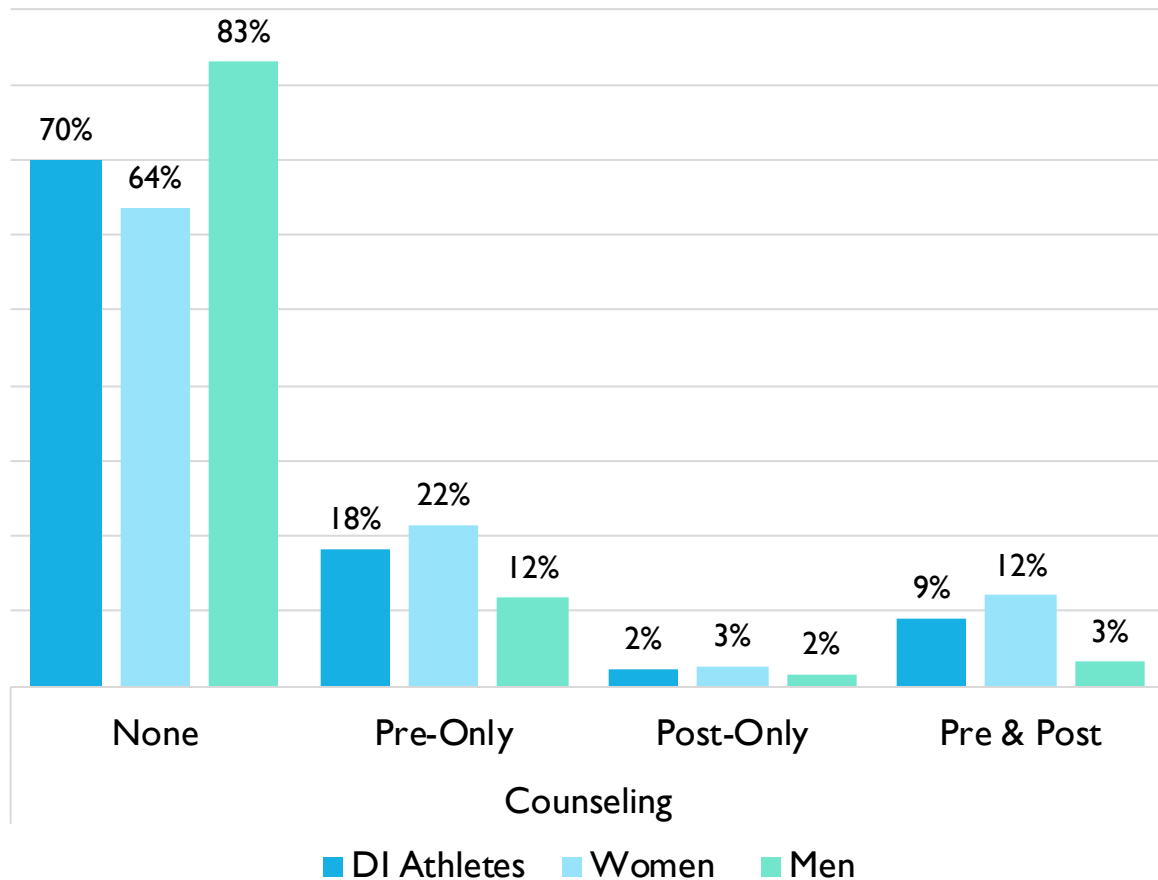


**MENTAL HEALTH
COUNSELING:
DIVISION I ATHLETES**

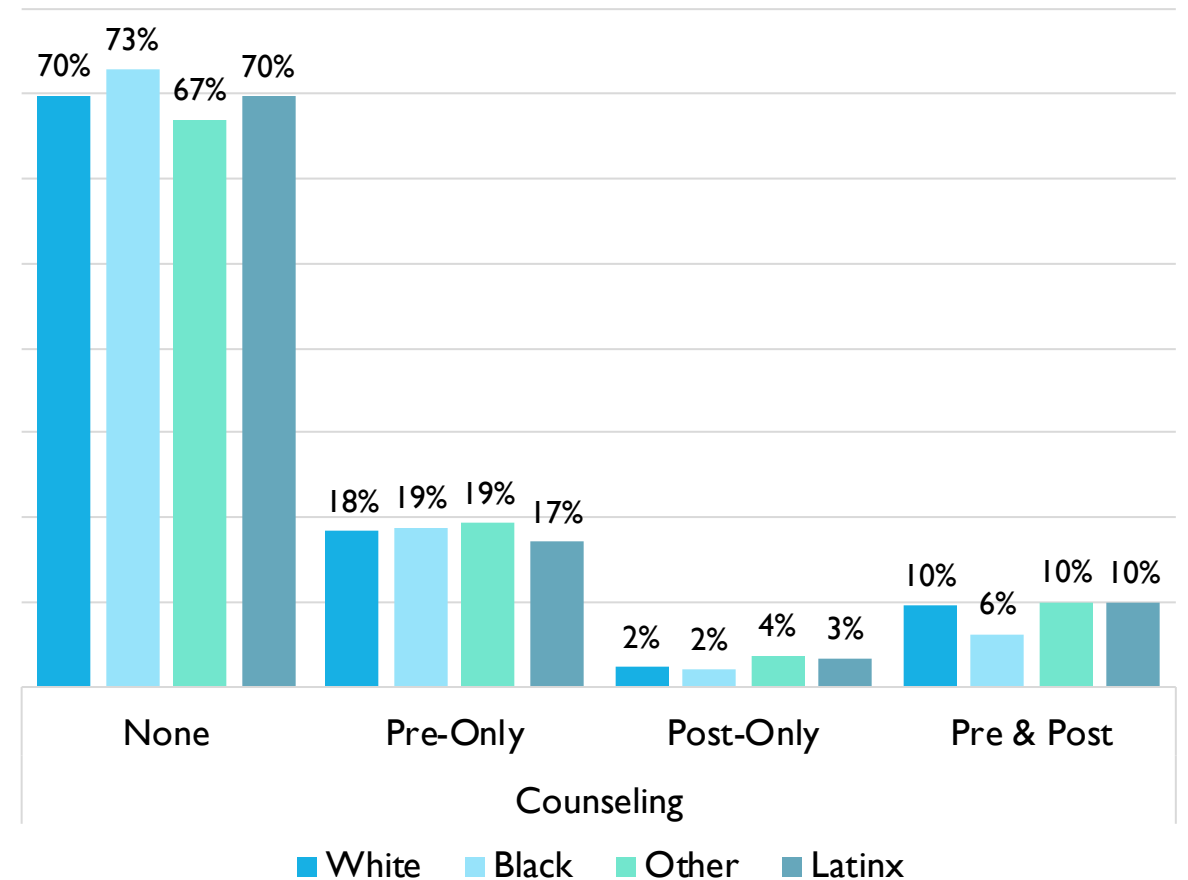


Mental Health Counseling: Division I Athletes

GENDER

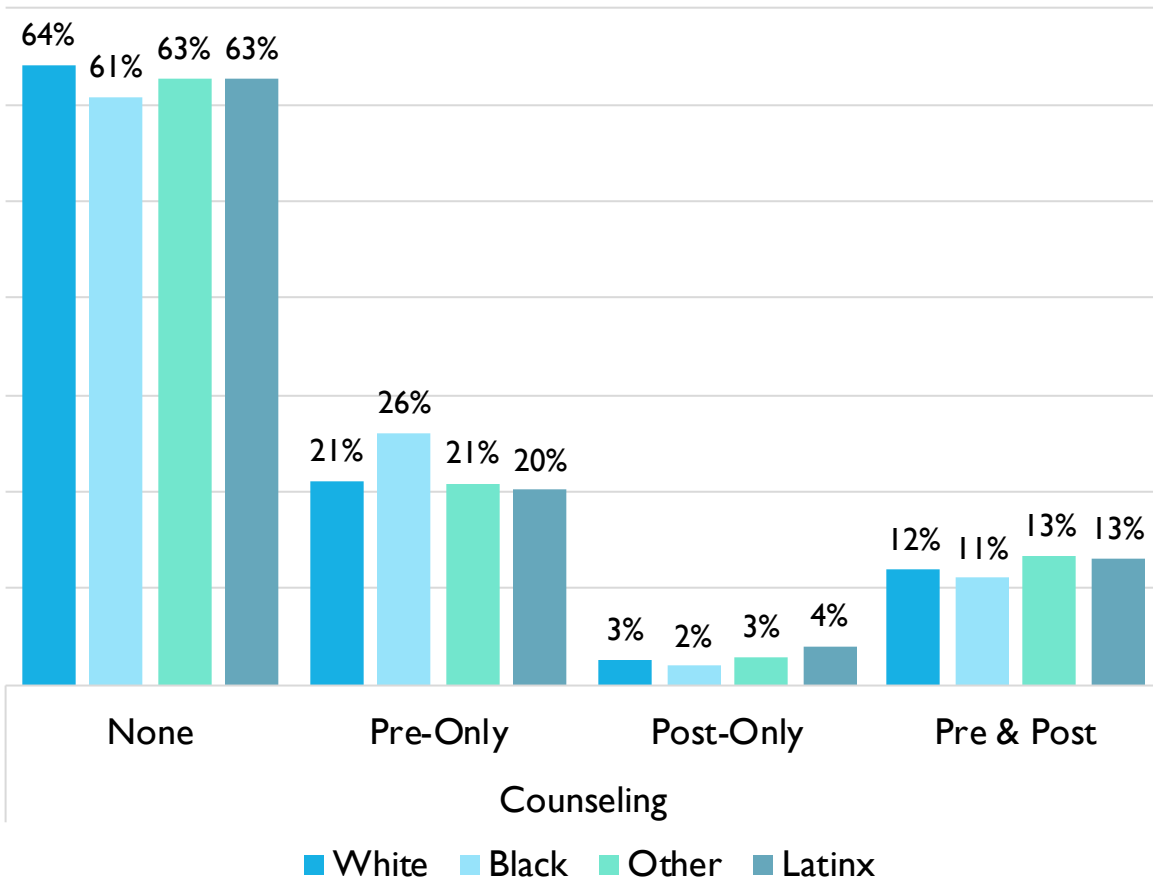


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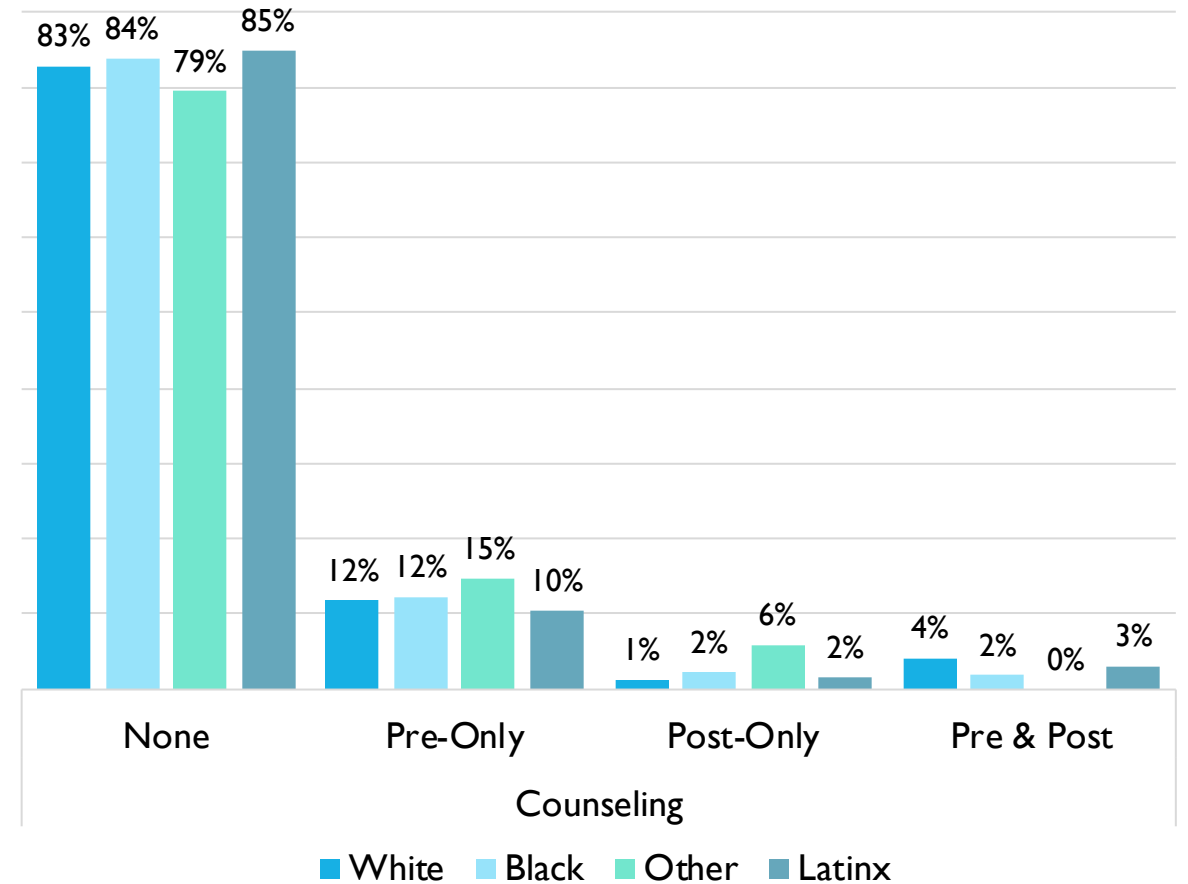


Mental Health Counseling: Division I Athletes

WOMEN BY RACE



MEN BY RACE



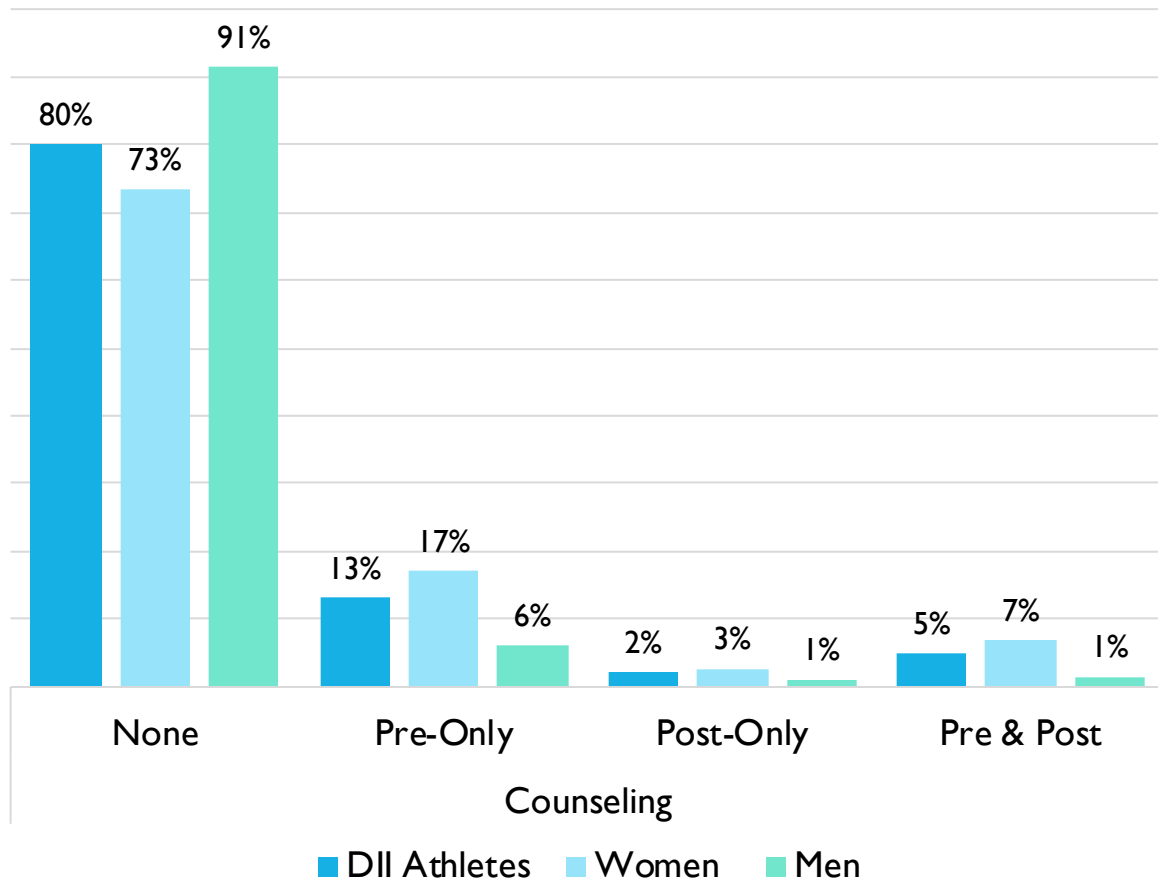


**MENTAL HEALTH
COUNSELING:
DIVISION II ATHLETES**

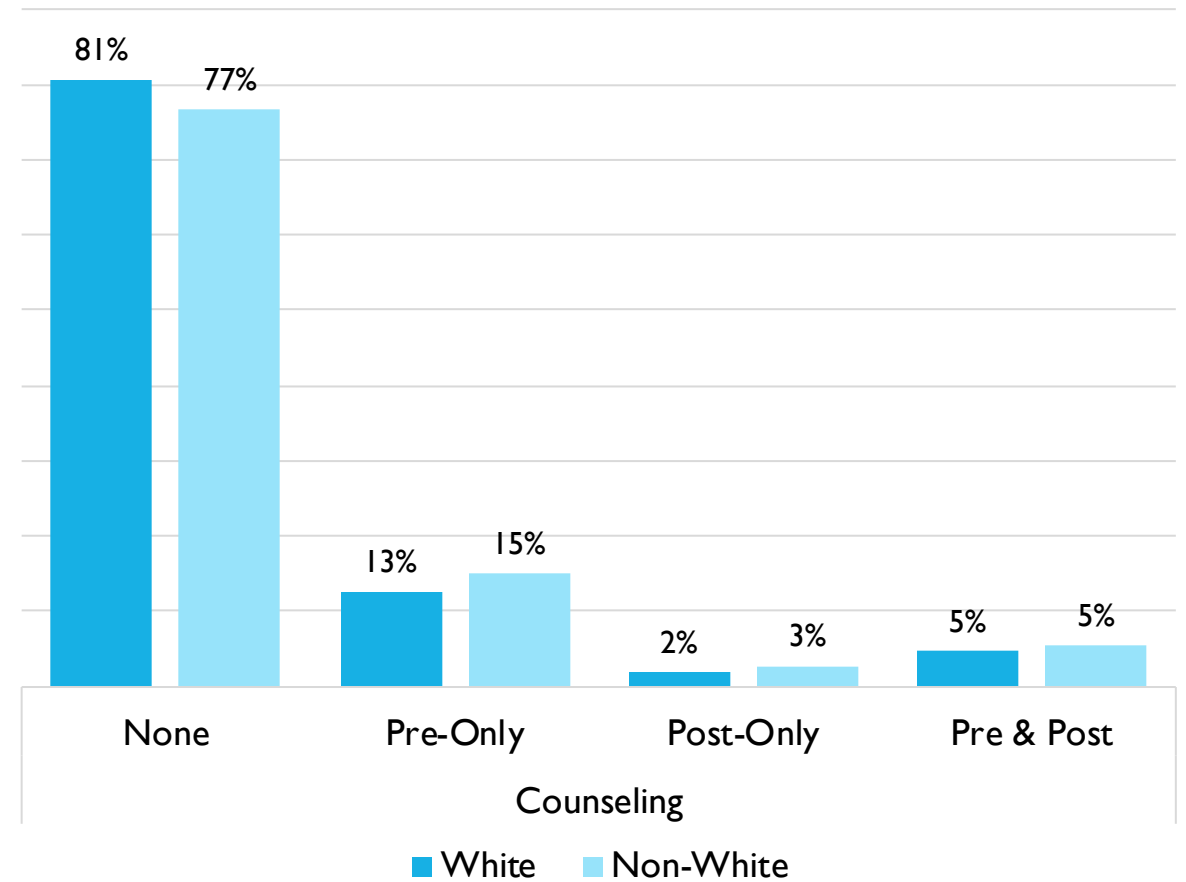


Mental Health Counseling: Division II Athletes

GENDER

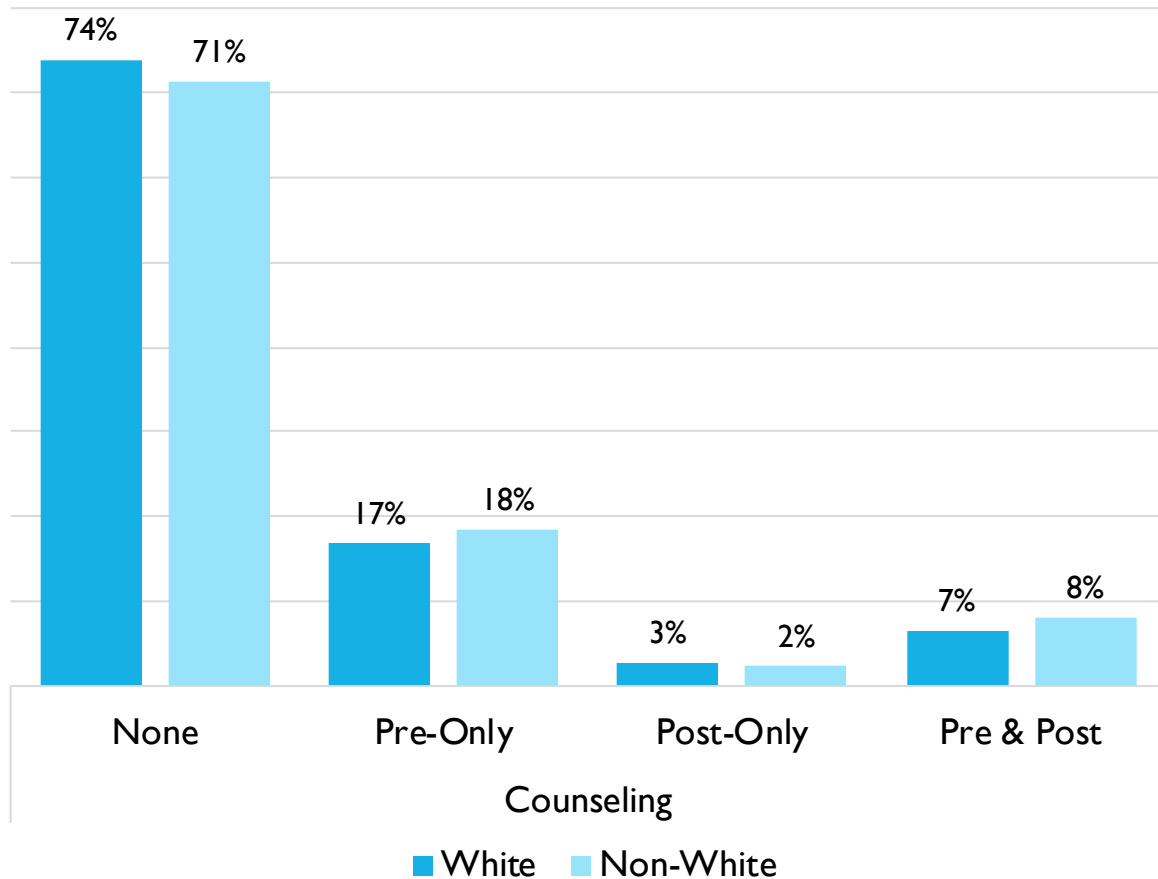


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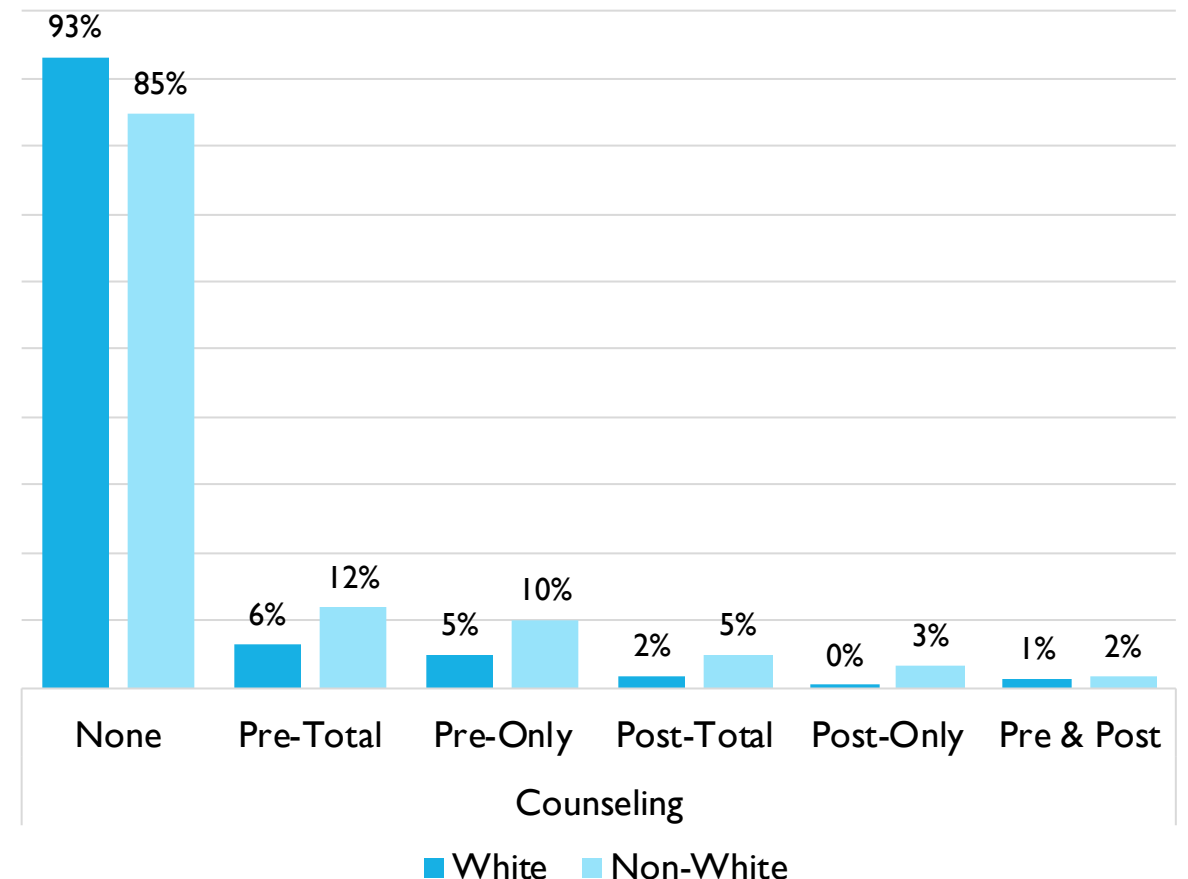


Mental Health Counseling: Division II Athletes

WOMEN BY RACE



MEN BY RACE



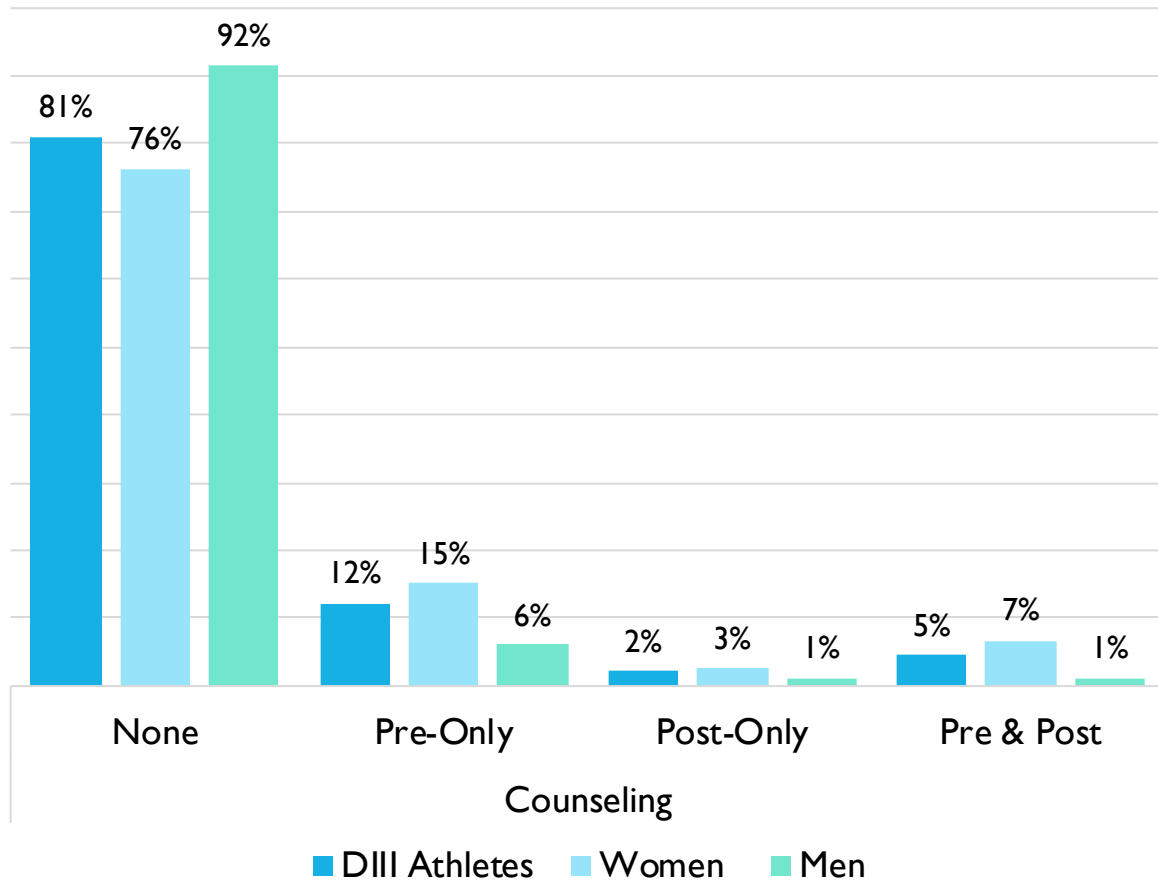


**MENTAL HEALTH
COUNSELING:
DIVISION III ATHLETES**

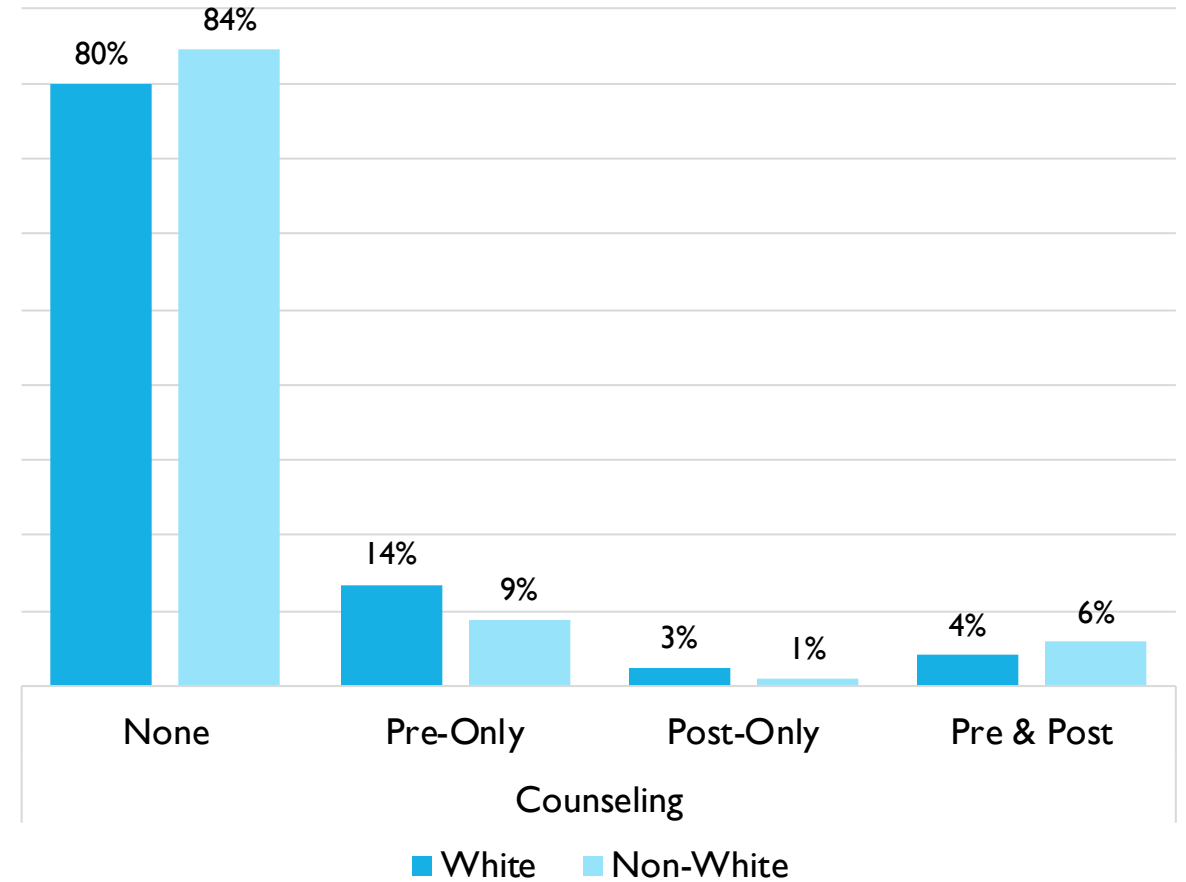


Mental Health Counseling: Division III Athletes

GENDER

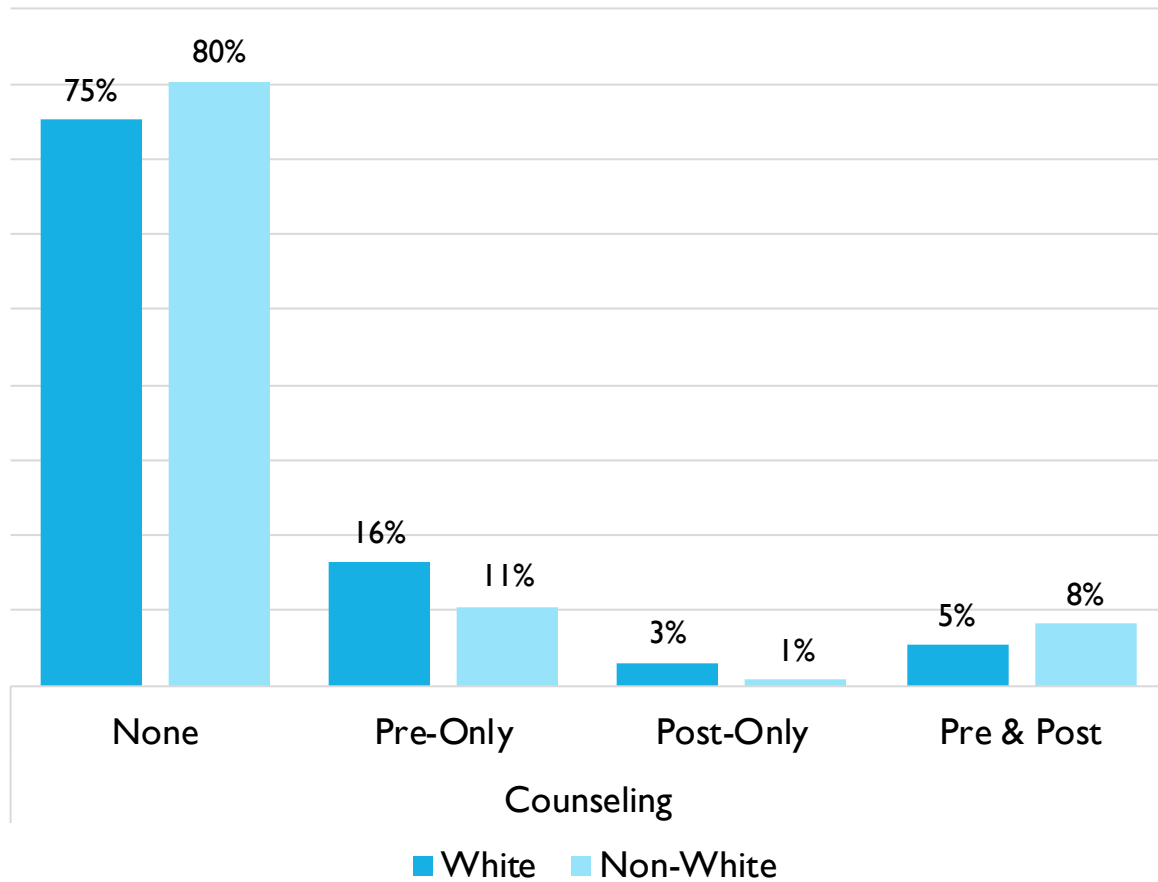


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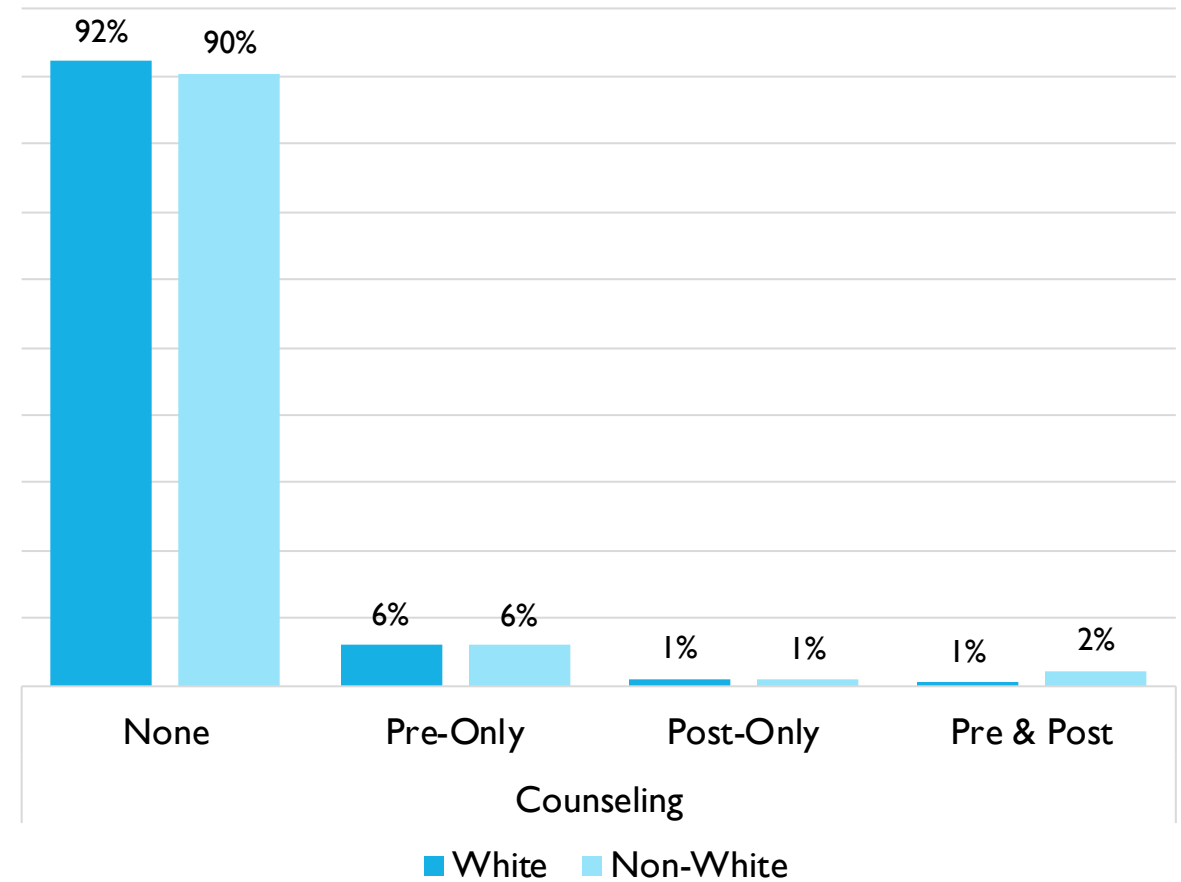


Mental Health Counseling: Division III Athletes

WOMEN BY RACE



MEN BY RACE



Conclusion

This report was based solely on the data collected from the NCAA student athletes who participated in the study. The findings, which are based on these student athletes' responses, do not reflect the views or perspectives of the NCAA, the University of North Texas, nor Wayne State University. The results reflect only the reported experiences from the student athletes who comprised this sample.

This report was prepared by Dr. Trent A. Petrie (Professor, University of North Texas, Department of Psychology), Dr. E. Whitney G. Moore (Associate Professor, Wayne State University, Division of Kinesiology, Health & Sport Studies), Tess Palmateer (Doctoral Student, University of North Texas, Department of Psychology), and Lindsey Slavin (Doctoral Student, University of North Texas, Department of Psychology).

For more information, visit the UNT Center for Sport Psychology and Performance Excellence at sportpsych.unt.edu or email us at sportpsych@unt.edu.



IMPACT OF COVID-19 ON STUDENT ATHLETE'S HEALTH, PERFORMANCE, AND PSYCHOLOGICAL WELL-BEING