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

Released: July 8, 2020
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.
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.
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
<table>
<thead>
<tr>
<th>Gender</th>
<th>All Athletes n (%)</th>
<th>Division I n (%)</th>
<th>Division II n (%)</th>
<th>Division III n (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>1976 (33.4%)</td>
<td>1406 (33.2%)</td>
<td>290 (36.6%)</td>
<td>263 (31.3%)</td>
</tr>
<tr>
<td>Women</td>
<td>3924 (66.3%)</td>
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# Race and Ethnicity

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<tr>
<th>Race</th>
<th>All Athletes</th>
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<th>Division III</th>
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<td>Overall (n)</td>
<td>Men (%)</td>
<td>Women (%)</td>
<td>Overall (n)</td>
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<tr>
<td>White/Caucasian</td>
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<td>81.6%</td>
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<tr>
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<td>0.5%</td>
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<tr>
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<td>4.4%</td>
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<td>YEAR IN SCHOOL</td>
<td>All Athletes</td>
<td>Division I</td>
<td>Division II</td>
<td>Division III</td>
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<tr>
<td></td>
<td>Overall (n)</td>
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<td>Women (%)</td>
<td>Overall (n)</td>
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<td>Fourth+</td>
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<table>
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<th>Division III</th>
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<td>Women (%)</td>
<td>Overall (n)</td>
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<td>Second</td>
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<tr>
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</tr>
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<tr>
<td>Age</td>
<td>All Athletes</td>
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<td>Division II</td>
<td>Division III</td>
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<tr>
<td></td>
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<td>Women (%)</td>
<td>Overall (n)</td>
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<tr>
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</tr>
<tr>
<td>23+</td>
<td>172</td>
<td>4.9%</td>
<td>2.0%</td>
<td>132</td>
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<tr>
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<tr>
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</tbody>
</table>
## Men’s Sports

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

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

EM1: All Athletes 65%  59%  58%  45%  32%  15%
EM2: Div. I 67%  61%  58%  43%  32%  15%
EM3: Div. II 59%  54%  54%  41%  32%  17%
EM4: Div. III 64%  62%  61%  41%  32%  13%
EM5: Div. III 62%  35%  64%  32%  32%  17%
COVID-19 Exposure: All Athletes

GENDER

<table>
<thead>
<tr>
<th>EM1</th>
<th>EM2</th>
<th>EM3</th>
<th>EM4</th>
<th>EM5</th>
</tr>
</thead>
<tbody>
<tr>
<td>67%</td>
<td>57%</td>
<td>45%</td>
<td>33%</td>
<td>15%</td>
</tr>
<tr>
<td>62%</td>
<td>59%</td>
<td>46%</td>
<td>30%</td>
<td>15%</td>
</tr>
</tbody>
</table>

GENDER:

- Women: 67%
- Men: 62%

RACE

<table>
<thead>
<tr>
<th>EM1</th>
<th>EM2</th>
<th>EM3</th>
<th>EM4</th>
<th>EM5</th>
</tr>
</thead>
<tbody>
<tr>
<td>67%</td>
<td>64%</td>
<td>62%</td>
<td>32%</td>
<td>14%</td>
</tr>
<tr>
<td>67%</td>
<td>58%</td>
<td>52%</td>
<td>49%</td>
<td>45%</td>
</tr>
</tbody>
</table>

RACE:

- White: 67%
- Black: 64%
- Other: 62%
- Latinx: 32%

Exposure by Gender:

- Women: 67%
- Men: 58%

Exposure by Race:

- White: 55%
- Black: 58%
- Other: 45%
- Latinx: 30%
COVID-19 EXPOSURE: DIVISION I ATHLETES
COVID-19 Exposure: Division I Athletes

**GENDER**

<table>
<thead>
<tr>
<th>Gender</th>
<th>EM1</th>
<th>EM2</th>
<th>EM3</th>
<th>EM4</th>
<th>EM5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>67%</td>
<td>54%</td>
<td>43%</td>
<td>32%</td>
<td>15%</td>
</tr>
<tr>
<td>Men</td>
<td>69%</td>
<td>53%</td>
<td>42%</td>
<td>32%</td>
<td>15%</td>
</tr>
</tbody>
</table>

**RACE**

<table>
<thead>
<tr>
<th>Race</th>
<th>EM1</th>
<th>EM2</th>
<th>EM3</th>
<th>EM4</th>
<th>EM5</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>68%</td>
<td>57%</td>
<td>53%</td>
<td>47%</td>
<td>31%</td>
</tr>
<tr>
<td>Black</td>
<td>67%</td>
<td>61%</td>
<td>53%</td>
<td>46%</td>
<td>30%</td>
</tr>
<tr>
<td>Other</td>
<td>61%</td>
<td>53%</td>
<td>46%</td>
<td>44%</td>
<td>37%</td>
</tr>
<tr>
<td>Latinx</td>
<td>68%</td>
<td>67%</td>
<td>61%</td>
<td>46%</td>
<td>18%</td>
</tr>
</tbody>
</table>

Bar charts showing the percentage of COVID-19 exposure among Division I athletes by gender and 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**
- EM1: 62%, 62%, 60%
- EM2: 70%, 71%, 68%
- EM3: 41%, 39%, 43%
- EM4: 32%, 34%, 28%
- EM5: 12%, 12%, 13%

**Race**
- EM1: 64%, 53%
- EM2: 70%, 68%
- EM3: 41%, 41%
- EM4: 31%, 36%
- EM5: 11%, 18%
COVID-19 Exposure: Division II Athletes

**WOMEN BY RACE**

<table>
<thead>
<tr>
<th>Race</th>
<th>EM1</th>
<th>EM2</th>
<th>EM3</th>
<th>EM4</th>
<th>EM5</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>63%</td>
<td>72%</td>
<td>66%</td>
<td>40%</td>
<td>12%</td>
</tr>
<tr>
<td>Non-White</td>
<td>61%</td>
<td>41%</td>
<td>37%</td>
<td>32%</td>
<td>13%</td>
</tr>
</tbody>
</table>

**MEN BY RACE**

<table>
<thead>
<tr>
<th>Race</th>
<th>EM1</th>
<th>EM2</th>
<th>EM3</th>
<th>EM4</th>
<th>EM5</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>66%</td>
<td>67%</td>
<td>73%</td>
<td>42%</td>
<td>28%</td>
</tr>
<tr>
<td>Non-White</td>
<td>41%</td>
<td>47%</td>
<td>29%</td>
<td>29%</td>
<td>25%</td>
</tr>
</tbody>
</table>
COVID-19 EXPOSURE:
DIVISION III ATHLETES
COVID-19 EXPOSURE:
CUMULATIVE EVENTS
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?
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

<table>
<thead>
<tr>
<th></th>
<th>All Athletes</th>
<th>Div. I</th>
<th>Div. II</th>
<th>Div. III</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Exp.</td>
<td>3%</td>
<td>3%</td>
<td>2%</td>
<td>4%</td>
</tr>
<tr>
<td>1 Exp.</td>
<td>10%</td>
<td>9%</td>
<td>10%</td>
<td>15%</td>
</tr>
<tr>
<td>2 Exp.</td>
<td>23%</td>
<td>22%</td>
<td>25%</td>
<td>26%</td>
</tr>
<tr>
<td>3 Exp.</td>
<td>33%</td>
<td>34%</td>
<td>34%</td>
<td>30%</td>
</tr>
<tr>
<td>4 Exp.</td>
<td>24%</td>
<td>25%</td>
<td>23%</td>
<td>19%</td>
</tr>
<tr>
<td>5 Exp.</td>
<td>6%</td>
<td>7%</td>
<td>5%</td>
<td>6%</td>
</tr>
</tbody>
</table>

0 Exp. | 1 Exp. | 2 Exp. | 3 Exp. | 4 Exp. | 5 Exp.
COVID-19 Exposure: All Athletes

WOMEN BY RACE

- **White**: 3% (6%), 24% (10%), 33% (29%), 24% (26%), 24% (25%), 6% (6%)
- **Black**: 6% (10%), 24% (11%), 30% (33%), 24% (22%), 25% (25%)
- **Other**: 3% (5%), 26% (10%), 33% (33%), 26% (25%), 25% (25%)
- **Latinx**: 2% (5%), 21% (10%), 37% (33%), 23% (22%), 23% (23%)

MEN BY RACE

- **White**: 3% (10%), 24% (9%), 37% (18%), 23% (15%), 23% (23%)
- **Black**: 6% (9%), 22% (18%), 30% (33%), 29% (33%), 23% (33%)
- **Other**: 1% (10%), 1% (10%), 1% (10%), 1% (10%), 8% (8%)
- **Latinx**: 3% (5%), 2% (3%), 1% (3%), 1% (3%), 8% (8%)
COVID-19 EXPOSURE:
DIVISION I ATHLETES
## COVID-19 Exposure: Division I Athletes

### WOMEN BY RACE

<table>
<thead>
<tr>
<th>Race</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>22%</td>
<td>24%</td>
<td>30%</td>
<td>34%</td>
<td>26%</td>
<td>7%</td>
</tr>
<tr>
<td>Black</td>
<td>6%</td>
<td>6%</td>
<td>6%</td>
<td>5%</td>
<td>9%</td>
<td>9%</td>
</tr>
<tr>
<td>Other</td>
<td>6%</td>
<td>10%</td>
<td>11%</td>
<td>10%</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>Latinx</td>
<td>22%</td>
<td>24%</td>
<td>24%</td>
<td>21%</td>
<td>20%</td>
<td>20%</td>
</tr>
</tbody>
</table>

### MEN BY RACE

<table>
<thead>
<tr>
<th>Race</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>38%</td>
<td>29%</td>
<td>24%</td>
<td>25%</td>
<td>22%</td>
<td>9%</td>
</tr>
<tr>
<td>Black</td>
<td>29%</td>
<td>23%</td>
<td>29%</td>
<td>31%</td>
<td>24%</td>
<td>16%</td>
</tr>
<tr>
<td>Other</td>
<td>16%</td>
<td>16%</td>
<td>25%</td>
<td>25%</td>
<td>12%</td>
<td>4%</td>
</tr>
<tr>
<td>Latinx</td>
<td>1%</td>
<td>6%</td>
<td>2%</td>
<td>5%</td>
<td>6%</td>
<td>10%</td>
</tr>
</tbody>
</table>
COVID-19 EXPOSURE: 
DIVISION II ATHLETES
COVID-19 Exposure: Division II Athletes

**GENDER**
- DII Athletes: 2% Women, 9% Men
- Women: 25% 34% 24% 5%
- Men: 27% 35% 23% 22%

**RACE**
- White: 2% Women, 10% Men
- Non-White: 3% Women, 8% Men
- White: 25% 35% 23% 6%
- Non-White: 26% 31% 27% 4%
COVID-19 Exposure: Division II Athletes

WOMEN BY RACE

- White: 35%
- Non-White: 31%

MEN BY RACE

- White: 22%
- Non-White: 28%
COVID-19 EXPOSURE:
DIVISION III ATHLETES
COVID-19 Exposure: Division III Athletes

**WOMEN BY RACE**

- **White**
  - 4%
  - 18%
  - 26%
  - 17%
  - 6%

- **Non-White**
  - 5%
  - 11%
  - 28%
  - 30%
  - 7%

**MEN BY RACE**

- **White**
  - 4%
  - 15%
  - 34%
  - 22%
  - 2%

- **Non-White**
  - 1%
  - 14%
  - 38%
  - 23%
  - 13%
DEPRESSION
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

DIVISION

<table>
<thead>
<tr>
<th>Division</th>
<th>Sub-Clinical</th>
<th>Clinical</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Athletes</td>
<td>26%</td>
<td>22%</td>
</tr>
<tr>
<td>Division I</td>
<td>26%</td>
<td>21%</td>
</tr>
<tr>
<td>Division II</td>
<td>27%</td>
<td>20%</td>
</tr>
<tr>
<td>Division III</td>
<td>27%</td>
<td>29%</td>
</tr>
</tbody>
</table>
Depression: All Athletes

GENDER

Women: 29% Sub-Clinical, 25% Clinical
Men: 19% Sub-Clinical, 16% Clinical

RACE

White: 27% Sub-Clinical, 21% Clinical
Black: 21% Sub-Clinical, 21% Clinical
Other: 30% Sub-Clinical, 22% Clinical
Latinx: 24% Sub-Clinical, 26% Clinical
Depression: All Athletes

**WOMEN BY RACE**

<table>
<thead>
<tr>
<th>Race</th>
<th>Sub-Clinical</th>
<th>Clinical</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>29%</td>
<td>24%</td>
</tr>
<tr>
<td>Black</td>
<td>25%</td>
<td>29%</td>
</tr>
<tr>
<td>Other</td>
<td>34%</td>
<td>24%</td>
</tr>
<tr>
<td>Latinx</td>
<td>27%</td>
<td>29%</td>
</tr>
</tbody>
</table>

**MEN BY RACE**

<table>
<thead>
<tr>
<th>Race</th>
<th>Sub-Clinical</th>
<th>Clinical</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>20%</td>
<td>16%</td>
</tr>
<tr>
<td>Black</td>
<td>17%</td>
<td>17%</td>
</tr>
<tr>
<td>Other</td>
<td>18%</td>
<td>20%</td>
</tr>
<tr>
<td>Latinx</td>
<td>15%</td>
<td>22%</td>
</tr>
</tbody>
</table>
DEPRESSION:
DIVISION I ATHLETES
Depression: Division I Athletes

**WOMEN BY RACE**

<table>
<thead>
<tr>
<th>Race</th>
<th>Sub-Clinical</th>
<th>Clinical</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>30%</td>
<td>22%</td>
</tr>
<tr>
<td>Black</td>
<td>25%</td>
<td>30%</td>
</tr>
<tr>
<td>Other</td>
<td>27%</td>
<td>32%</td>
</tr>
<tr>
<td>Latinx</td>
<td>29%</td>
<td>25%</td>
</tr>
</tbody>
</table>

**MEN BY RACE**

<table>
<thead>
<tr>
<th>Race</th>
<th>Sub-Clinical</th>
<th>Clinical</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>19%</td>
<td>14%</td>
</tr>
<tr>
<td>Black</td>
<td>16%</td>
<td>15%</td>
</tr>
<tr>
<td>Other</td>
<td>13%</td>
<td>16%</td>
</tr>
<tr>
<td>Latinx</td>
<td>20%</td>
<td>19%</td>
</tr>
</tbody>
</table>
DEPRESSION:
DIVISION II ATHLETES
Depression: Division II Athletes

GENDER

- **DII Athletes**
  - Women: 27%
  - Men: 21%

- **Sub-Clinical**
  - Women: 22%
  - Men: 15%

RACE

- **White**
  - Sub-Clinical: 27%
  - Clinical: 19%

- **Non-White**
  - Sub-Clinical: 26%
  - Clinical: 24%
Depression: Division II Athletes

WOMEN BY RACE

- White: 30% Sub-Clinical, 21% Clinical
- Non-White: 31% Sub-Clinical, 30% Clinical

MEN BY RACE

- White: 22% Sub-Clinical, 15% Clinical
- Non-White: 18% Sub-Clinical, 16% Clinical
DEPRESSION:
DIVISION III ATHLETES
Depression: Division III Athletes

**GENDER**

<table>
<thead>
<tr>
<th>Group</th>
<th>Sub-Clinical</th>
<th>Clinical</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIII Athletes</td>
<td>27%</td>
<td>28%</td>
</tr>
<tr>
<td>Women</td>
<td>28%</td>
<td>31%</td>
</tr>
<tr>
<td>Men</td>
<td>24%</td>
<td>24%</td>
</tr>
</tbody>
</table>

**RACE**

<table>
<thead>
<tr>
<th>Group</th>
<th>Sub-Clinical</th>
<th>Clinical</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>26%</td>
<td>31%</td>
</tr>
<tr>
<td>Non-White</td>
<td>29%</td>
<td>21%</td>
</tr>
</tbody>
</table>
Depression: Division III Athletes

**WOMEN BY RACE**

- White Sub-Clinical: 27%
- White Clinical: 32%
- Non-White Sub-Clinical: 33%
- Non-White Clinical: 21%

**MEN BY RACE**

- White Sub-Clinical: 24%
- White Clinical: 26%
- Non-White Sub-Clinical: 24%
- Non-White Clinical: 20%
IMPACT OF COVID-19 ON STUDENT ATHLETE'S HEALTH, PERFORMANCE, AND PSYCHOLOGICAL WELL-BEING

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.

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

<table>
<thead>
<tr>
<th>Division</th>
<th>Moderate Stress</th>
<th>High Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Athletes</td>
<td>68%</td>
<td>10%</td>
</tr>
<tr>
<td>Division I</td>
<td>69%</td>
<td>10%</td>
</tr>
<tr>
<td>Division II</td>
<td>64%</td>
<td>11%</td>
</tr>
<tr>
<td>Division III</td>
<td>69%</td>
<td>15%</td>
</tr>
</tbody>
</table>
Psychological Distress: All Athletes

**GENDER**

- All Athletes: 68%
- Women: 71%
- Men: 63%

**RACE**

- White: 67%
- Black: 69%
- Other: 71%
- Latinx: 70%

- Moderate Stress
- High Stress
Psychological Distress: All Athletes

WOMEN BY RACE

- White: 70% Moderate Stress, 13% High Stress
- Black: 72% Moderate Stress, 12% High Stress
- Other: 76% Moderate Stress, 12% High Stress
- Latinx: 71% Moderate Stress, 13% High Stress

MEN BY RACE

- White: 62% Moderate Stress, 4% High Stress
- Black: 66% Moderate Stress, 6% High Stress
- Other: 54% Moderate Stress, 3% High Stress
- Latinx: 67% Moderate Stress, 4% High Stress
PSYCHOLOGICAL DISTRESS: DIVISION I ATHLETES
**Psychological Distress: Division I Athletes**

### GENDER
- **DI Athletes**: 69% Moderate Stress, 10% High Stress
- **Women**: 71% Moderate Stress, 12% High Stress
- **Men**: 63% Moderate Stress, 4% High Stress

### RACE
- **White**: 68% Moderate Stress, 10% High Stress
- **Black**: 69% Moderate Stress, 9% High Stress
- **Other**: 71% Moderate Stress, 9% High Stress
- **Latinx**: 71% Moderate Stress, 9% High Stress
Psychological Distress: Division I Athletes

**WOMEN BY RACE**

- Moderate Stress: 70% White, 73% Black, 77% Other, 73% Latinx
- High Stress: 12% White, 12% Black, 10% Other, 12% Latinx

**MEN BY RACE**

- Moderate Stress: 62% White, 66% Black, 50% Other, 67% Latinx
- High Stress: 4% White, 6% Black, 3% Other, 2% Latinx
PSYCHOLOGICAL DISTRESS: DIVISION II ATHLETES
Psychological Distress: Division II Athletes

**GENDER**
- DII Athletes: 64% Moderate Stress, 11% High Stress
- Women: 68% Moderate Stress, 14% High Stress
- Men: 58% Moderate Stress, 4% High Stress

**RACE**
- White: 64% Moderate Stress, 10% High Stress
- Non-White: 65% Moderate Stress, 13% High Stress
Psychological Distress: Division II Athletes

**WOMEN BY RACE**
- White: 68% Moderate Stress, 14% High Stress
- Non-White: 66% Moderate Stress, 17% High Stress

**MEN BY RACE**
- White: 56% Moderate Stress, 3% High Stress
- Non-White: 63% Moderate Stress, 6% High Stress
PSYCHOLOGICAL DISTRESS: DIVISION III ATHLETES
Psychological Distress: Division III Athletes

**GENDER**
- DIII Athletes: 69% Moderate Stress, 15% High Stress
- Women: 70% Moderate Stress, 18% High Stress
- Men: 67% Moderate Stress, 7% High Stress

**RACE**
- White: 68% Moderate Stress, 16% High Stress
- Non-White: 71% Moderate Stress, 11% High Stress
Psychological Distress: Division III Athletes

**WOMEN BY RACE**

- **White**
  - Moderate Stress: 70%
  - High Stress: 19%

- **Non-White**
  - Moderate Stress: 71%
  - High Stress: 15%

**MEN BY RACE**

- **White**
  - Moderate Stress: 64%
  - High Stress: 8%

- **Non-White**
  - Moderate Stress: 72%
  - High Stress: 5%
SATISFACTION WITH LIFE
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

- All Athletes: 13% Dissatisfied, 38% Neither, 49% Satisfied
- Division I: 12% Dissatisfied, 40% Neither, 48% Satisfied
- Division II: 12% Dissatisfied, 40% Neither, 49% Satisfied
- Division III: 18% Dissatisfied, 29% Neither, 53% Satisfied
Satisfaction with Life: All Athletes

WOMEN BY RACE

Dissatisfied | Neither | Satisfied
---|---|---
White: 14% | 50% | 36%
Black: 17% | 50% | 32%
Other: 14% | 50% | 35%
Latinx: 14% | 50% | 36%

MEN BY RACE

Dissatisfied | Neither | Satisfied
---|---|---
White: 10% | 45% | 45%
Black: 13% | 52% | 36%
Other: 7% | 40% | 41%
Latinx: 12% | 47% | 41%
SATISFACTION WITH LIFE: DIVISION I ATHLETES
Satisfaction with Life: Division I Athletes

GENDER

DI Athletes
- Dissatisfied: 12%
- Neither: 40%
- Satisfied: 48%

Women
- Dissatisfied: 13%
- Neither: 38%
- Satisfied: 49%

Men
- Dissatisfied: 10%
- Neither: 46%
- Satisfied: 44%

RACE

White
- Dissatisfied: 12%
- Neither: 48%
- Satisfied: 50%

Black
- Dissatisfied: 15%
- Neither: 50%
- Satisfied: 35%

Other
- Dissatisfied: 11%
- Neither: 49%
- Satisfied: 39%

Latinx
- Dissatisfied: 13%
- Neither: 48%
- Satisfied: 39%
Satisfaction with Life: Division I Athletes

**WOMEN BY RACE**

- **White**: 49% Dissatisfied, 38% Neither, 13% Satisfied
- **Black**: 50% Dissatisfied, 32% Neither, 14% Satisfied
- **Other**: 49% Dissatisfied, 38% Neither, 14% Satisfied
- **Latinx**: 50% Dissatisfied, 36% Neither, 13% Satisfied

**MEN BY RACE**

- **White**: 45% Dissatisfied, 46% Neither, 44% Satisfied
- **Black**: 50% Dissatisfied, 37% Neither, 43% Satisfied
- **Other**: 49% Dissatisfied, 46% Neither, 45% Satisfied
- **Latinx**: 43% Dissatisfied, 44% Neither, 45% Satisfied
SATISFACTION WITH LIFE: DIVISION II ATHLETES
Satisfaction with Life: Division II Athletes

**WOMEN BY RACE**

- White: 13% (Dissatisfied), 37% (Neither), 51% (Satisfied)
- Non-White: 9% (Dissatisfied), 36% (Neither), 55% (Satisfied)

**MEN BY RACE**

- White: 10% (Dissatisfied), 42% (Neither), 48% (Satisfied)
- Non-White: 12% (Dissatisfied), 56% (Neither), 32% (Satisfied)
SATISFACTION WITH LIFE: DIVISION III ATHLETES
Satisfaction with Life: Division III Athletes

### GENDER
- **DIII Athletes**: 17% Dissatisfied, 30% Neither, 53% Satisfied
- **Women**: 19% Dissatisfied, 28% Neither, 53% Satisfied
- **Men**: 13% Dissatisfied, 34% Neither, 53% Satisfied

### RACE
- **White**: 18% Dissatisfied, 29% Neither, 53% Satisfied
- **Non-White**: 15% Dissatisfied, 15% Neither, 54% Satisfied
Satisfaction with Life: Division III Athletes

WOMEN BY RACE

- White: Dissatisfied 19%, Neither 54%, Satisfied 27%
- Non-White: Dissatisfied 18%, Neither 52%, Satisfied 30%

MEN BY RACE

- White: Dissatisfied 14%, Neither 51%, Satisfied 35%
- Non-White: Dissatisfied 11%, Neither 35%, Satisfied 30%
SLEEP DISTURBANCE
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.

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

**GENDER**

- **All Athletes**: 15%
- **Women**: 17%
- **Men**: 11%

**RACE**

- **White**: 15%
- **Black**: 15%
- **Other**: 15%
- **Latinx**: 18%
Sleep Disturbance: All Athletes

**WOMEN BY RACE**

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<thead>
<tr>
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<th>Moderate</th>
<th>Severe</th>
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<td>3%</td>
</tr>
<tr>
<td>Black</td>
<td>20%</td>
<td>4%</td>
</tr>
<tr>
<td>Other</td>
<td>18%</td>
<td>1%</td>
</tr>
<tr>
<td>Latinx</td>
<td>19%</td>
<td>3%</td>
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**MEN BY RACE**

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<tr>
<td>Black</td>
<td>10%</td>
<td>1%</td>
</tr>
<tr>
<td>Other</td>
<td>6%</td>
<td>0%</td>
</tr>
<tr>
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SLEEP DISTURBANCE: 
DIVISION I ATHLETES
**Sleep Disturbance: Division I Athletes**

### Women by Race

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<tr>
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<td>5%</td>
</tr>
<tr>
<td>Other</td>
<td>17%</td>
<td>1%</td>
</tr>
<tr>
<td>Latinx</td>
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<td>3%</td>
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### Men by Race

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<td>9%</td>
<td>0%</td>
</tr>
<tr>
<td>Black</td>
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<td>1%</td>
</tr>
<tr>
<td>Other</td>
<td>0%</td>
<td>2%</td>
</tr>
<tr>
<td>Latinx</td>
<td>17%</td>
<td>0%</td>
</tr>
</tbody>
</table>
SLEEP DISTURBANCE:
DIVISION II ATHLETES
Sleep Disturbance: Division II Athletes

GENDER

- DII Athletes: 14% Moderate, 2% Severe
- Women: 17% Moderate, 3% Severe
- Men: 11% Moderate, 1% Severe

RACE

- White: 14% Moderate, 2% Severe
- Non-White: 17% Moderate, 2% Severe
Sleep Disturbance: Division II Athletes

**WOMEN BY RACE**

- White: 15% (Moderate), 3% (Severe)
- Non-White: 23% (Moderate), 3% (Severe)

**MEN BY RACE**

- White: 11% (Moderate), 0% (Severe)
- Non-White: 8% (Moderate), 2% (Severe)
SLEEP DISTURBANCE:
DIVISION III ATHLETES
Sleep Disturbance: Division III Athletes

**GENDER**
- DIII Athletes: 20%
- Women: 20%
- Men: 19%

**RACE**
- White: 19%
- Non-White: 20%

- Moderate: Pink
- Severe: Blue
Sleep Disturbance: Division III Athletes

WOMEN BY RACE
- White: 19% (Moderate), 4% (Severe)
- Non-White: 22% (Moderate), 2% (Severe)

MEN BY RACE
- White: 20% (Moderate), 1% (Severe)
- Non-White: 17% (Moderate), 0% (Severe)
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.
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

DIVISION

- All Athletes: 15%
- Division I: 14%
- Division II: 18%
- Division III: 15%
Risky Drinking Behaviors: All Athletes

**GENDER**
- All Athletes: 15%
- Women: 15%
- Men: 14%

**RACE**
- White: 17%
- Black: 6%
- Other: 11%
- Latinx: 12%
Risky Drinking Behaviors: All Athletes

WOMEN BY RACE

- White: 17%
- Black: 9%
- Other: 11%
- Latinx: 12%

MEN BY RACE

- White: 17%
- Black: 4%
- Other: 10%
- Latinx: 13%
RISKY DRINKING BEHAVIORS:
DIVISION I ATHLETES
Risky Drinking Behaviors: Division I Athletes

**GENDER**

DI Athletes: 14%
Women: 15%
Men: 13%

**RACE**

White: 16%
Black: 7%
Other: 9%
Latinx: 13%
Risky Drinking Behaviors: Division I Athletes

**WOMEN BY RACE**

- White: 16%
- Black: 10%
- Other: 10%
- Latinx: 12%

**MEN BY RACE**

- White: 16%
- Black: 4%
- Other: 8%
- Latinx: 15%
RISKY DRINKING BEHAVIORS: DIVISION II ATHLETES
Risky Drinking Behaviors: Division II Athletes

**Gender**
- DII Athletes: 19%
- Women: 17%
- Men: 18%

**Race**
- White: 19%
- NonWhite: 14%
Risky Drinking Behaviors: Division II Athletes

**WOMEN BY RACE**
- White: 18%
- Non-White: 14%

**MEN BY RACE**
- White: 20%
- Non-White: 15%
RISKY DRINKING BEHAVIORS: DIVISION III ATHLETES
Risky Drinking Behaviors: Division III Athletes

**GENDER**
- Women: 16%
- Men: 14%
- DIII Athletes: 15%

**RACE**
- White: 18%
- NonWhite: 6%
Risky Drinking Behaviors: Division III Athletes

WOMEN BY RACE
- White: 18%
- Non-White: 8%

MEN BY RACE
- White: 18%
- Non-White: 4%
DISORDERED EATING BEHAVIORS
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

DIVISION

- **All Athletes**: 6% Subclinical, 23% Clinical
- **Division I**: 6% Subclinical, 23% Clinical
- **Division II**: 5% Subclinical, 21% Clinical
- **Division III**: 7% Subclinical, 24% Clinical
Disordered Eating Behaviors: All Athletes

**GENDER**

- All Athletes: 6% Subclinical, 23% Clinical
- Women: 7% Subclinical, 29% Clinical
- Men: 3% Subclinical, 11% Clinical

**RACE**

- White: 6% Subclinical, 23% Clinical
- Black: 5% Subclinical, 19% Clinical
- Other: 6% Subclinical, 25% Clinical
- Latinx: 6% Subclinical, 7% Clinical

Graphs show the distribution of disordered eating behaviors among different genders and races, with subclinical and clinical categories.
Disordered Eating Behaviors: All Athletes

WOMEN BY RACE

- White: 7%
- Black: 6%
- Other: 7%
- Latinx: 8%

MEN BY RACE

- White: 3%
- Black: 10%
- Other: 12%
- Latinx: 14%
DISORDERED EATING BEHAVIORS: DIVISION I ATHLETES
Disordered Eating Behaviors: Division I Athletes

**GENDER**

- DI Athletes: 6% Subclinical, 23% Clinical
- Women: 7% Subclinical, 29% Clinical
- Men: 3% Subclinical, 10% Clinical

**RACE**

- White: 6% Subclinical, 24% Clinical
- Black: 7% Subclinical, 18% Clinical
- Other: 6% Subclinical, 24% Clinical
- Latinx: 6% Subclinical, 25% Clinical
Disordered Eating Behaviors: Division I Athletes

**WOMEN BY RACE**

- White: 30%
- Black: 27%
- Other: 29%
- Latinx: 29%

**MEN BY RACE**

- White: 7%
- Black: 6%
- Other: 6%
- Latinx: 8%

**Subclinical**

- White: 30%
- Black: 6%
- Other: 6%
- Latinx: 8%

**Clinical**

- White: 27%
- Black: 29%
- Other: 29%
- Latinx: 10%
DISORDERED EATING BEHAVIORS: DIVISION II ATHLETES
Disordered Eating Behaviors: Division II Athletes

GENDER

- DII Athletes: 5% Subclinical, 21% Clinical
- Women: 7% Subclinical, 27% Clinical
- Men: 2% Subclinical, 9% Clinical

RACE

- White: 5% Subclinical, 20% Clinical
- Non-White: 9% Subclinical, 22% Clinical
Disordered Eating Behaviors: Division II Athletes

**WOMEN BY RACE**

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<thead>
<tr>
<th>Race</th>
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<th>Clinical</th>
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<tbody>
<tr>
<td>White</td>
<td>6%</td>
<td>27%</td>
</tr>
<tr>
<td>Non-White</td>
<td>11%</td>
<td>30%</td>
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</table>

**MEN BY RACE**

<table>
<thead>
<tr>
<th>Race</th>
<th>Subclinical</th>
<th>Clinical</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>1%</td>
<td>9%</td>
</tr>
<tr>
<td>Non-White</td>
<td>6%</td>
<td>11%</td>
</tr>
</tbody>
</table>
DISORDERED EATING BEHAVIORS: DIVISION III ATHLETES
Disordered Eating Behaviors: Division III Athletes

**GENDER**

- **DIII Athletes**
  - Subclinical: 6%
  - Clinical: 24%

- **Women**
  - Subclinical: 7%
  - Clinical: 29%

- **Men**
  - Subclinical: 5%
  - Clinical: 14%

**RACE**

- **White**
  - Subclinical: 6%
  - Clinical: 25%

- **Non-White**
  - Subclinical: 7%
  - Clinical: 24%
Disordered Eating Behaviors: Division III Athletes

**WOMEN BY RACE**

- White: 7% Subclinical, 28% Clinical
- Non-White: 7% Subclinical, 30% Clinical

**MEN BY RACE**

- White: 4% Subclinical, 14% Clinical
- Non-White: 7% Subclinical, 14% Clinical
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.

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

Overall
Leanness: 42%, 41%, 40%
Muscularity: 47%, 46%, 44%
Thinness: 51%, 50%, 50%
Weight: 51%, 50%, 50%

Division I
Leanness: 43%, 42%, 43%
Muscularity: 47%, 47%, 46%
Thinness: 52%
Weight: 50%

Division II
Leanness: 43%, 42%, 42%
Muscularity: 47%, 47%, 46%
Thinness: 52%
Weight: 50%

Division III
Leanness: 43%, 42%, 42%
Muscularity: 47%, 47%, 46%
Thinness: 52%
Weight: 50%
Body Dissatisfaction: All Athletes

**GENDER**

<table>
<thead>
<tr>
<th>Overall</th>
<th>Leanness</th>
<th>Muscularity</th>
<th>Thinness</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>42%</td>
<td>47%</td>
<td>49%</td>
<td>47%</td>
</tr>
<tr>
<td>Men</td>
<td>54%</td>
<td>49%</td>
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</table>

**RACE**

<table>
<thead>
<tr>
<th>Overall</th>
<th>Leanness</th>
<th>Muscularity</th>
<th>Thinness</th>
<th>Weight</th>
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</thead>
<tbody>
<tr>
<td>White</td>
<td>43%</td>
<td>32%</td>
<td>38%</td>
<td>47%</td>
</tr>
<tr>
<td>Black</td>
<td>34%</td>
<td>38%</td>
<td>47%</td>
<td>44%</td>
</tr>
<tr>
<td>Other</td>
<td>48%</td>
<td>35%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Latinx</td>
<td>54%</td>
<td>35%</td>
<td>35%</td>
<td>52%</td>
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</table>
Body Dissatisfaction: All Athletes

**WOMEN BY RACE**

- **Overall**: 49%, 52%, 50%, 54%, 58%, 55%, 55%, 56%, 57%, 55%, 51%, 52%
- **Leanness**: 37%, 46%, 49%, 51%, 54%, 49%, 43%, 49%, 44%, 51%, 47%
- **Muscularity**: 54%, 54%, 56%, 51%, 55%, 43%, 43%, 46%, 46%, 51%, 52%
- **Thinness**: 58%, 55%, 54%, 51%, 55%, 55%, 55%, 57%, 55%, 51%, 52%
- **Weight**: 49%, 52%, 50%, 54%, 58%, 55%, 55%, 56%, 57%, 55%, 51%

**MEN BY RACE**

- **Overall**: 29%, 35%, 31%, 33%, 33%, 33%, 33%, 32%, 34%, 34%, 30%, 31%, 29%
- **Leanness**: 27%, 28%, 26%, 28%, 33%, 33%, 33%, 32%, 34%, 34%, 30%, 31%, 26%
- **Muscularity**: 29%, 39%, 31%, 33%, 33%, 33%, 33%, 32%, 34%, 34%, 30%, 31%, 26%
- **Thinness**: 27%, 27%, 27%, 28%, 32%, 32%, 32%, 32%, 34%, 34%, 30%, 31%, 26%
- **Weight**: 27%, 27%, 27%, 28%, 32%, 32%, 32%, 32%, 34%, 34%, 30%, 31%, 26%
BODY DISSATISFACTION: DIVISION I ATHLETES
Body Dissatisfaction: Division I Athletes

**GENDER**

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<td>Overall</td>
<td>41%</td>
<td>47%</td>
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<tr>
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<td>27%</td>
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**RACE**

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</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>42%</td>
<td>44%</td>
<td>47%</td>
<td>53%</td>
</tr>
<tr>
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</tr>
<tr>
<td>Other</td>
<td>41%</td>
<td>48%</td>
<td>53%</td>
<td>48%</td>
</tr>
<tr>
<td>Latinx</td>
<td>41%</td>
<td>48%</td>
<td>53%</td>
<td>48%</td>
</tr>
<tr>
<td>Men</td>
<td>28%</td>
<td>33%</td>
<td>34%</td>
<td>33%</td>
</tr>
</tbody>
</table>

Overall, DI Athletes exhibit higher body dissatisfaction in terms of leanness and muscularity compared to Women and Men. Similarly, White athletes tend to have lower body dissatisfaction in terms of weight compared to other races.
Body Dissatisfaction: Division I Athletes

WOMEN BY RACE

- Overall: 48% Leanness, 49% Muscularity, 49% Thinness, 48% Weight
- White: 36% Leanness, 53% Muscularity, 54% Thinness, 56% Weight
- Black: 44% Leanness, 48% Muscularity, 51% Thinness, 56% Weight
- Other: 56% Leanness, 41% Muscularity, 52% Thinness, 55% Weight
- Latinx: 41% Leanness, 42% Muscularity, 50% Thinness, 49% Weight

MEN BY RACE

- Overall: 28% Leanness, 33% Muscularity, 30% Thinness, 28% Weight
- White: 25% Leanness, 40% Muscularity, 30% Thinness, 26% Weight
- Black: 27% Leanness, 33% Muscularity, 32% Thinness, 26% Weight
- Other: 26% Leanness, 33% Muscularity, 33% Thinness, 28% Weight
- Latinx: 24% Leanness, 33% Muscularity, 33% Thinness, 30% Weight
BODY SATISFACTION: DIVISION II ATHLETES
Body Dissatisfaction: Division II Athletes

**GENDER**

<table>
<thead>
<tr>
<th>Category</th>
<th>DII Athletes</th>
<th>Women</th>
<th>Men</th>
</tr>
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<tbody>
<tr>
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</tr>
<tr>
<td>Weight</td>
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**RACE**

<table>
<thead>
<tr>
<th>Category</th>
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<th>Non-White</th>
</tr>
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<td>45%</td>
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<tr>
<td>Muscularity</td>
<td>44%</td>
<td>39%</td>
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<tr>
<td>Thinness</td>
<td>46%</td>
<td>48%</td>
</tr>
<tr>
<td>Weight</td>
<td>42%</td>
<td>43%</td>
</tr>
</tbody>
</table>
Body Dissatisfaction: Division II Athletes

**WOMEN BY RACE**

- Overall: 47% (White) / 53% (Non-White)
- Leanness: 50% (White) / 56% (Non-White)
- Muscularity: 49% (White) / 46% (Non-White)
- Thinness: 53% (White) / 62% (Non-White)
- Weight: 49% (White) / 56% (Non-White)

- **Overall**: 47% (White) / 53% (Non-White)
- **Leanness**: 50% (White) / 56% (Non-White)
- **Muscularity**: 49% (White) / 46% (Non-White)
- **Thinness**: 53% (White) / 62% (Non-White)
- **Weight**: 49% (White) / 56% (Non-White)

**MEN BY RACE**

- Overall: 25% (White) / 28% (Non-White)
- Leanness: 28% (White) / 33% (Non-White)
- Muscularity: 30% (White) / 30% (Non-White)
- Thinness: 35% (White) / 32% (Non-White)
- Weight: 32% (White) / 28% (Non-White)

- **Overall**: 25% (White) / 28% (Non-White)
- **Leanness**: 28% (White) / 33% (Non-White)
- **Muscularity**: 30% (White) / 30% (Non-White)
- **Thinness**: 35% (White) / 32% (Non-White)
- **Weight**: 32% (White) / 28% (Non-White)
BODY DISSATISFACTION: DIVISION III ATHLETES
Body Dissatisfaction: Division III Athletes

**GENDER**

- Overall
- Leanness
- Muscularity
- Thinness
- Weight

**RACE**

- Overall
- Leanness
- Muscularity
- Thinness
- Weight

- DIII Athletes
- Women
- Men

- White
- Non-White
Body Dissatisfaction: Division III Athletes

**WOMEN BY RACE**

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>Leanness</th>
<th>Muscularity</th>
<th>Thinness</th>
<th>Weight</th>
</tr>
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<tbody>
<tr>
<td>White</td>
<td>56%</td>
<td>59%</td>
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<td>54%</td>
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<tr>
<td>Non-White</td>
<td>53%</td>
<td>61%</td>
<td>56%</td>
<td>60%</td>
<td>54%</td>
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</tbody>
</table>

**MEN BY RACE**

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>Leanness</th>
<th>Muscularity</th>
<th>Thinness</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
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</tr>
<tr>
<td>Non-White</td>
<td>35%</td>
<td>36%</td>
<td>36%</td>
<td>34%</td>
<td>42%</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Division</th>
<th>All Athletes</th>
<th>Div. I</th>
<th>Div. II</th>
<th>Div. III</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>26%</td>
<td>25%</td>
<td>25%</td>
<td>30%</td>
</tr>
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<tr>
<td></td>
<td>38%</td>
<td>39%</td>
<td>39%</td>
<td>30%</td>
</tr>
</tbody>
</table>
Cumulative Body Dissatisfaction: All Athletes

### GENDER

- **All Athletes**: 26% Women, 31% Men
- **Women**: 10% 0, 11% 1, 9% 2, 10% 3, 8% 4, 9% 5
- **Men**: 9% 0, 9% 1, 10% 2, 8% 3, 7% 4, 10% 5
- **Total**: 38% Women, 51% Men

### RACE

- **White**: 27% Women, 37% Men
- **Black**: 17% Women, 45% Men
- **Other**: 28% Women, 33% Men
- **Latinx**: 24% Women, 14% Men

- **Women**: 8% 0, 9% 1, 10% 2, 9% 3, 11% 4, 9% 5
- **Men**: 9% 0, 11% 1, 7% 2, 8% 3, 9% 4, 11% 5
- **Total**: 14% 0, 17% 1, 11% 2, 9% 3, 11% 4, 9% 5
Cumulative Body Dissatisfaction: All Athletes

**WOMEN BY RACE**

<table>
<thead>
<tr>
<th></th>
<th>White</th>
<th>Black</th>
<th>Other</th>
<th>Latinx</th>
</tr>
</thead>
<tbody>
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<td>31%</td>
<td>37%</td>
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<td>30%</td>
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</table>

**MEN BY RACE**

<table>
<thead>
<tr>
<th></th>
<th>White</th>
<th>Black</th>
<th>Other</th>
<th>Latinx</th>
</tr>
</thead>
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**WOMEN BY RACE**

<table>
<thead>
<tr>
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<th>Latinx</th>
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<td>18%</td>
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**MEN BY RACE**

<table>
<thead>
<tr>
<th></th>
<th>White</th>
<th>Black</th>
<th>Other</th>
<th>Latinx</th>
</tr>
</thead>
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<tr>
<td>5</td>
<td>15%</td>
<td>18%</td>
<td>13%</td>
<td>12%</td>
</tr>
</tbody>
</table>
BODY DISSATISFACTION: DIVISION I ATHLETES
Cumulative Body Dissatisfaction: Division I Athletes

**GENDER**

- **DI Athletes**
  - Women: 31%
  - Men: 13%

- **Women**
  - 0: 9%
  - 1: 11%
  - 2: 8%
  - 3: 9%
  - 4: 8%
  - 5: 7%

- **Men**
  - 0: 9%
  - 1: 8%
  - 2: 11%
  - 3: 9%
  - 4: 8%
  - 5: 7%

**RACE**

- **White**
  - 0: 27%
  - 1: 16%
  - 2: 16%
  - 3: 11%
  - 4: 14%
  - Other: 26%

- **Black**
  - 0: 7%
  - 1: 11%
  - 2: 11%
  - 3: 6%
  - 4: 14%
  - Latinx: 23%

- **Other**
  - 0: 10%
  - 1: 8%
  - 2: 11%
  - 3: 7%
  - 4: 8%
  - Latinx: 13%

- **Latinx**
  - 0: 27%
  - 1: 16%
  - 2: 16%
  - 3: 11%
  - 4: 14%
  - Latinx: 23%
Cumulative Body Dissatisfaction: Division I Athletes

**WOMEN BY RACE**

- **White**: 32% (40%)
- **Black**: 22% (8%)
- **Other**: 32% (12%)
- **Latinx**: 29% (13%)

**MEN BY RACE**

- **White**: 15% (52%)
- **Black**: 11% (54%)
- **Other**: 8% (31%)
- **Latinx**: 8% (11%)

Legend:

- 0
- 1
- 2
- 3
- 4
- 5
BODY DISSATISFACTION: DIVISION II ATHLETES
Cumulative Body Dissatisfaction: Division II Athletes

**GENDER**
- DII Athletes: 39%
- Women: 31%
- Men: 13%

**RACE**
- White: 38%
- Non-White: 42%
Cumulative Body Dissatisfaction: Division II Athletes

**WOMEN BY RACE**
- White: 31%
- Non-White: 33%
  - 7%
  - 12%
  - 10%
  - 9%
  - 31%
  - 31%
  - 13%
  - 11%
  - 10%
  - 4%

**MEN BY RACE**
- White: 15%
- Non-White: 60%
  - 13%
  - 8%
  - 11%
  - 10%
  - 6%
  - 2%
  - 11%
  - 6%
  - 13%
  - 15%
  - 0%
BODY SATISFACTION: DIVISION III ATHLETES
Cumulative Body Dissatisfaction: Division III Athletes

**Gender**
- DIII Athletes: 30%
- Women: 34%
- Men: 21%

**Race**
- White: 30%
- Non-White: 29%

The chart shows the percentage of DIII Athletes, Women, and Men who experience cumulative body dissatisfaction, with a breakdown by race, comparing White and Non-White categories.
Cumulative Body Dissatisfaction: Division III Athletes

WOMEN BY RACE

- White: 33%
- Non-White: 35%

- 25% 13% 12% 8% 8% 22%

MEN BY RACE

- White: 22%
- Non-White: 20%

- 40% 13% 8% 11% 6% 8% 7% 46%
VIGOROUS EXERCISE BEHAVIORS
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
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

<table>
<thead>
<tr>
<th>Division</th>
<th>All Athletes</th>
<th>Division I</th>
<th>Division II</th>
<th>Division III</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>88%</td>
<td>89%</td>
<td>87%</td>
<td>86%</td>
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</tbody>
</table>

DIVISION: TIME SPENT

<table>
<thead>
<tr>
<th>Time Range</th>
<th>All Athletes</th>
<th>Division I</th>
<th>Division II</th>
<th>Division III</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-15 minutes</td>
<td>13%</td>
<td>12%</td>
<td>14%</td>
<td>13%</td>
</tr>
<tr>
<td>16-30 minutes</td>
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<td>16%</td>
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<td>31-45 minutes</td>
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<tr>
<td>91+ minutes</td>
<td>13%</td>
<td>13%</td>
<td>8%</td>
<td>10%</td>
</tr>
</tbody>
</table>
Vigorous Exercise Behaviors: All Athletes

**Gender: Engagement**
- All Athletes: 88%
- Women: 87%
- Men: 92%

**Gender: Time Spent**
- 1-15 minutes: Women 12%, Men 14%
- 16-30 minutes: Women 14%, Men 16%
- 31-45 minutes: Women 11%, Men 19%
- 46-60 minutes: Women 14%, Men 23%
- 61-75 minutes: Women 8%, Men 19%
- 76-90 minutes: Women 10%, Men 14%
- 91+ minutes: Women 13%, Men 14%
Vigorous Exercise Behaviors: All Athletes

**RACE: ENGAGEMENT**

- White: 90%
- Black: 85%
- Other: 82%
- Latinx: 86%

**RACE: TIME SPENT**

- 1-15 minutes: White 11%, Black 14%, Other 15%, Latinx 16%
- 16-30 minutes: White 16%, Black 14%, Other 15%, Latinx 16%
- 31-45 minutes: White 16%, Black 12%, Other 13%, Latinx 17%
- 46-60 minutes: White 18%, Black 17%, Other 16%, Latinx 17%
- 61-75 minutes: White 22%, Black 20%, Other 17%, Latinx 24%
- 76-90 minutes: White 24%, Black 20%, Other 15%, Latinx 16%
- 91+ minutes: White 16%, Black 14%, Other 12%, Latinx 17%
Vigorous Exercise Behaviors: All Athletes

WOMEN BY RACE: ENGAGEMENT

89% 78% 79% 84%

WOMEN BY RACE: TIME SPENT

1-15 minutes: 11% 12% 11% 13%
16-30 minutes: 19% 16% 16% 16%
31-45 minutes: 19% 16% 13% 16%
46-60 minutes: 19% 19% 23% 22%
61-75 minutes: 19% 19% 20% 20%
76-90 minutes: 28% 8% 7% 6%
91+ minutes: 12% 12% 13% 13%
VIGOROUS EXERCISE BEHAVIORS: DIVISION I ATHLETES
Vigorous Exercise Behaviors: Division I Athletes

**GENDER: ENGAGEMENT**

- DI Athletes: 89%
- Women: 88%
- Men: 92%

**GENDER: TIME SPENT**

- DI Athletes:
  - 13%
  - 12%
  - 17%
- Women:
  - 14%
  - 14%
  - 10%
- Men:
  - 12%
  - 14%
  - 18%

- DI Athletes:
  - 7%
  - 8%
  - 7%
- Women:
  - 12%
  - 11%
  - 19%
- Men:
  - 14%
  - 14%
  - 23%
Vigorous Exercise Behaviors: Division I Athletes

**RACE: ENGAGEMENT**

<table>
<thead>
<tr>
<th>Race</th>
<th>White</th>
<th>Black</th>
<th>Other</th>
<th>Latinx</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-15 minutes</td>
<td>22%</td>
<td>16%</td>
<td>14%</td>
<td>13%</td>
</tr>
<tr>
<td>16-30 minutes</td>
<td>14%</td>
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<tr>
<td>91+ minutes</td>
<td>16%</td>
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</table>

**RACE: TIME SPENT**

<table>
<thead>
<tr>
<th>Time Interval</th>
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<th>Black</th>
<th>Other</th>
<th>Latinx</th>
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<td>13%</td>
<td>8%</td>
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<td>46-60 minutes</td>
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<td>61-75 minutes</td>
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<tr>
<td>91+ minutes</td>
<td>11%</td>
<td>12%</td>
<td>12%</td>
<td>11%</td>
</tr>
</tbody>
</table>
Vigorous Exercise Behaviors: Division I Athletes

**WOMEN BY RACE: ENGAGEMENT**

- White: 90%
- Black: 77%
- Other: 82%
- Latinx: 84%

**WOMEN BY RACE: TIME SPENT**

- 1-15 minutes:
  - White: 11%
  - Black: 13%
  - Other: 14%
  - Latinx: 15%
- 16-30 minutes:
  - White: 19%
  - Black: 16%
  - Other: 19%
  - Latinx: 16%
- 31-45 minutes:
  - White: 19%
  - Black: 15%
  - Other: 15%
  - Latinx: 15%
- 46-60 minutes:
  - White: 16%
  - Black: 16%
  - Other: 16%
  - Latinx: 16%
- 61-75 minutes:
  - White: 11%
  - Black: 9%
  - Other: 8%
  - Latinx: 8%
- 76-90 minutes:
  - White: 11%
  - Black: 8%
  - Other: 9%
  - Latinx: 9%
- 91+ minutes:
  - White: 14%
  - Black: 14%
  - Other: 14%
  - Latinx: 15%
Vigorous Exercise Behaviors: Division I Athletes

**MEN BY RACE: ENGAGEMENT**

<table>
<thead>
<tr>
<th>Race</th>
<th>92%</th>
<th>93%</th>
<th>91%</th>
<th>91%</th>
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<tr>
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<td>Black</td>
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</tr>
<tr>
<td>Other</td>
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<tr>
<td>Latinx</td>
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**MEN BY RACE: TIME SPENT**

<table>
<thead>
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<th>Black</th>
<th>Other</th>
<th>Latinx</th>
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<tr>
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<td>11%</td>
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<tr>
<td>46-60 minutes</td>
<td>25%</td>
<td>21%</td>
<td>12%</td>
<td>21%</td>
</tr>
<tr>
<td>61-75 minutes</td>
<td>8%</td>
<td>5%</td>
<td>9%</td>
<td>5%</td>
</tr>
<tr>
<td>76-90 minutes</td>
<td>14%</td>
<td>13%</td>
<td>13%</td>
<td>14%</td>
</tr>
<tr>
<td>91+ minutes</td>
<td>23%</td>
<td>25%</td>
<td>23%</td>
<td>25%</td>
</tr>
</tbody>
</table>
VIGOROUS EXERCISE BEHAVIORS: DIVISION II ATHLETES
Vigorous Exercise Behaviors: Division II Athletes

**GENDER: ENGAGEMENT**

DII Athletes | Women | Men
---|---|---
87% | 85% | 91%

**GENDER: TIME SPENT**

DII Athletes | Women | Men
---|---|---
12% | 11% | 13%
16% | 18% | 16%
20% | 24% | 20%
21% | 23% | 21%
8% | 8% | 8%
11% | 9% | 13%
14% | 13% | 21%
Vigorous Exercise Behaviors: Division II Athletes

**Race: Engagement**

- White: 88%
- Non-White: 86%

**Race: Time Spent**

- 1-15 minutes:
  - White: 11%
  - Non-White: 17%
- 16-30 minutes:
  - White: 16%
  - Non-White: 16%
- 31-45 minutes:
  - White: 21%
  - Non-White: 18%
- 46-60 minutes:
  - White: 20%
  - Non-White: 26%
- 61-75 minutes:
  - White: 8%
  - Non-White: 6%
- 76-90 minutes:
  - White: 11%
  - Non-White: 9%
- 91+ minutes:
  - White: 14%
  - Non-White: 9%
Vigorous Exercise Behaviors: Division II Athletes

WOMEN BY RACE: ENGAGEMENT

- White: 85%
- Non-White: 85%

WOMEN BY RACE: TIME SPENT

<table>
<thead>
<tr>
<th>Time Range</th>
<th>White</th>
<th>Non-White</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-15 minutes</td>
<td>10%</td>
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</tr>
<tr>
<td>16-30 minutes</td>
<td>18%</td>
<td>18%</td>
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<tr>
<td>31-45 minutes</td>
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<td>25%</td>
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<td>46-60 minutes</td>
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<td>21%</td>
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<tr>
<td>61-75 minutes</td>
<td>8%</td>
<td>30%</td>
</tr>
<tr>
<td>76-90 minutes</td>
<td>9%</td>
<td>9%</td>
</tr>
<tr>
<td>91+ minutes</td>
<td>10%</td>
<td>9%</td>
</tr>
</tbody>
</table>
Vigorous Exercise Behaviors: Division II Athletes

**MEN BY RACE: ENGAGEMENT**

- **White**: 92%
- **Non-White**: 88%

**MEN BY RACE: TIME SPENT**

- **1-15 minutes**
  - **White**: 12%
  - **Non-White**: 11%
- **16-30 minutes**
  - **White**: 16.30%
  - **Non-White**: 14%
- **31-45 minutes**
  - **White**: 16.30%
  - **Non-White**: 17%
- **46-60 minutes**
  - **White**: 18.60%
  - **Non-White**: 9%
- **61-75 minutes**
  - **White**: 7.00%
  - **Non-White**: 7.00%
- **76-90 minutes**
  - **White**: 7.00%
  - **Non-White**: 7.00%
- **91+ minutes**
  - **White**: 16.30%
  - **Non-White**: 15%

**Legend**

- **White**
- **Non-White**

---

**Values**

- **White**
  - 12%
  - 16.30%
  - 16.30%
  - 18.60%
  - 7.00%
  - 7.00%
  - 16.30%

- **Non-White**
  - 11%
  - 14%
  - 17%
  - 9%
  - 7.00%
  - 7.00%
  - 15%
VIGOROUS EXERCISE BEHAVIORS: DIVISION III ATHLETES
Vigorous Exercise Behaviors: Division III Athletes

**GENDER: ENGAGEMENT**

<table>
<thead>
<tr>
<th>Gender</th>
<th>DIII Athletes</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>86%</td>
<td>84%</td>
<td>90%</td>
</tr>
<tr>
<td>Men</td>
<td>14%</td>
<td>12%</td>
<td>17%</td>
</tr>
</tbody>
</table>

**GENDER: TIME SPENT**

<table>
<thead>
<tr>
<th>Gender</th>
<th>DII Athletes</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>16%</td>
<td>17%</td>
<td>18%</td>
</tr>
<tr>
<td>Men</td>
<td>14%</td>
<td>22%</td>
<td>24%</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Gender</th>
<th>DIII Athletes</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>8%</td>
<td>8%</td>
<td>11%</td>
</tr>
<tr>
<td>Men</td>
<td>7%</td>
<td>8%</td>
<td>10%</td>
</tr>
</tbody>
</table>
Vigorous Exercise Behaviors: Division III Athletes

**RACE: ENGAGEMENT**

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>White</td>
<td>87%</td>
</tr>
<tr>
<td>Non-White</td>
<td>80%</td>
</tr>
</tbody>
</table>

**RACE: TIME SPENT**

<table>
<thead>
<tr>
<th>Time Segment</th>
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<th>Non-White</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-15 minutes</td>
<td>12%</td>
<td>19%</td>
</tr>
<tr>
<td>16-30 minutes</td>
<td>15%</td>
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<td>31-45 minutes</td>
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<td>46-60 minutes</td>
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<td>61-75 minutes</td>
<td>8%</td>
<td>22%</td>
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<tr>
<td>76-90 minutes</td>
<td>5%</td>
<td>23%</td>
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<tr>
<td>91+ minutes</td>
<td>7%</td>
<td>18%</td>
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</tbody>
</table>
Vigorous Exercise Behaviors: Division III Athletes

WOMEN BY RACE: ENGAGEMENT

<table>
<thead>
<tr>
<th>Race</th>
<th>1-15 minutes</th>
<th>16-30 minutes</th>
<th>31-45 minutes</th>
<th>46-60 minutes</th>
<th>61-75 minutes</th>
<th>76-90 minutes</th>
<th>91+ minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>12%</td>
<td>16%</td>
<td>16%</td>
<td>18%</td>
<td>23%</td>
<td>9%</td>
<td>11%</td>
</tr>
<tr>
<td>Non-White</td>
<td>16%</td>
<td>16%</td>
<td>18%</td>
<td>22%</td>
<td>21%</td>
<td>7%</td>
<td>8%</td>
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WOMEN BY RACE: TIME SPENT

<table>
<thead>
<tr>
<th>Time Range</th>
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<td>76-90 minutes</td>
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<td>8%</td>
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<tr>
<td>91+ minutes</td>
<td>8%</td>
<td>8%</td>
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</table>
Vigorous Exercise Behaviors: Division III Athletes

MEN BY RACE: ENGAGEMENT

White: 90%
Non-White: 89%

MEN BY RACE: TIME SPENT

<table>
<thead>
<tr>
<th>Time</th>
<th>White</th>
<th>Non-White</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-15 minutes</td>
<td>13%</td>
<td>18%</td>
</tr>
<tr>
<td>16-30 minutes</td>
<td>15%</td>
<td>18%</td>
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<tr>
<td>31-45 minutes</td>
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<td>46-60 minutes</td>
<td>21%</td>
<td>23%</td>
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<tr>
<td>61-75 minutes</td>
<td>7%</td>
<td>3%</td>
</tr>
<tr>
<td>76-90 minutes</td>
<td>9%</td>
<td>9%</td>
</tr>
<tr>
<td>91+ minutes</td>
<td>14%</td>
<td>13%</td>
</tr>
</tbody>
</table>
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**

<table>
<thead>
<tr>
<th>Counseling</th>
<th>All Athletes</th>
<th>Division I</th>
<th>Division II</th>
<th>Division III</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>73%</td>
<td>70%</td>
<td>80%</td>
<td>81%</td>
</tr>
<tr>
<td>Pre-Only</td>
<td>17%</td>
<td>18%</td>
<td>13%</td>
<td>12%</td>
</tr>
<tr>
<td>Post-Only</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Pre &amp; Post</td>
<td>8%</td>
<td>9%</td>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>
Mental Health Counseling: All Athletes

**GENDER**

- **Women**
  - None: 85%
  - Pre-Only: 67%
  - Post-Only: 20%
  - Pre & Post: 3%

- **Men**
  - None: 67%
  - Pre-Only: 20%
  - Post-Only: 10%
  - Pre & Post: 3%

**RACE**

- **White**
  - None: 73%
  - Pre-Only: 75%
  - Post-Only: 73%
  - Pre & Post: 73%

- **Black**
  - None: 17%
  - Pre-Only: 17%
  - Post-Only: 18%
  - Pre & Post: 15%

- **Other**
  - None: 2%
  - Pre-Only: 2%
  - Post-Only: 2%
  - Pre & Post: 3%

- **Latinx**
  - None: 8%
  - Pre-Only: 6%
  - Post-Only: 3%
  - Pre & Post: 10%
Mental Health Counseling: All Athletes

**WOMEN BY RACE**

<table>
<thead>
<tr>
<th>Counseling</th>
<th>White</th>
<th>Black</th>
<th>Other</th>
<th>Latinx</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>67%</td>
<td>65%</td>
<td>64%</td>
<td>66%</td>
</tr>
<tr>
<td>Pre-Only</td>
<td>20%</td>
<td>24%</td>
<td>20%</td>
<td>18%</td>
</tr>
<tr>
<td>Post-Only</td>
<td>3%</td>
<td>2%</td>
<td>2%</td>
<td>4%</td>
</tr>
<tr>
<td>Pre &amp; Post</td>
<td>10%</td>
<td>9%</td>
<td>13%</td>
<td>12%</td>
</tr>
</tbody>
</table>

**MEN BY RACE**

<table>
<thead>
<tr>
<th>Counseling</th>
<th>White</th>
<th>Black</th>
<th>Other</th>
<th>Latinx</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>86%</td>
<td>84%</td>
<td>84%</td>
<td>86%</td>
</tr>
<tr>
<td>Pre-Only</td>
<td>10%</td>
<td>11%</td>
<td>11%</td>
<td>11%</td>
</tr>
<tr>
<td>Post-Only</td>
<td>1%</td>
<td>2%</td>
<td>4%</td>
<td>2%</td>
</tr>
<tr>
<td>Pre &amp; Post</td>
<td>3%</td>
<td>2%</td>
<td>1%</td>
<td>2%</td>
</tr>
</tbody>
</table>
MENTAL HEALTH COUNSELING: DIVISION I ATHLETES
Mental Health Counseling: Division I Athletes

**GENDER**

- **None**: 70% (Women), 64% (Men)
- **Pre-Only**: 18% (Women), 22% (Men)
- **Post-Only**: 2% (Women), 3% (Men)
- **Pre & Post**: 9% (Women), 12% (Men)

**RACE**

- **None**: 70% (White), 67% (Black), 70% (Other, Latinx)
- **Pre-Only**: 18% (White), 19% (Black), 19% (Other, Latinx)
- **Post-Only**: 2% (White), 2% (Black), 4% (Other, Latinx)
- **Pre & Post**: 17% (White), 3% (Black), 3% (Other, Latinx)
Mental Health Counseling: Division I Athletes

**WOMEN BY RACE**

- **None**: 64%
- **Pre-Only**: 21%
- **Post-Only**: 3%
- **Pre & Post**: 12%

**MEN BY RACE**

- **None**: 83%
- **Pre-Only**: 12%
- **Post-Only**: 10%
- **Pre & Post**: 12%
MENTAL HEALTH COUNSELING: DIVISION II ATHLETES
Mental Health Counseling: Division II Athletes

**GENDER**

- **None**: 80% Women, 73% Men
- **Pre-Only**: 13% Women, 17% Men
- **Post-Only**: 6% Women, 2% Men, 3% Women, 3% Men, 1% Women, 1% Men
- **Pre & Post**: 5% Women, 7% Men, 1% Women, 1% Men

**RACE**

- **None**: 81% White, 77% Non-White
- **Pre-Only**: 13% White, 15% Non-White
- **Post-Only**: 2% White, 3% Non-White
- **Pre & Post**: 5% White, 5% Non-White
Mental Health Counseling: Division II Athletes

**WOMEN BY RACE**

- None: 74% White, 71% Non-White
- Pre-Only: 17% White, 18% Non-White
- Post-Only: 3% White, 2% Non-White
- Pre & Post: 7% White, 8% Non-White

**MEN BY RACE**

- None: 93% White, 6% Non-White
- Pre-Total: 6% White, 12% Non-White
- Pre-Only: 5% White, 10% Non-White
- Post-Total: 2% White, 5% Non-White
- Post-Only: 0% White, 3% Non-White
- Pre & Post: 1% White, 2% Non-White
MENTAL HEALTH COUNSELING: DIVISION III ATHLETES
Mental Health Counseling: Division III Athletes

GENDER

RACE

Counseling

DIII Athletes  Women  Men

White  Non-White
Mental Health Counseling: Division III Athletes

WOMEN BY RACE

<table>
<thead>
<tr>
<th>Counseling</th>
<th>White</th>
<th>Non-White</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>75%</td>
<td>80%</td>
</tr>
<tr>
<td>Pre-Only</td>
<td>16%</td>
<td>11%</td>
</tr>
<tr>
<td>Post-Only</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td>Pre &amp; Post</td>
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<td>8%</td>
</tr>
</tbody>
</table>

MEN BY RACE

<table>
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<tr>
<th>Counseling</th>
<th>White</th>
<th>Non-White</th>
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</thead>
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<td>90%</td>
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<tr>
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</tr>
<tr>
<td>Post-Only</td>
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<td>1%</td>
</tr>
<tr>
<td>Pre &amp; Post</td>
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<td>2%</td>
</tr>
</tbody>
</table>
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.

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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