

A blue and white pennant flag with the NCAA logo is positioned diagonally across the right side of the image. The background is a blurred crowd of spectators in a stadium.

NCAA Student-Athlete Well-Being Study (Fall 2021)

Survey Results – FARA Annual Meeting, November 2022



RESEARCH

Methods and Response Rates

- ▶ Online survey examined student-athlete experiences and well-being, as a follow-up to the spring and fall 2020 well-being [studies](#). Designed and distributed by NCAA Research in collaboration with the NCAA Sport Science Institute and the NCAA's Division I, II and III Student-Athlete Advisory Committees (SAAC).
- ▶ Ten-minute confidential survey administered online through QuestionPro survey software.
- ▶ Survey opened November 17, 2021 and closed December 13, 2021.
- ▶ 9,808 student-athletes took the survey, representing nearly all conferences across divisions.
- ▶ Women's sports participants and white student-athletes were overrepresented in the sample.



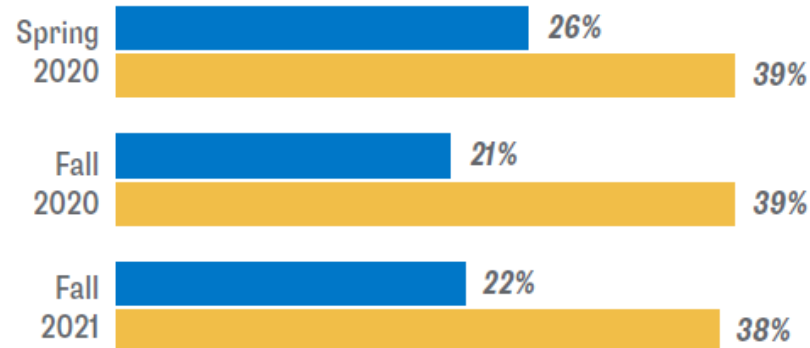
**Student-athlete mental well-being
remains a concern.**

Mental Health Concerns During COVID-19 Pandemic

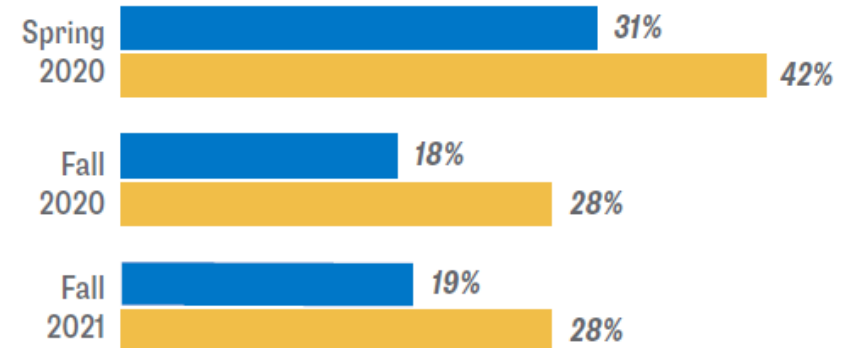
(Percentage of Participants Who Endorsed “Constantly” or “Most Every Day”)

■ Men's Sports ■ Women's Sports

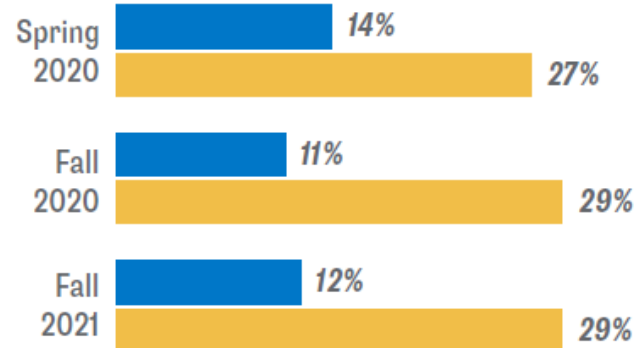
Felt mentally exhausted



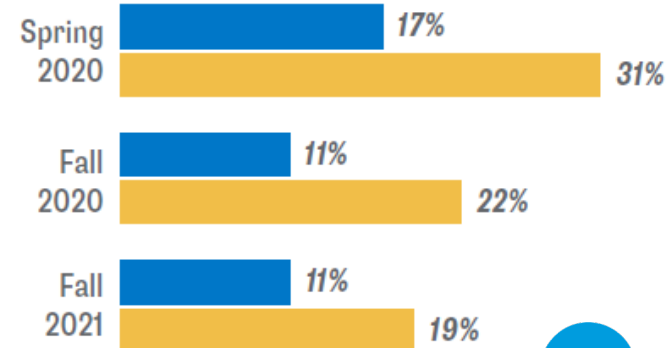
Experienced sleep difficulties



Felt overwhelming anxiety



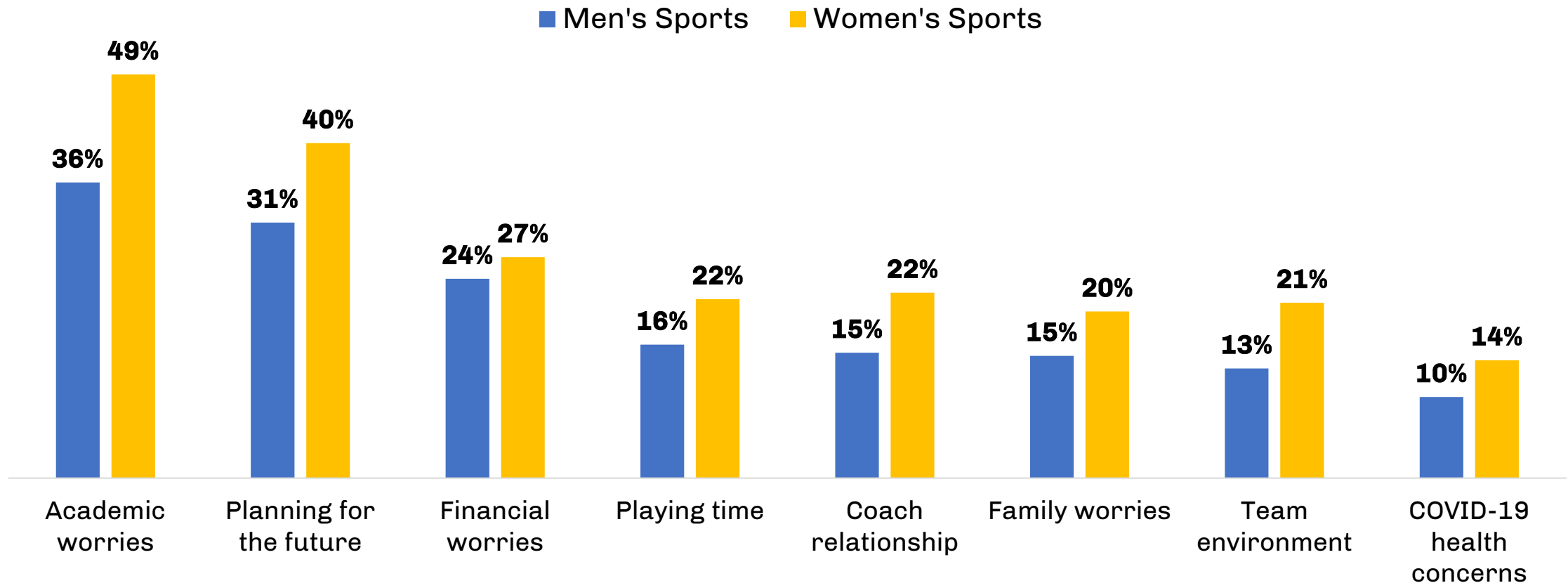
Felt sad



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Factors Negatively Impacting Student-Athlete Mental Health in the Month Before the Survey

(Percentage of Participants Who Responded “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The survey asked, “How much do you agree or disagree that the following have negatively impacted your mental health within the last month?” The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).

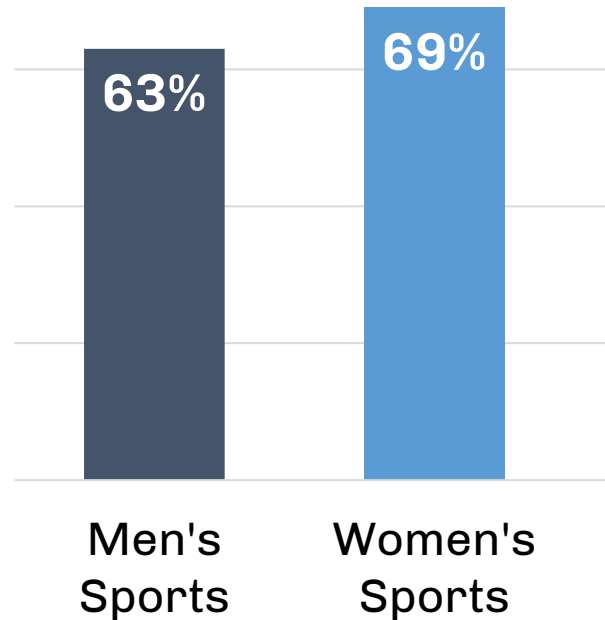


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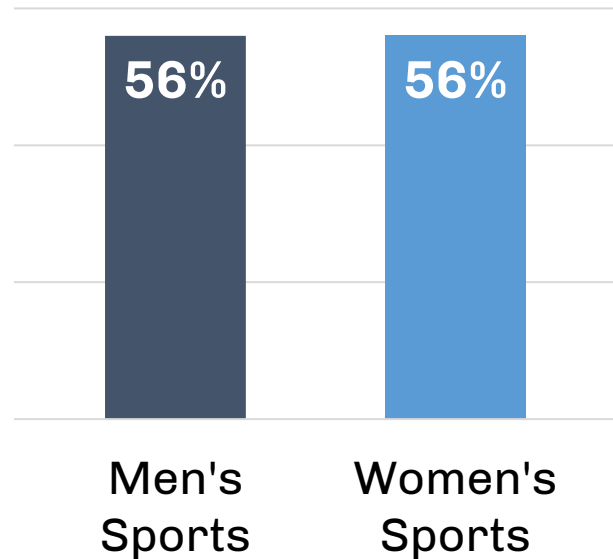
Mental Health Support

(Percentage of Participants Who Endorsed “Agree” or “Strongly Agree”)

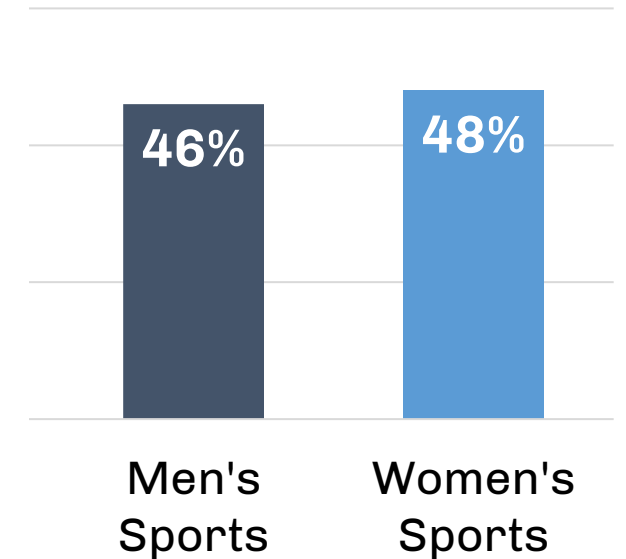
I know where to go on campus if I have mental health concerns.



I know how to help a teammate who is experiencing a mental health issue.



I would feel comfortable seeking support from a mental health provider on this campus.



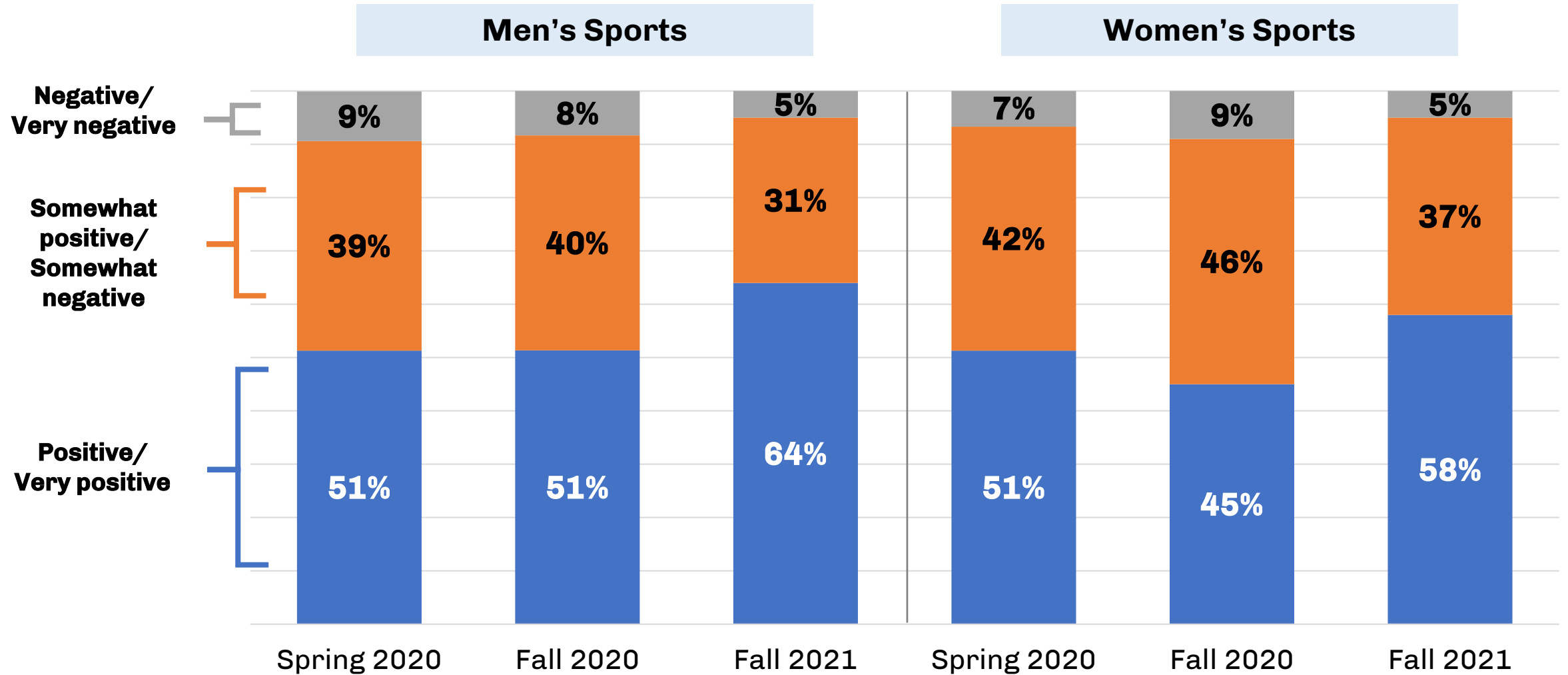
Note: Top 2 points on a 6-point scale. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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**Student-athletes are feeling better
about their academic experiences.**

Feelings About Their Ability to Keep Up With Classes



Note: Participants not enrolled in spring or fall 2020 classes excluded. The sum of percentages in each bar may not equal 100% due to rounding. Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021).

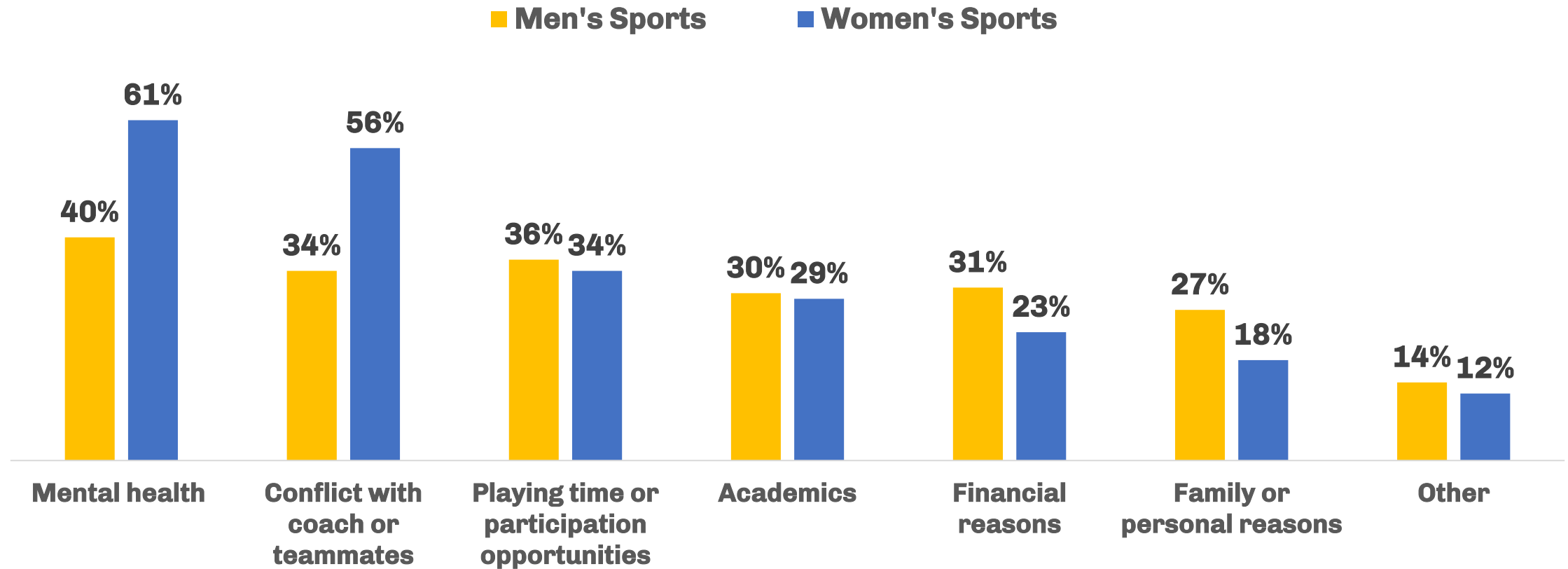


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Numerous factors were raised for considering transfer.



Reasons to Likely Transfer at Some Point This Year



Note: Participants could select multiple reasons for transfer. Includes only those who endorsed being “somewhat Likely” or “very likely” to transfer at some point this year. 502 women's sports participants (8%) and 237 men's sports participants (8%) endorsed being likely to transfer this year. The survey was in the field Nov. 17-Dec. 13, 2021. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



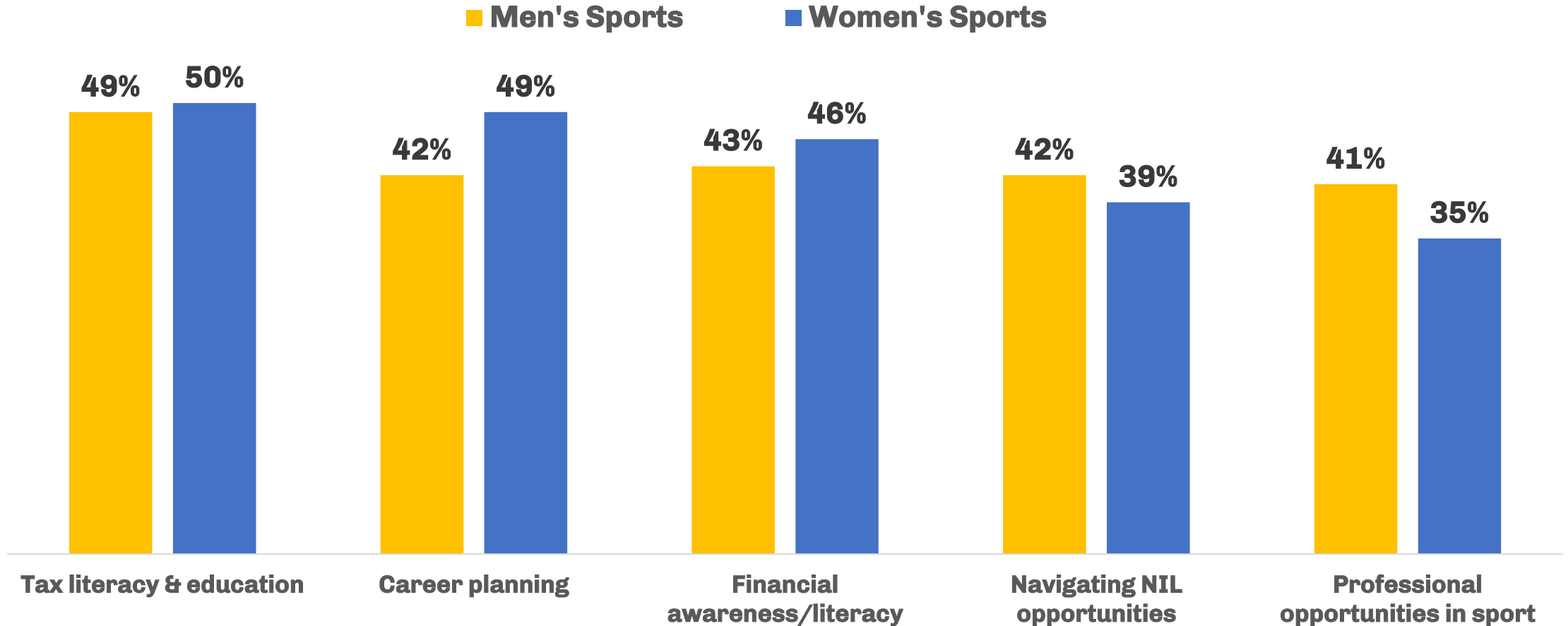
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Student-athletes are looking for resources related to both NIL and their future careers.



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Educational Resources Needed



Note: The question asked, "How interested are you in receiving additional education/resources about the following topics?" Responses options were "Have what I need," "Need this resource," and "I am not interested." Items with over 40 percent endorsing "Need this resource" are displayed. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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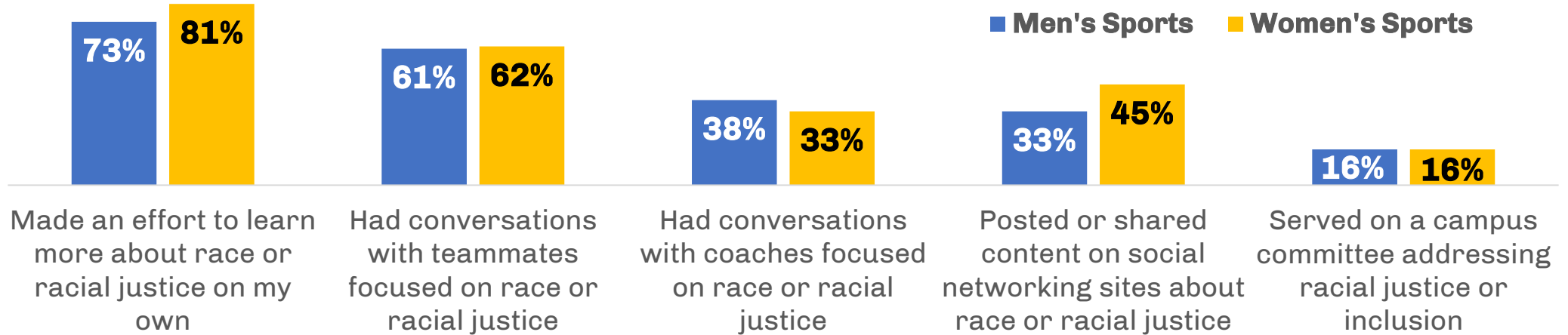
Issues related to race and gender equity are on the minds of student-athletes.



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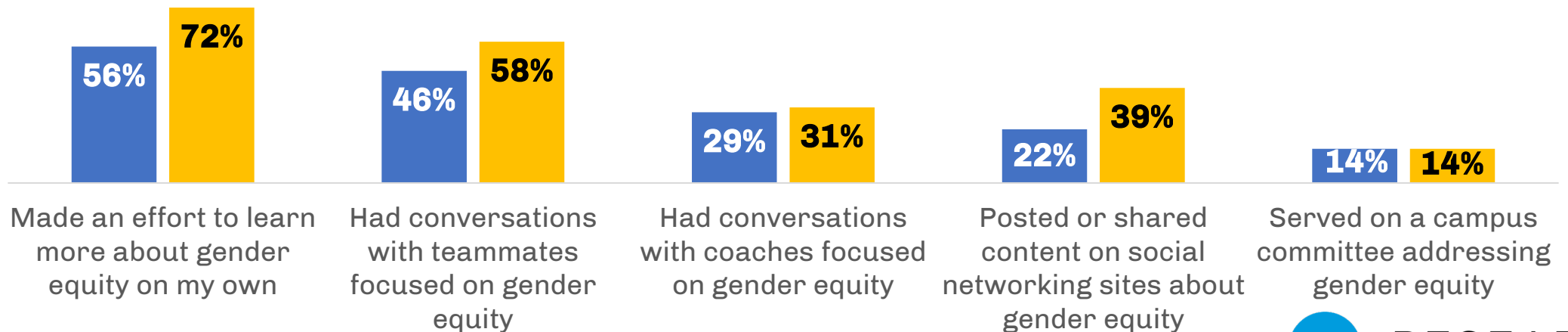
Racial Justice Engagement in the Last 6 Months

(Percentage Who Endorsed "Occasionally" or "Frequently")



Gender Equity Engagement in the Last 6 Months

(Percentage Who Endorsed "Occasionally" or "Frequently")





NCAA Coach Well-Being Study (Spring 2022)

Preliminary Findings – FARA Annual Meeting, November 2022



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Methods

- ▶ Online survey examined coach mental well-being, as well as how coaches are adapting to current recruiting and roster management challenges. Designed and distributed by NCAA Research.
- ▶ Survey opened March 2, 2022, and closed April 17, 2022.
- ▶ 6,113 NCAA coach staff members took the survey.

	Total	Division I	Division II	Division III
Head Coaches	4,258	1,471	958	1,808
Asst./Assoc. Coaches	1,627	952	261	406
Other (Director of Ops, GAs, etc.)	228	137	52	38

Mental Health

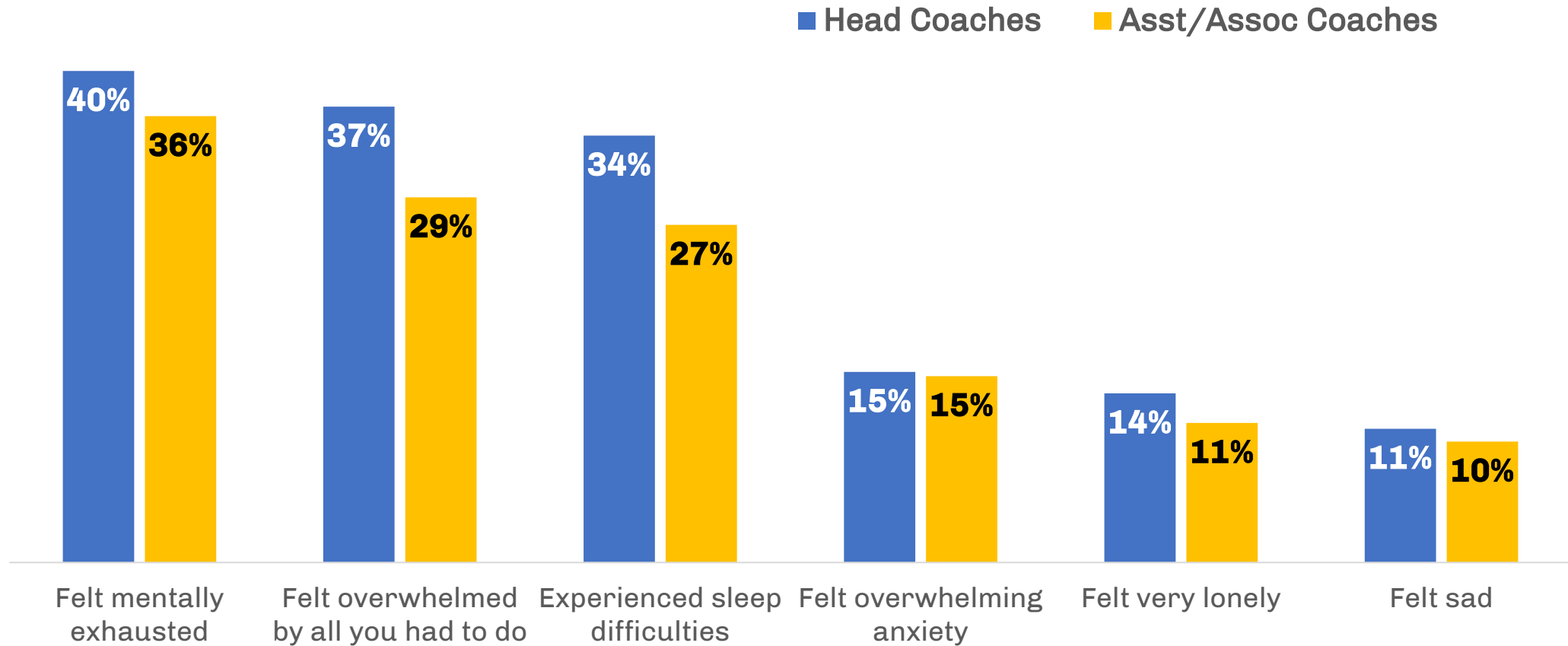
(Preliminary Findings)



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Coach Mental Health Concerns

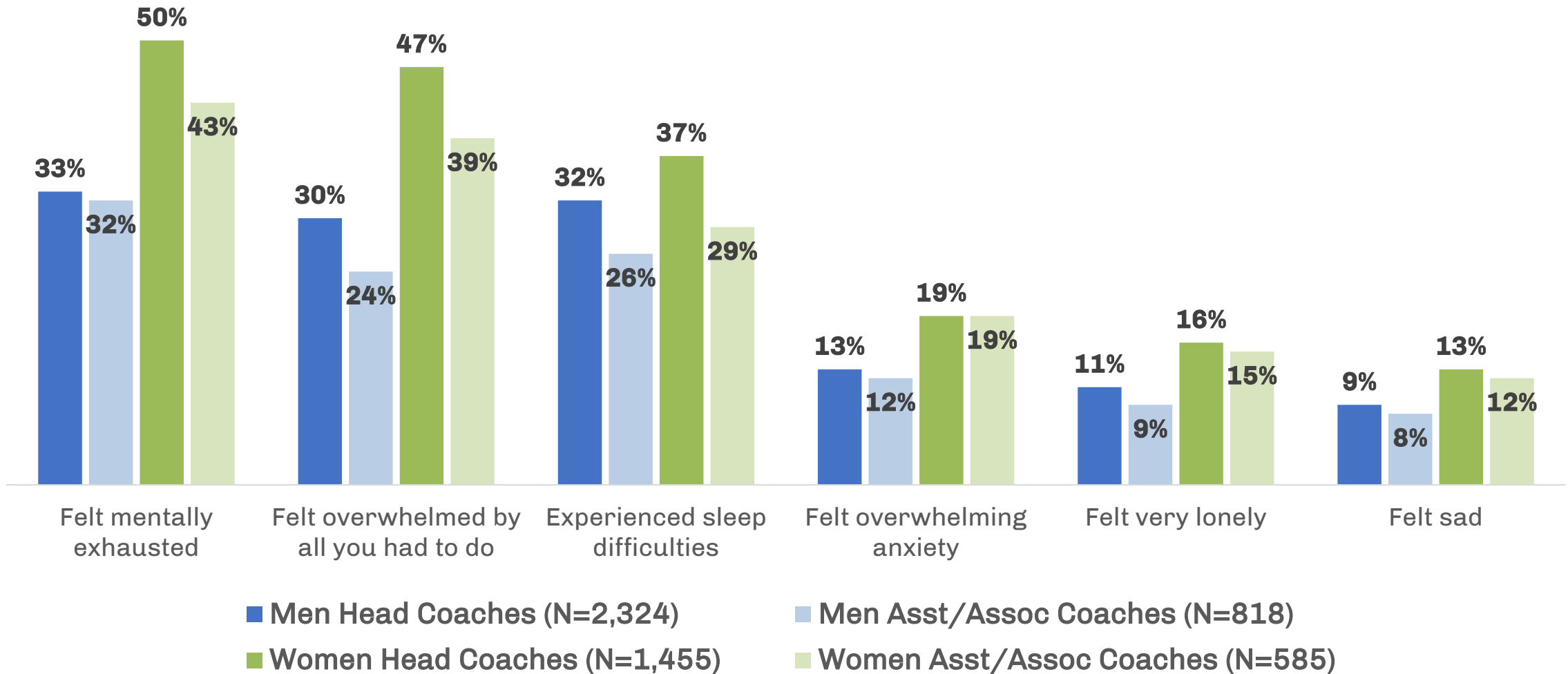
(Percentage of coaches responding “Constantly” or “Most Every Day”)



Note: Other concerns endorsed at rates ranging from 4-8% included a sense of loss, hopelessness, overwhelming anger and depression. Source: NCAA Coach Well-Being Study (Spring 2022).

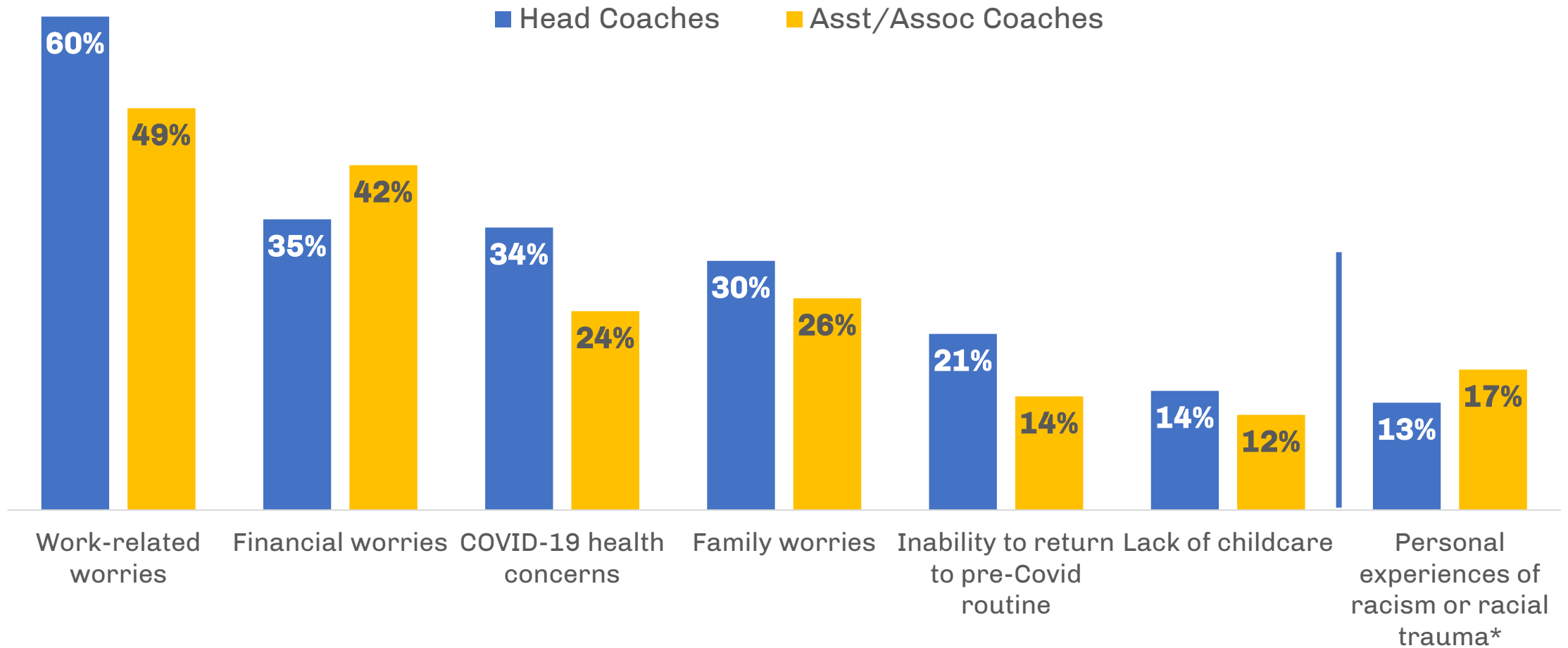
Coach Mental Health Concerns

(Percentage of coaches responding “Constantly” or “Most Every Day” by gender)



Factors Negatively Impacting Coach Mental Health in the 12 Months Before the Survey

(Percentage of Coaches Responding “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The survey was in the field Mar. 2-Apr. 17, 2022. Personal experiences of racism or racial trauma limited to coaches of color only, N=509 head coaches and 306 asst./assoc. coaches in sample. All other items apply to every head and asst./assoc. coach in the sample. Source: NCAA Coach Well-Being Study (Spring 2022).



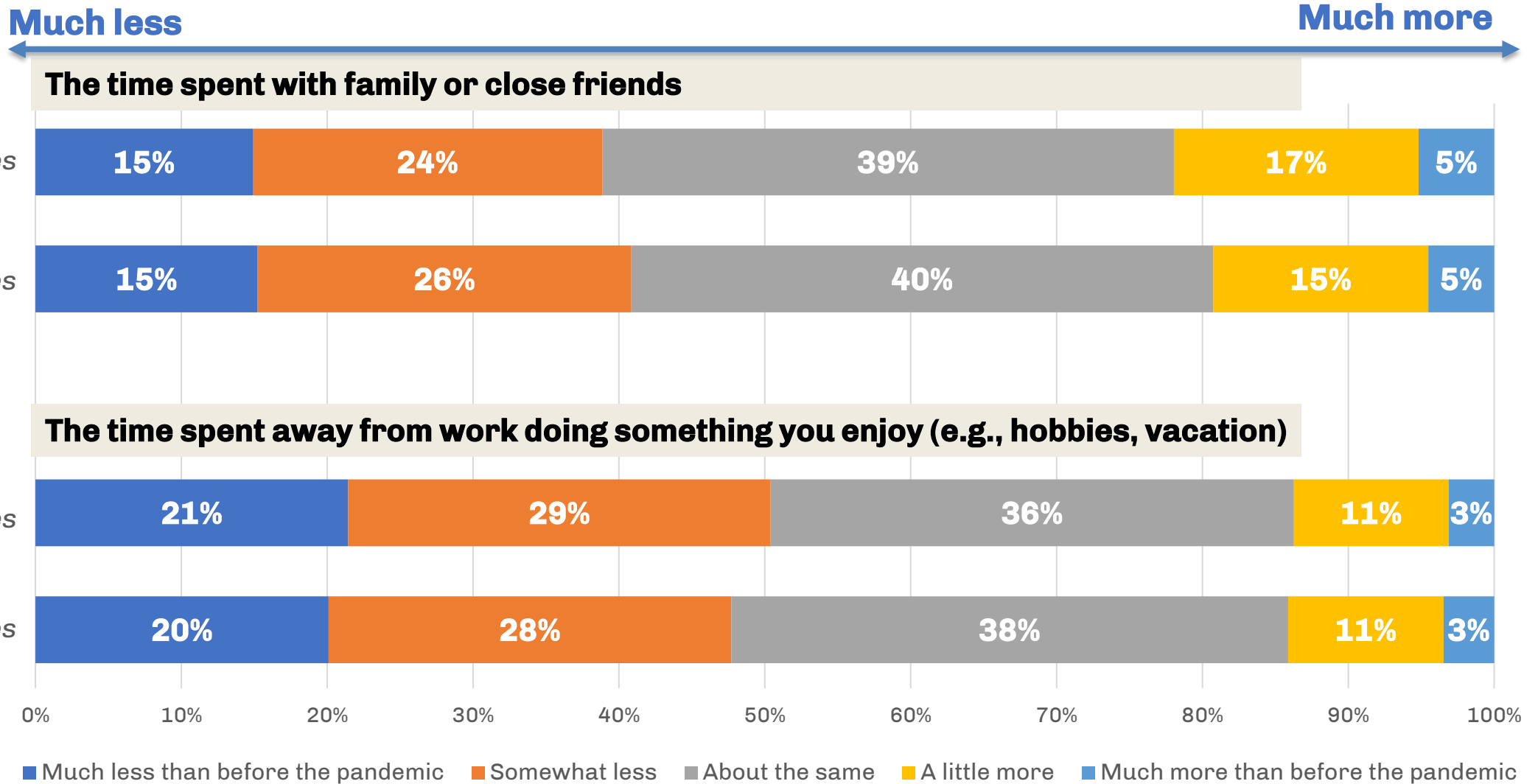
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Head Coaches' Level of Concern About Issues Facing Team

(Percentage of Head Coaches Responding "Very Concerned" by Division)

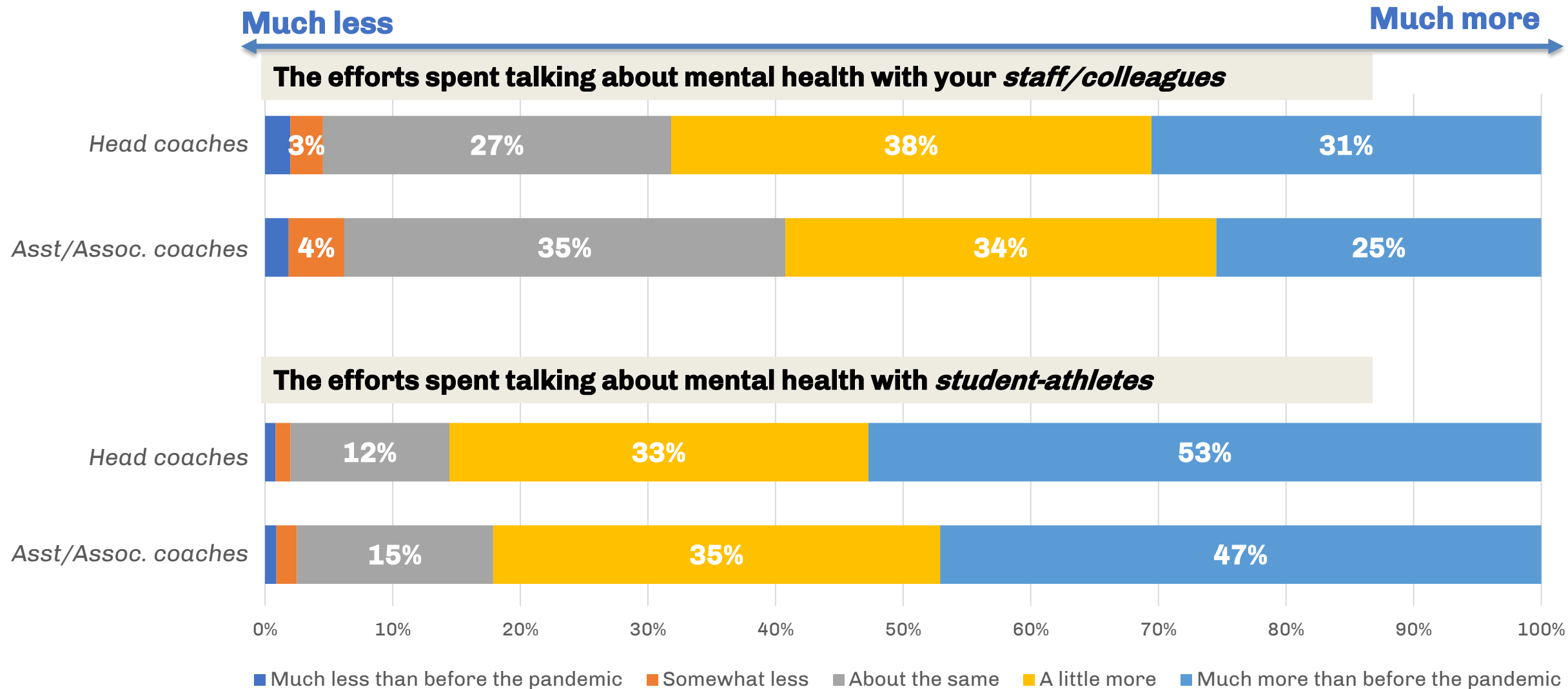
	Division I	Division II	Division III
Supporting SA mental health	55%	50%	58%
Supporting SA physical health	45%	39%	45%
Maintaining a safe environment for team	28%	24%	30%
Advocating for gender equity within athletics dept.	27%	17%	17%
Navigating COVID-19 health restrictions/protocols	25%	25%	33%
Creating an inclusive environment among their team	24%	18%	22%
Navigating changes to the NCAA structure/constitution	18%	9%	6%
Helping SAs navigate NIL opportunities	13%	6%	4%

Changes in Social Behavior During the COVID-19 Pandemic



Source: NCAA Coach Well-Being Study (Spring 2022).

Mental Health Engagement During the COVID-19 Pandemic



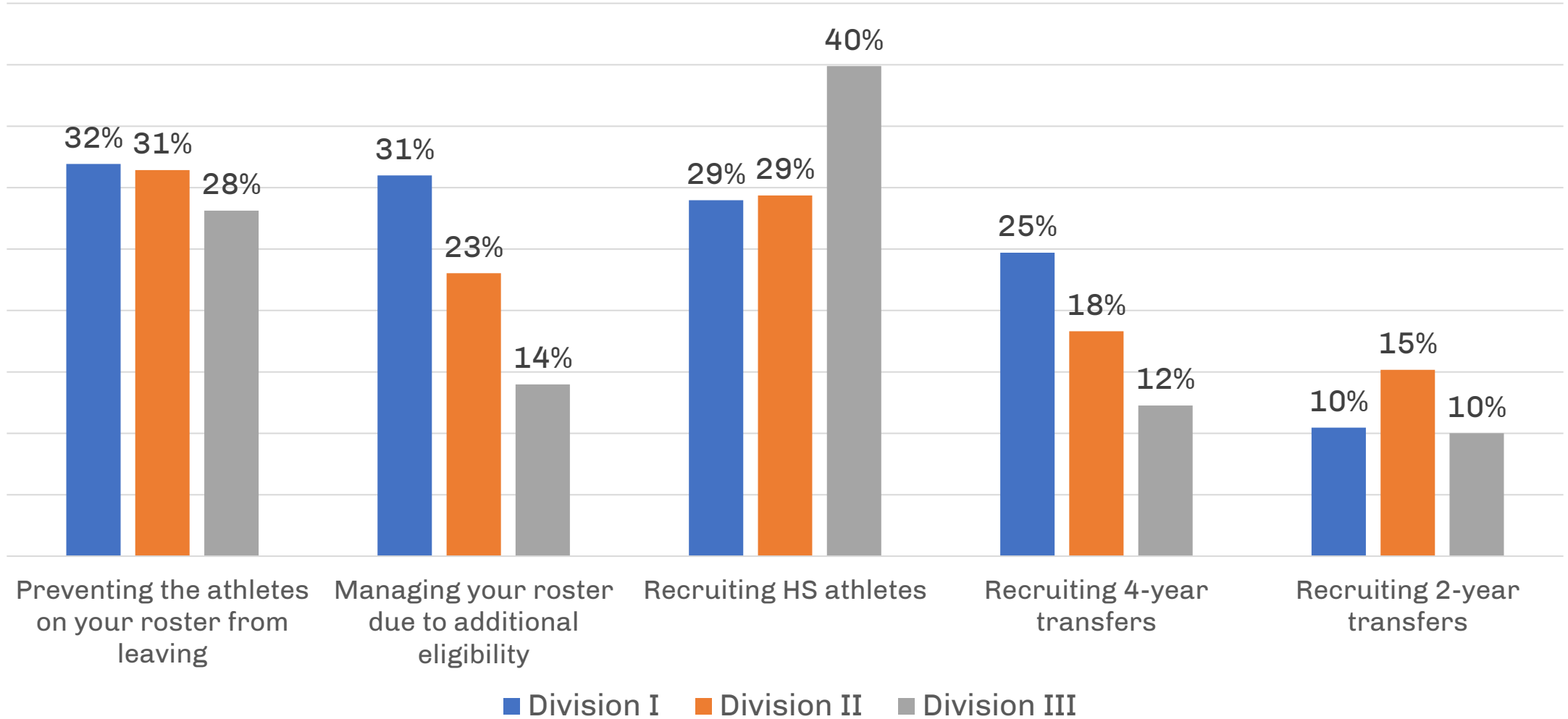
Note: Data labels not shown below 3%. Source: NCAA Coach Well-Being Study (Spring 2022).

Recruiting and Roster Management



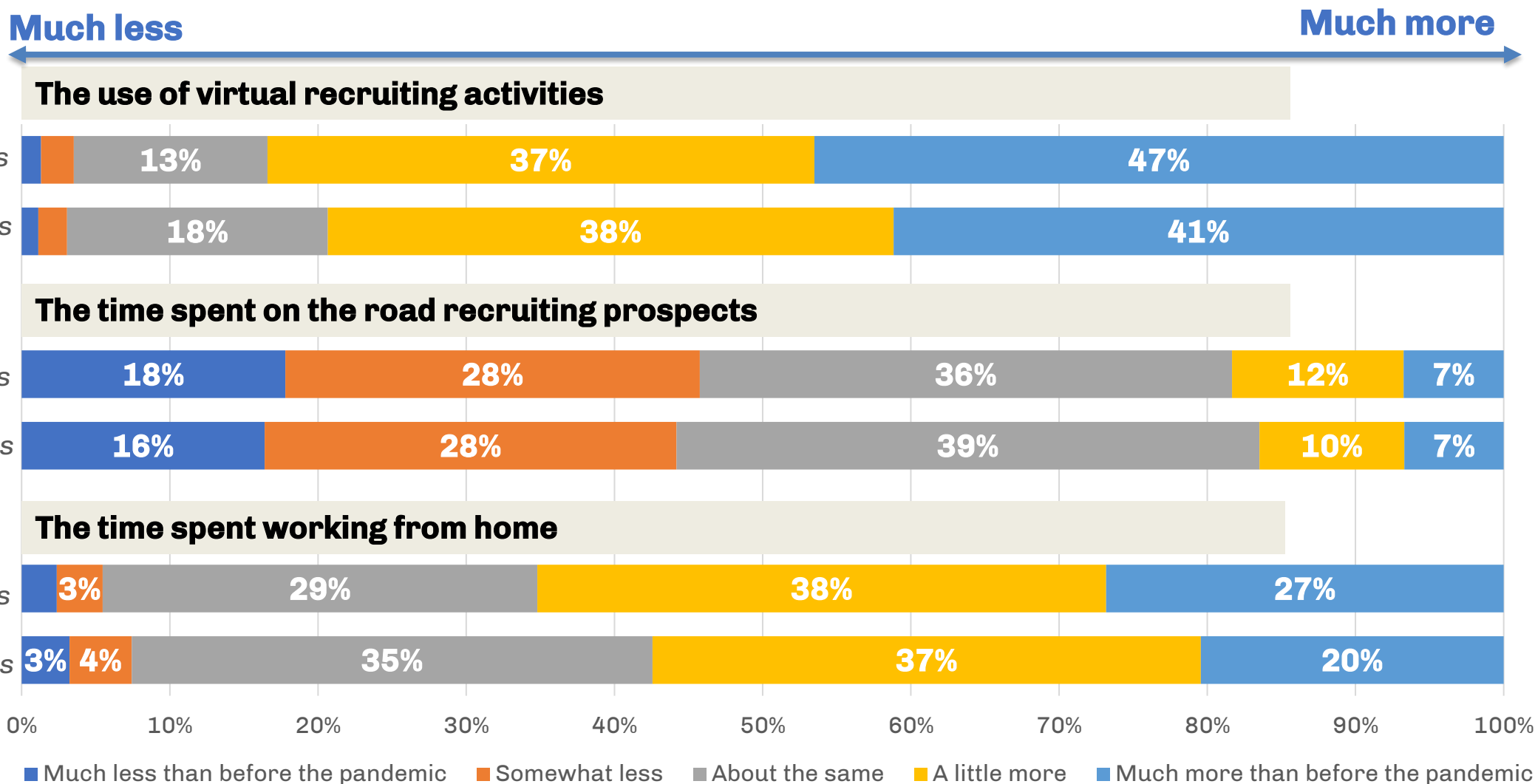
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Roster Management: Percent of Head Coaches ‘Very Concerned’ About...



Source: NCAA Coach Well-Being Study (Spring 2022).

Shifting Work Habits During the Covid-19 Pandemic



Note: Data labels below 3% not shown. Source: NCAA Coach Well-Being Study (Spring 2022).

Findings Roll-out

Student-Athlete Well-Being Study

- ▶ Preliminary findings shared with the membership during Convention governance meetings
- ▶ Executive summary and full set of slides published May 2022 on ncaa.org/research
- ▶ Additional opportunities:
 - ▶ NCAA Inclusion website (athlete activism page) and Leadership website (A4 webpage)
 - ▶ Cross-list spring and fall COVID reports under the Research header on NCAA Sport Science Institute mental health page
 - ▶ Possible academic collaborations for peer review

Coach Well-Being Study

- ▶ Presentation of preliminary findings to various governance committees (Summer 2022)
- ▶ Public-facing report and slides (Fall 2022)
- ▶ Sport-specific results shared with participating coaching associations (November 2022)
- ▶ Additional opportunities:
 - ▶ Possible academic collaborations for peer review



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2022-23 NCAA Student-Athlete Health and Wellness Study

FARA Annual Meeting, November 2022



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Background and Purpose

- ▶ NCAA Research has historically partnered with FARs to gain insight into student-athlete health and well-being through a range of national surveys.
- ▶ The tenth iteration of the NCAA Substance Use Study was planned for 2021, but due to campus closures and ongoing restrictions for in-person gatherings as a result of the COVID-19 pandemic, the study was postponed.
- ▶ Due to many uncertainties surrounding the COVID-19 pandemic and long-term impact on student-athletes, the Sport Science Institute and NCAA Research have identified a need to conduct a comprehensive student-athlete health and wellness study in fall 2022.
- ▶ CSMAS approved the development of this study in September 2021.

Survey Instrument

- ▶ Nearly all survey items have been used in previous NCAA studies and were either derived from standard scales or specifically designed for this study by subject matter experts.
- ▶ The survey begins with an introduction and definition page followed by eight brief sections:
 - ▶ *Demographics*
 - ▶ *Mental health and peer support*
 - ▶ *Sleep*
 - ▶ *Weight, body image and nutrition*
 - ▶ *Competition and injury*
 - ▶ *Alcohol, tobacco and other drug use*
 - ▶ *Supplement use*
 - ▶ *Support*



Study Timeline

2021	2022			2023
September	January-June	June-July	October	June
CSMAS approved prospectus	Planning and development (Survey topics prioritized, study materials finalized, etc.)	NCAA RRB approved study	Survey shipped to FARs on campus, administration begins	Survey closes

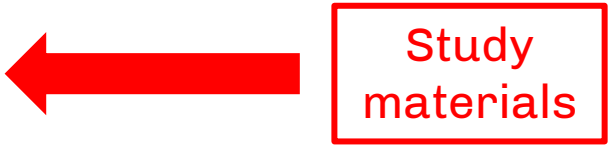


NCAA Student-Athlete Health and Wellness Study

The NCAA Student-Athlete Health and Wellness Study is a national study of college student-athletes taking place during 2022-23 in collaboration with campus faculty athletics representatives (FARs). This study will examine various topics including student-athlete mental health concerns and peer support, sleep behaviors, attitudes toward weight and body image, nutrition, competition and injury history, and substance use experiences. This new, comprehensive study subsumes many of the survey items from the NCAA Substance Use Study and incorporates a range of health and wellness items previously used in other NCAA studies (e.g., NCAA GOALS, Social Environments, Well-Being).

The survey materials for the study will be distributed to FARs by October of 2022. Copies of those materials are also available by following the links on this page.

- [Directions for the Administration of the Survey \(PDF\)](#)
- [Survey Instrument \(PDF\)](#)
- [Contact Information Sheet \(PDF\)](#)
- [NCAA Research Review Board Approval Letter \(PDF\)](#)
- [NCAA RRB Application Materials \(PDF\)](#)
- [Institutional Review Board Guide \(PDF\)](#)
- [CSMAS supports comprehensive student-athlete well-being survey, review of cannabinoid policy](#)



NCAA Research Table at FARA Annual Meeting

- ▶ For questions related to the NCAA Student-Athlete Health and Wellness Study, come see us!
- ▶ NCAA Research Staff
 - ▶ Nan Thomas, Research Assistant
 - ▶ Kelsey Gurganus-Wright, Assistant Director of Research
 - ▶ Lydia Bell, Director of Research and Policy
- ▶ Hours:
 - ▶ Thursday, 7:30 am-5:15 pm
 - ▶ Friday, 8 am-4 pm



[NCAA.org/research](https://www.ncaa.org/research)



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