



1



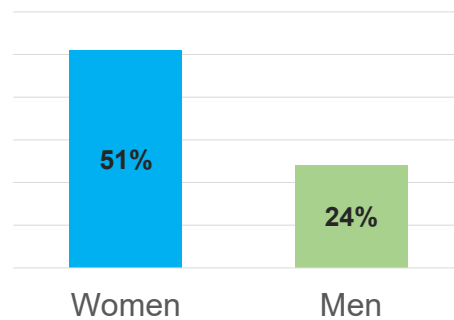
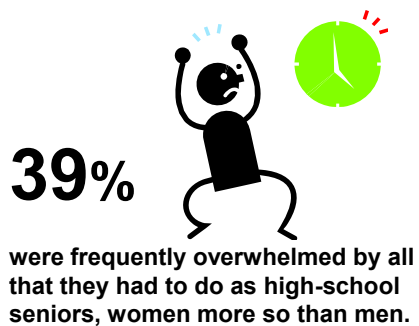
2

## Student mental health concerns remain a priority at campuses nationwide.



3

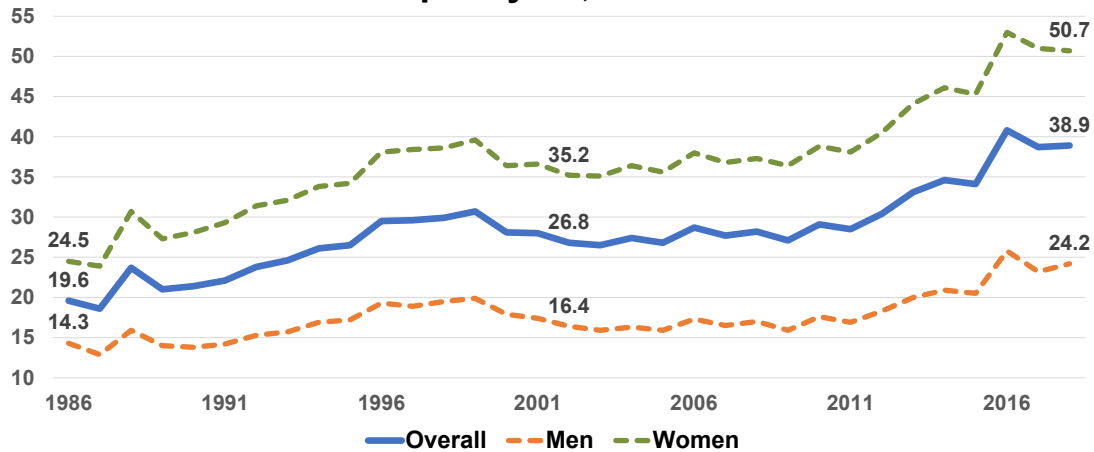
### Many students enter college already feeling overwhelmed



Data source: CIRP Freshman Survey 2018  
(Higher Education Research Institute) [www.heri.ucla.edu](http://www.heri.ucla.edu)

4

**Percent of incoming first-years indicating that they were “frequently overwhelmed” by all they had to do in the past year, 1985-2018.**



Data sources: CIRP Freshman Survey.  
Higher Education Research Institute, [www.heri.ucla.edu](http://www.heri.ucla.edu)

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## 2017 Freshmen



**33%** “frequently” anxious their senior year of high school



**12%** “frequently” depressed their senior year of high school



**14%** “very good chance” they would seek personal counseling their freshman year

Source: CIRP 2017 Freshman Survey. [www.heri.ucla.edu](http://www.heri.ucla.edu)

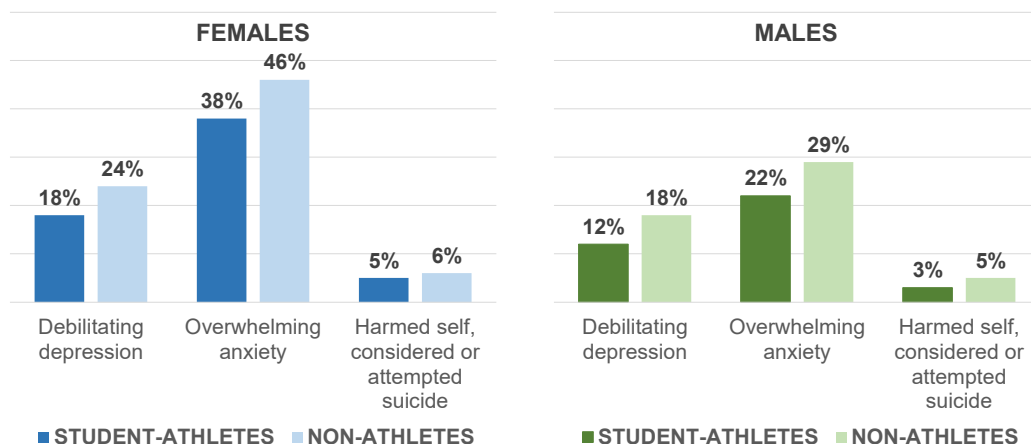
6

## Athletics departments have become increasingly aware of student-athlete mental health concerns.



7

### Mental Well-Being, Comparison Data (Experienced within the last 30 days)



American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

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## Student-Athlete Mental Well-Being

### ▶ Student-Athlete Context

- ▶ Identity
- ▶ Time demands
- ▶ Sleep
- ▶ Coaches
- ▶ Social environment / Support networks



9

**Intersecting identities impact  
student-athlete mental well-being.**



10

**Have you felt so depressed that it was difficult to function?**  
(Yes, in the last 30 days)

	STUDENT-ATHLETES	NON-ATHLETES*	ATHLETE NON-ATHLETE GAP
Male	12%	18%	+6%
Female	18%	24%	+6%
White Males	10%	17%	+7%
Males of Color	16%	19%	+3%
White Females	16%	23%	+7%
Females of Color	23%	26%	+3%

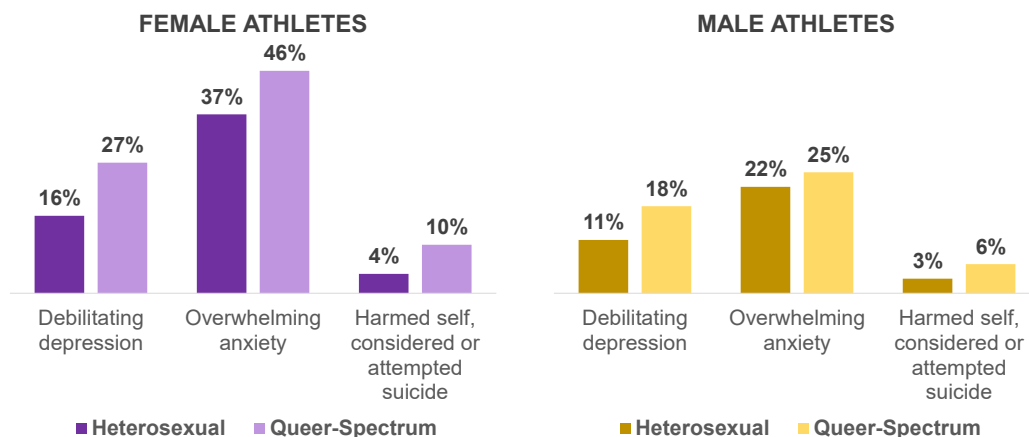
\*Non-athletes are full-time undergraduate students between the ages of 18-24 attending NCAA-member institutions who do not identify as varsity athletes.

American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



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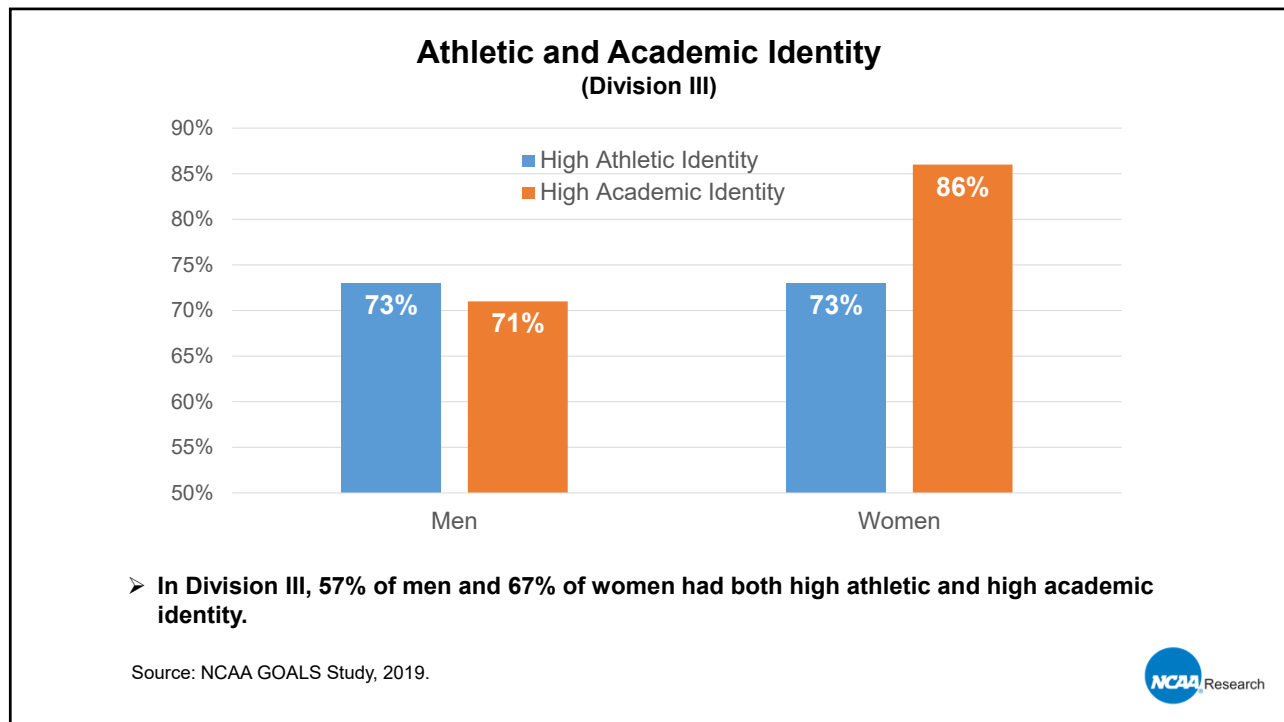
**Mental Well-Being of Queer-Spectrum Athletes, Comparison Data**  
(Experienced within the last 30 days)



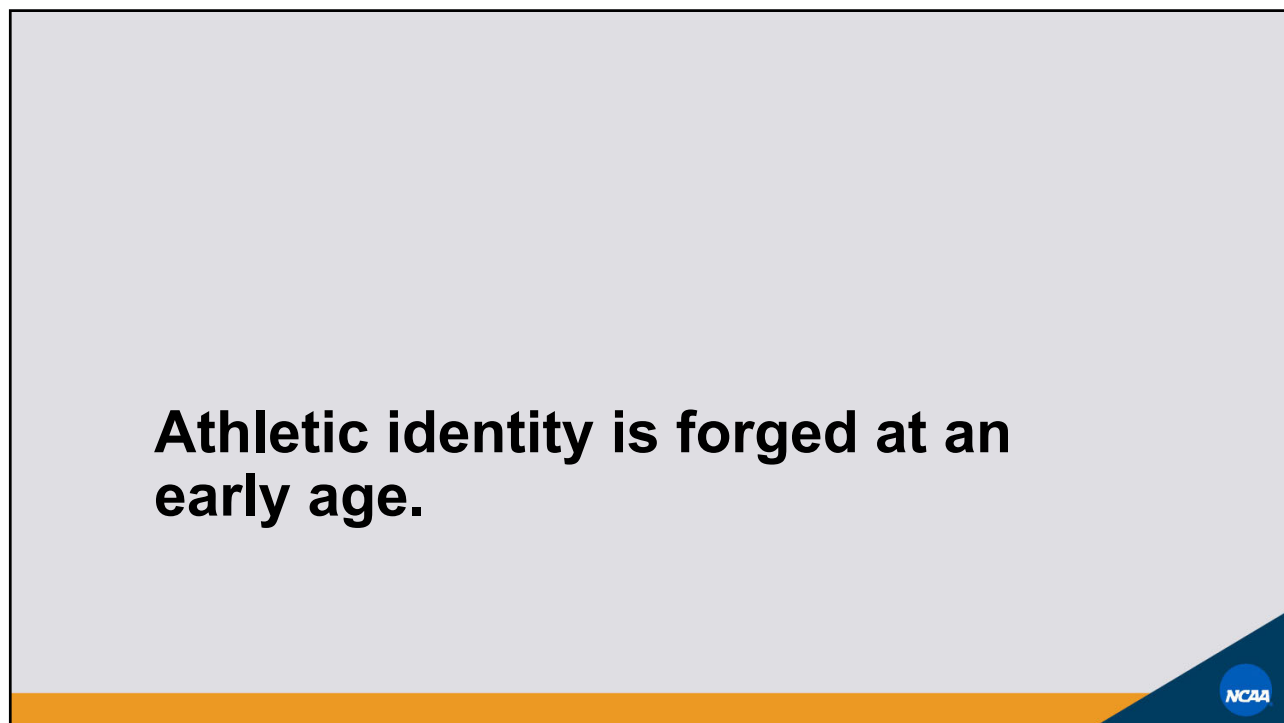
American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



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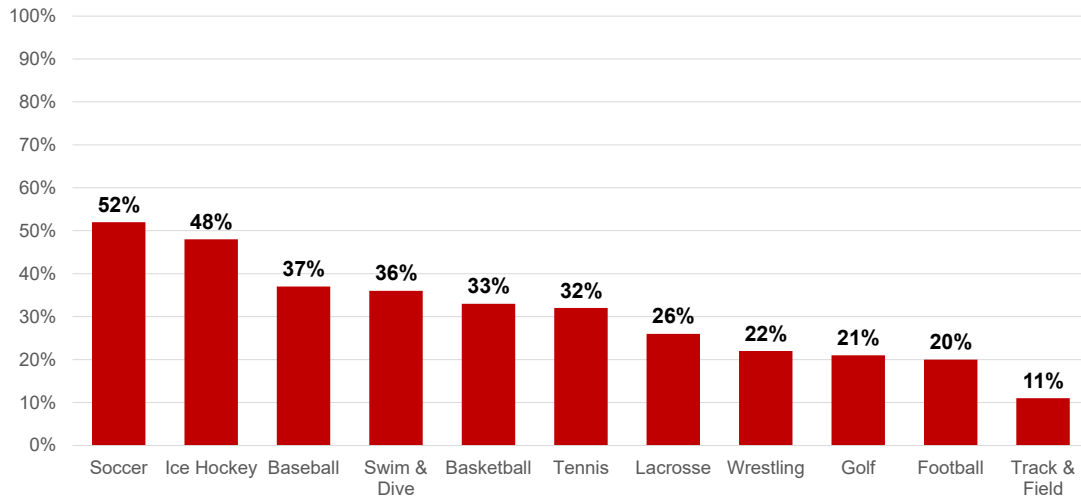


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14

### Percent of Men Who Specialized in their Sport by Age 12 (Division III)

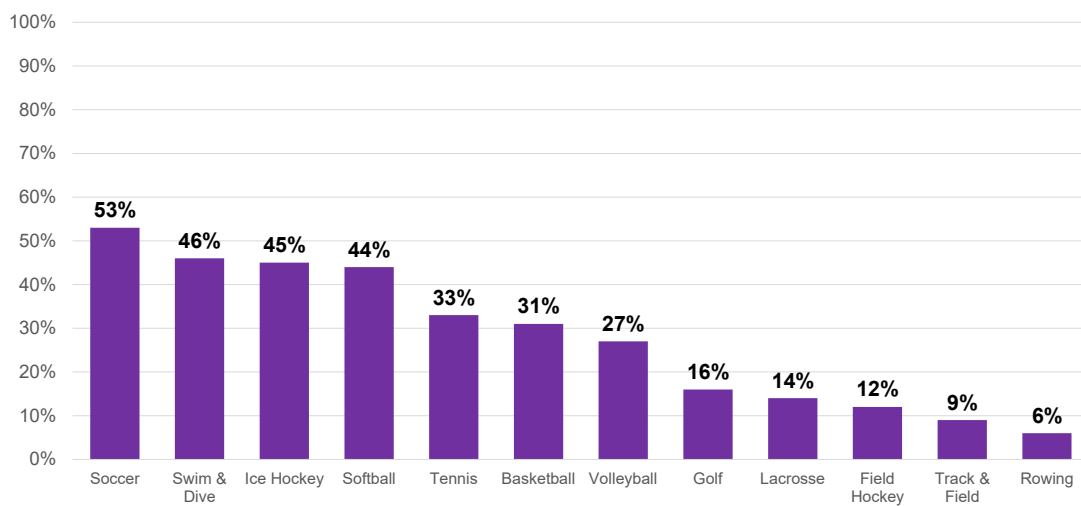


Source: NCAA GOALS Study, 2019.



15

### Percent of Women Who Specialized in their Sport by Age 12 (Division III)



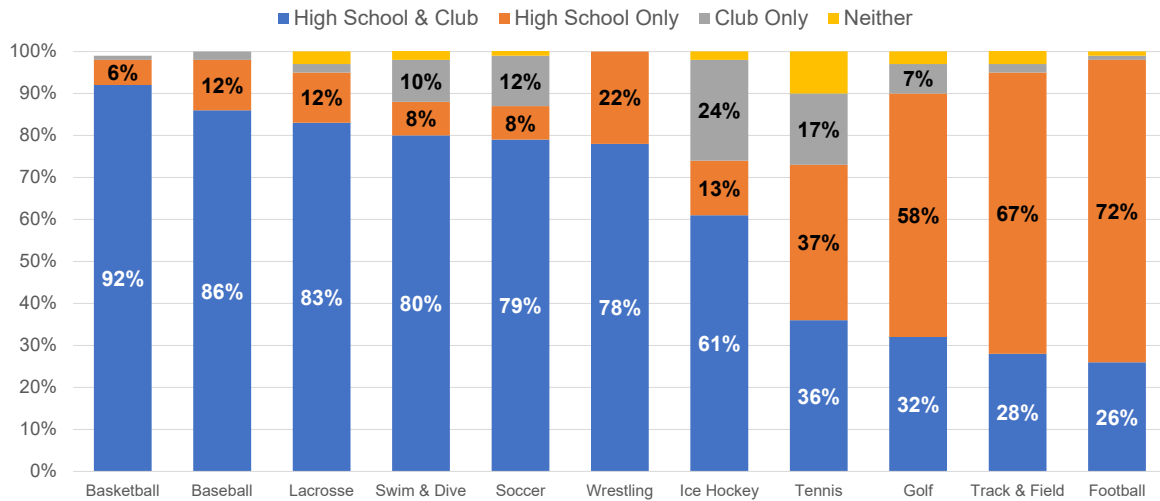
Source: NCAA GOALS Study, 2019.



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### Pre-College Participation of NCAA Student-Athletes: Men's Sports

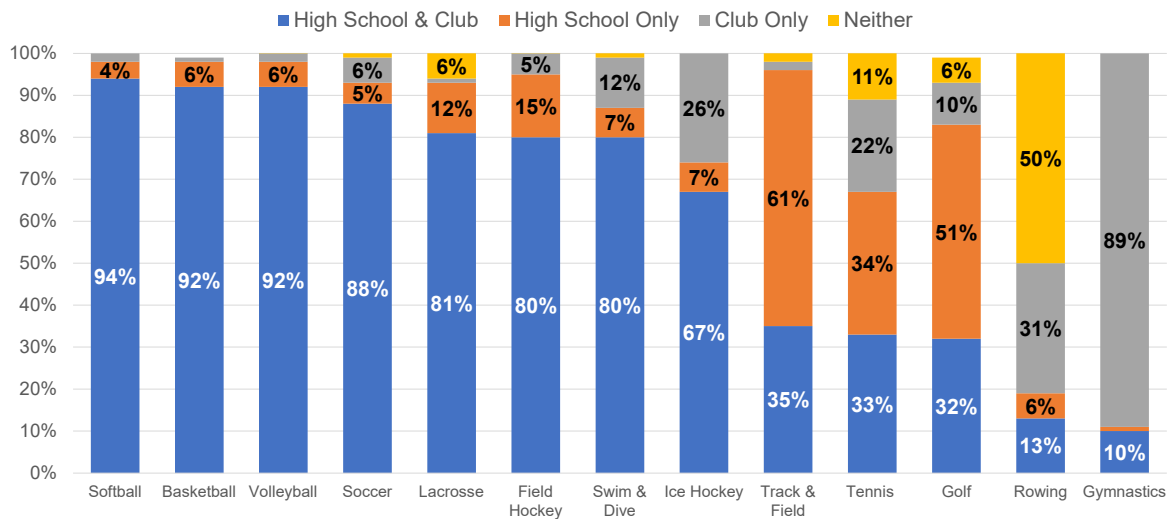


Note: Self-report from NCAA GOALS study, 2019. Club participation includes AAU, national, academy or other elite teams not affiliated with the high school. Categories labeled if 5% or higher.



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### Pre-College Participation of NCAA Student-Athletes: Women's Sports

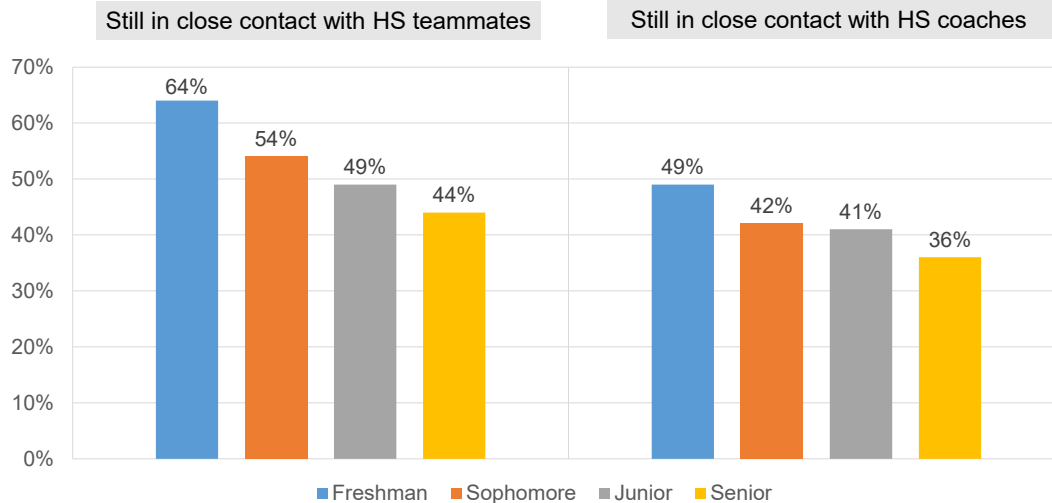


Note: Self-report from NCAA GOALS study, 2019. Club participation includes AAU, national, academy or other elite teams not affiliated with the high school. Categories labeled if 5% or higher.



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## Connections with High School Teammates and Coaches



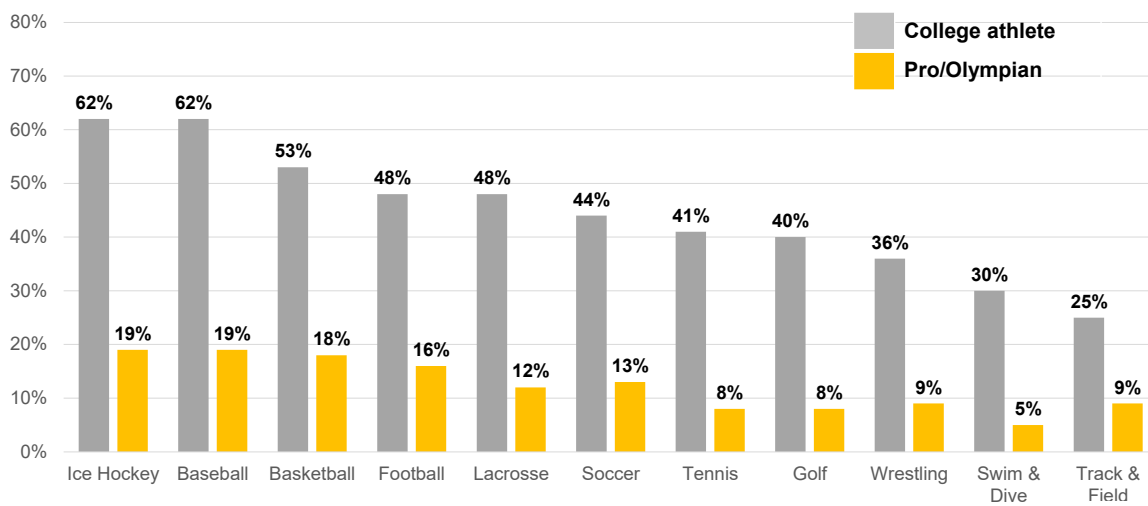
**Note:** Endorsement of top two scale points on a 6-point scale, aggregated by gender and division.  
NCAA Study of Student-Athlete Social Environments, 2016.



19

## Since I was young, my family expected I would be...

(% Responding Agree or Strongly Agree, Division III Men's Sports)

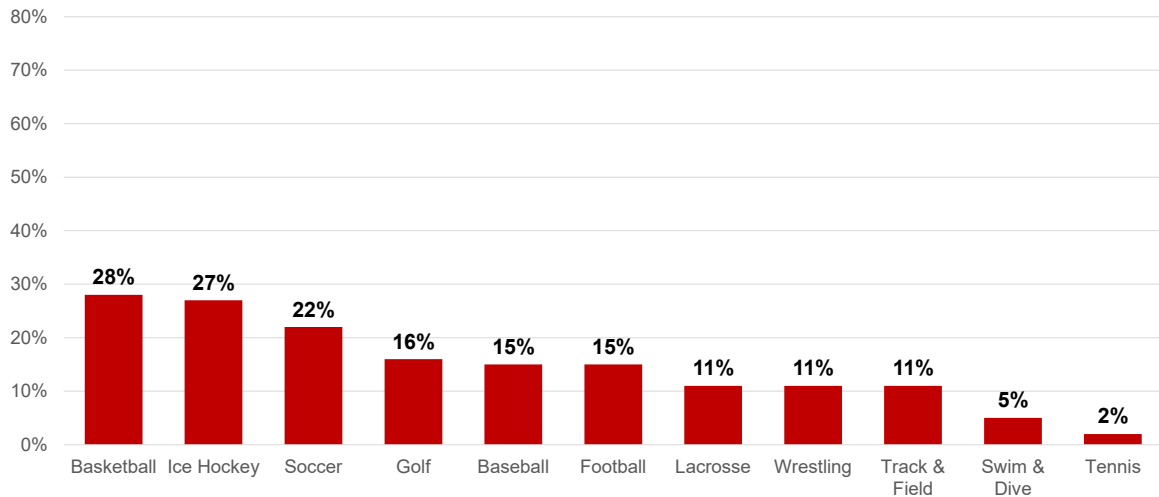


Source: NCAA GOALS Study, 2019.



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### Being a Professional or Olympic Athlete is at least “somewhat likely” (Men’s Sports, Division III)

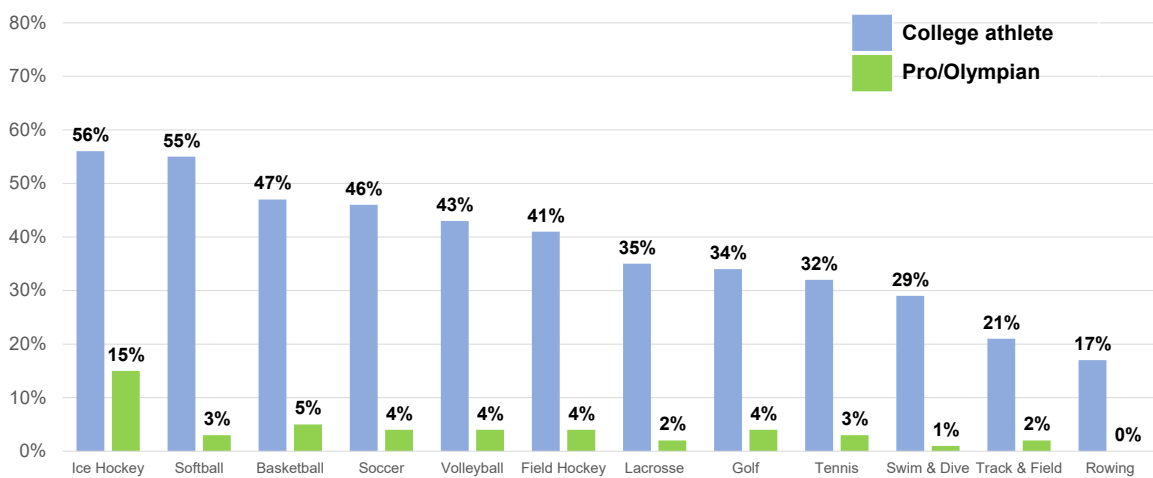


Source: NCAA GOALS Study, 2019.



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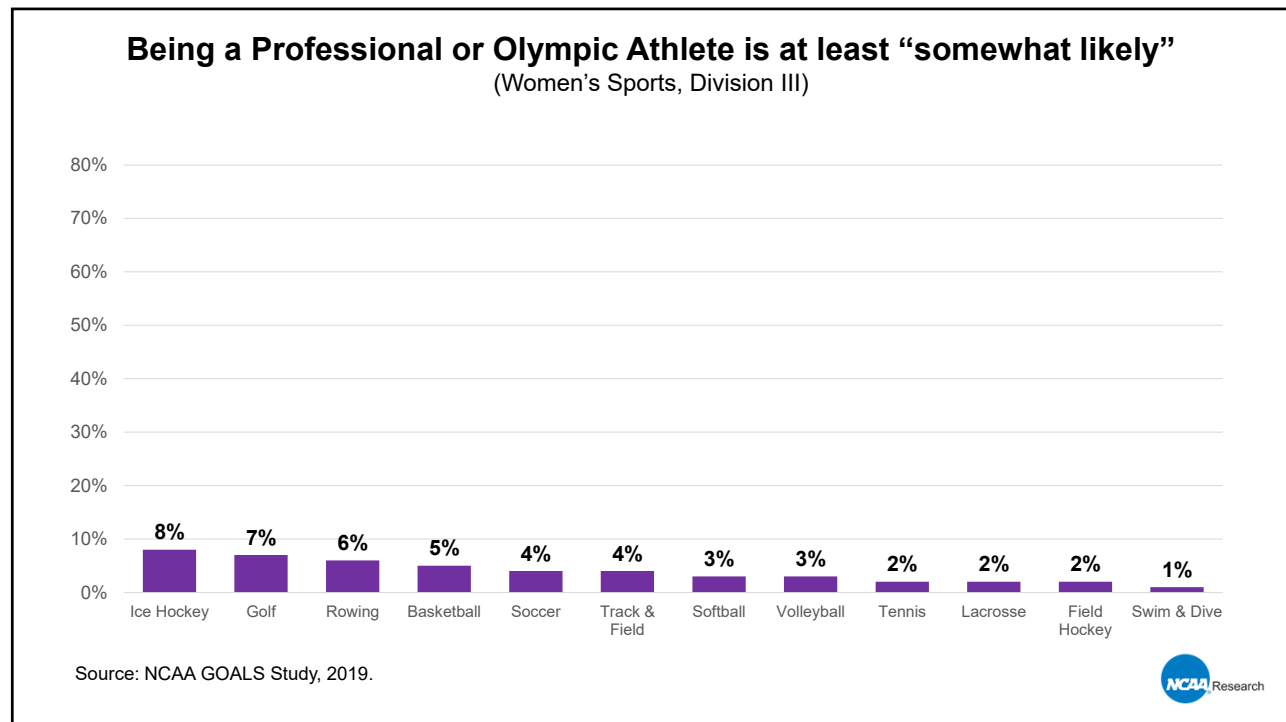
### Since I was young, my family expected I would be... (% Responding Agree or Strongly Agree, Division III Women’s Sports)



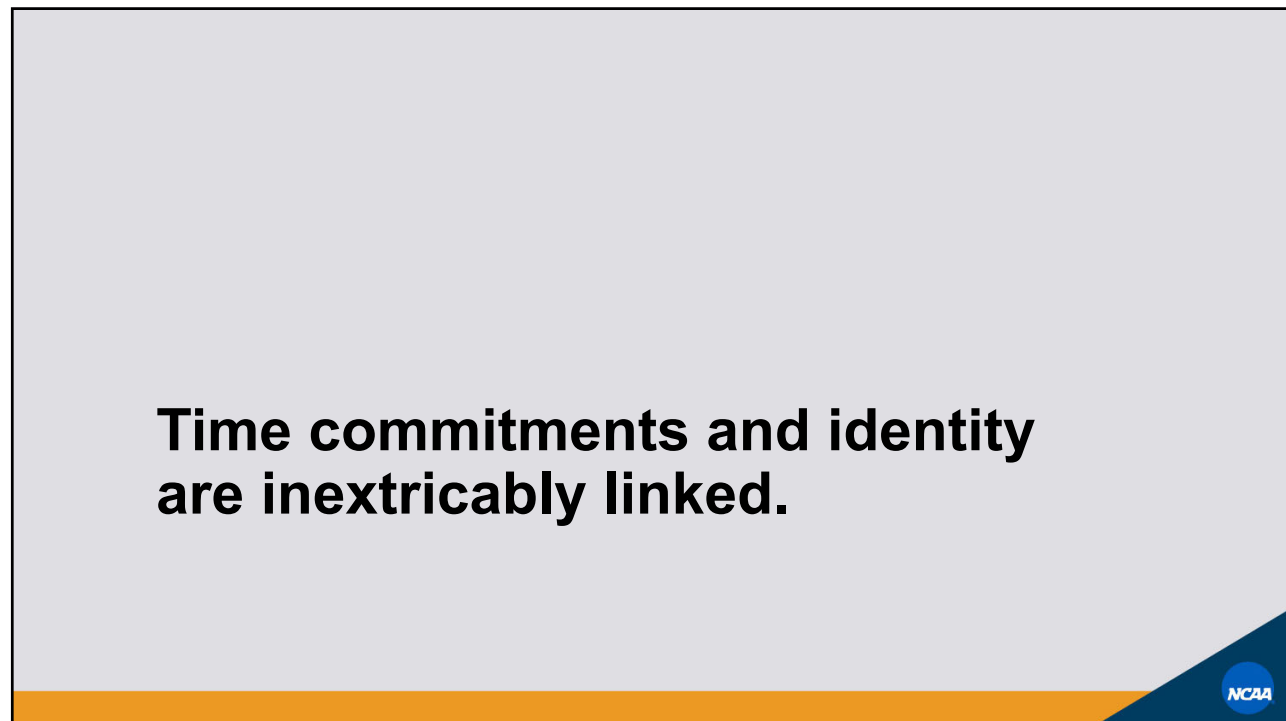
Source: NCAA GOALS Study.



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23

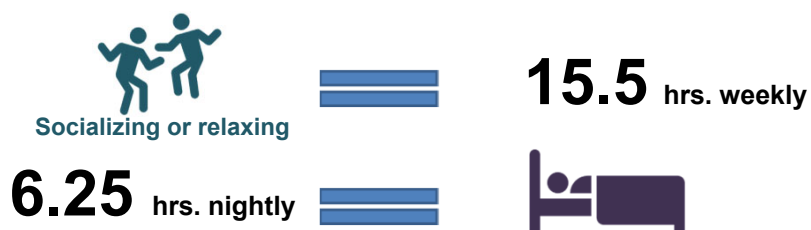


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## Student-Athlete Time Commitments

(GOALS Survey Data, 2019)

	 Athletic hrs./wk.	 Academic hrs./wk.
Division I	33.0	35.5
Division II	31.0	37.0
Division III	28.0	40.0





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## Percentage of Student-Athletes Reporting as Much or More Time on Athletic Activities in Off-Season than In-Season

(2019 Self-Report – GOALS Study)

Division I							
	Baseball	Men's Basketball	Football (FBS/FCS)		All Other Men's Sports	Women's Basketball	All Other Women's Sports
% same or more	78%	71%	76%	70%	67%	50%	61%
Division II							
% same or more	74%	69%	74%		65%	45%	54%
Division III							
% same or more	65%	59%	57%		51%	37%	35%

 Yellow indicates an increase of 5 percentage points or more from 2015

 Green indicates a decrease of 5 percentage points or more from 2015



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### Division III student-athletes report they want more time for...

Activity	Men	Women
Academics	58%	64%
Athletics	49%	29%

Source: GOALS Survey Data, 2019.



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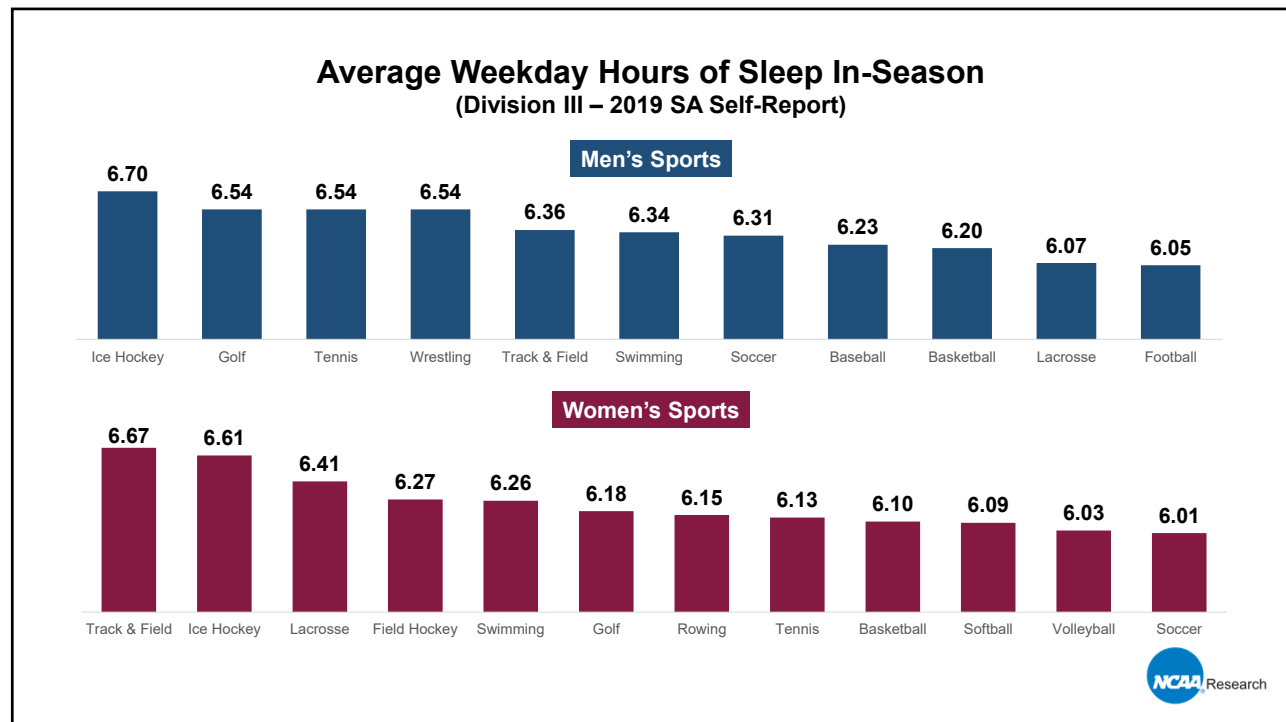
### But they also want more time for...

Activity	Division III Men	Division III Women
Sleeping	72%	82%
Relaxing Alone	62%	75%
Socializing with Friends	62%	70%
Visiting Home/Family	61%	66%
Academics	58%	64%
Extracurricular Activities	49%	60%
Athletics	48%	32%
Working at a Job	46%	55%

Source: GOALS Survey Data, 2019.



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### National Comparison Data on Feeling Rested Upon Waking

**On how many of the past 7 days did you get enough sleep that you felt rested when you woke up in the morning?**

	MALES		FEMALES	
	STUDENT-ATHLETES	NON-ATHLETES*	STUDENT-ATHLETES	NON-ATHLETES*
<b>0-3</b>	<b>52%</b>	<b>56%</b>	<b>60%</b>	<b>64%</b>
<b>4-5</b>	<b>34%</b>	<b>31%</b>	<b>31%</b>	<b>27%</b>
<b>6-7</b>	<b>14%</b>	<b>13%</b>	<b>9%</b>	<b>9%</b>

\*Non-athletes are full-time undergraduate students between the ages of 18-24 attending NCAA-member institutions who do not identify as varsity athletes.

American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).

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NCAA Research

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## National Comparison Data on Sleep Behaviors

- **24%** of NCAA student-athletes and 31% of their non-athlete\* peers reported that in the last year sleep difficulties had been difficult to handle.

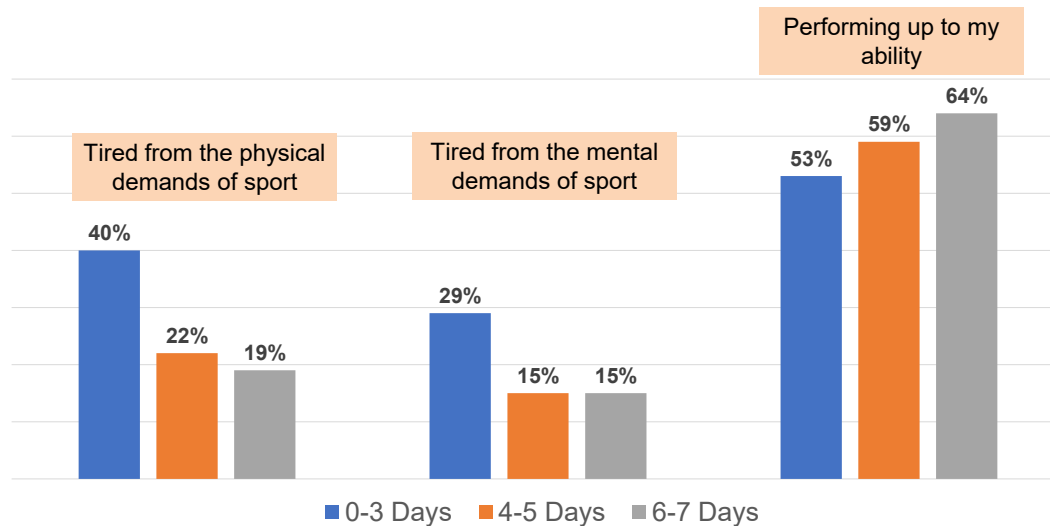
3+ days within the last week:	STUDENT-ATHLETES	NON-ATHLETES*
Awakened too early and couldn't go back to sleep	16%	17%
Felt tired, dragged out, or sleepy during the day	61%	64%
Had an extremely hard time falling asleep	24%	28%
*Non-athletes are full-time undergraduate students between the ages of 18-24 attending NCAA-member institutions who do not identify as varsity athletes.		

American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



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## Student-Athlete Physical/Mental Functioning vs. Days of Restful Sleep in the Past Week



Source: GOALS Survey Data, 2019. Endorsement of top two scale points (Strongly Agree, Agree) on a 6-point scale.



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## How much sleep are coaches and administrators getting each night?

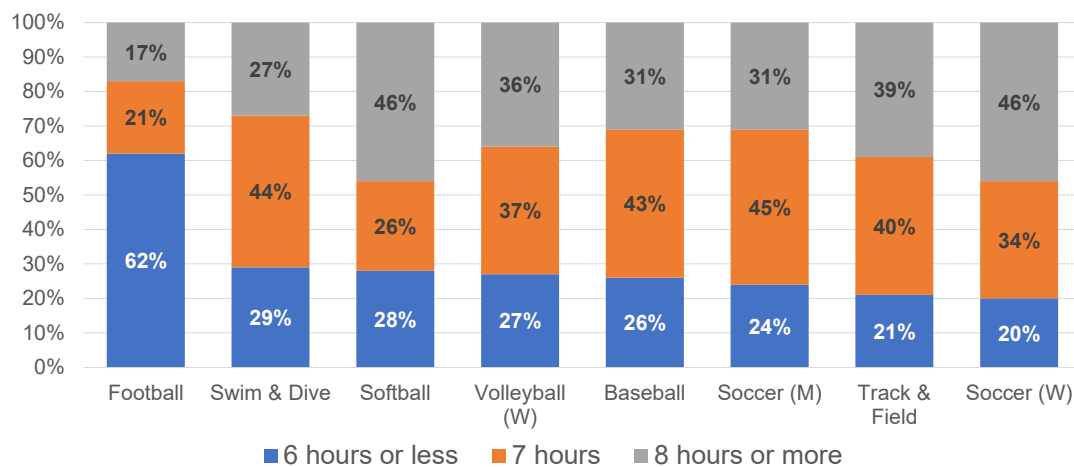
	Head Athletic Trainer		Head Coach		Student-Athlete Athletics Administrator	
	Females	Males	Females	Males	Females	Males
Division I	7.0	6.9	7.3	6.8	6.8	6.9
Division II	7.0	6.9	7.4	7.0	6.6	6.8
Division III	7.4	7.3	7.3	7.0	6.8	6.7

Note: Mean response for each item. Actual question: How many hours of sleep do you typically get per night?  
Source: NCAA SSI Sleep Study, Spring 2017



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## Coach Sleep – Differences by Sport



Source: NCAA SSI Sleep Study, Spring 2017



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## Student-athlete mental health concerns in 2020.




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Mental Health Concerns During COVID-19 Pandemic (Comparing participating Division III student-athletes responding "Yes, in last 30 days" on ACHA-NCHA survey with those responding "Occasionally," "Most everyday" or "Constantly")			
	DIII Men ACHA-NCHA	Spring 2020	Fall 2020
Felt overwhelmed by all you had to do	56%	81%	79%
Felt mentally exhausted	50%	73%	66%
Felt sad	27%	68%	59%
Felt very lonely	26%	64%	49%
Felt things were hopeless	17%	53%	46%
Felt overwhelming anxiety	22%	49%	45%
Felt overwhelming anger	15%	45%	32%
Felt so depressed that it was difficult to function	11%	28%	23%

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

Note: The Spring COVID-19 survey asked "As a result of the COVID-19 pandemic, have you..." The spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (March 12, 2020) and most campus closures. The Fall Well-Being and ACHA-NCHA surveys asked "Within the last month, have you..." The fall survey was in the field from October 6, 2020 through November 2, 2020. Spring Survey N=4,540 Division III men; Fall Survey N=2,555 Division III men; ACHA-NCHA Survey N=1,899 Division III men.

Sources: NCAA Spring COVID-19 and Fall Well-Being Studies, 2020. American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



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**Mental Health Concerns During COVID-19 Pandemic**  
 (Comparing participating Division III student-athletes responding “Yes, in last 30 days” on ACHA-NCHA survey with those responding “Occasionally,” “Most everyday” or “Constantly”)

	DIII Women ACHA-NCHA	Spring 2020	Fall 2020
Felt overwhelmed by all you had to do	76%	95%	94%
Felt sad	44%	89%	81%
Felt mentally exhausted	70%	89%	85%
Felt very lonely	41%	81%	66%
Felt overwhelming anxiety	39%	75%	74%
Felt things were hopeless	29%	74%	66%
Felt overwhelming anger	19%	55%	41%
Felt so depressed that it was difficult to function	18%	41%	38%

Green indicates a decrease of 5 percentage points or more from Spring 2020 survey

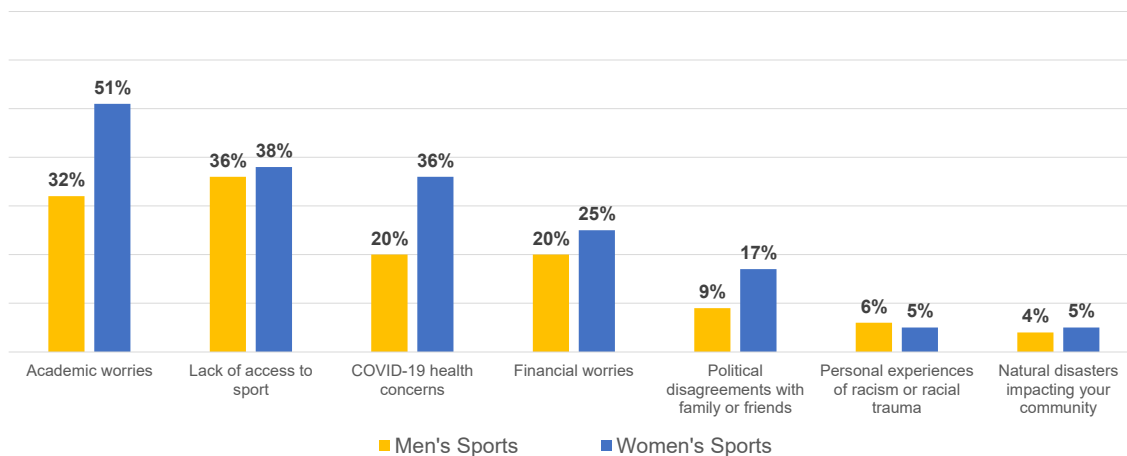
Note: The Spring COVID-19 survey asked “As a result of the COVID-19 pandemic, have you...” The spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (March 12, 2020) and most campus closures. The Fall Well-Being and ACHA-NCHA surveys asked “Within the last month, have you...” The fall survey was in the field from October 6, 2020 through November 2, 2020. Spring Survey N=6,040 Division III women; Fall Survey N=3,851 Division III women; ACHA-NCHA Survey N=3,703 Division III women.

Sources: NCAA Spring COVID-19 and Fall Well-Being Studies, 2020. American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



37

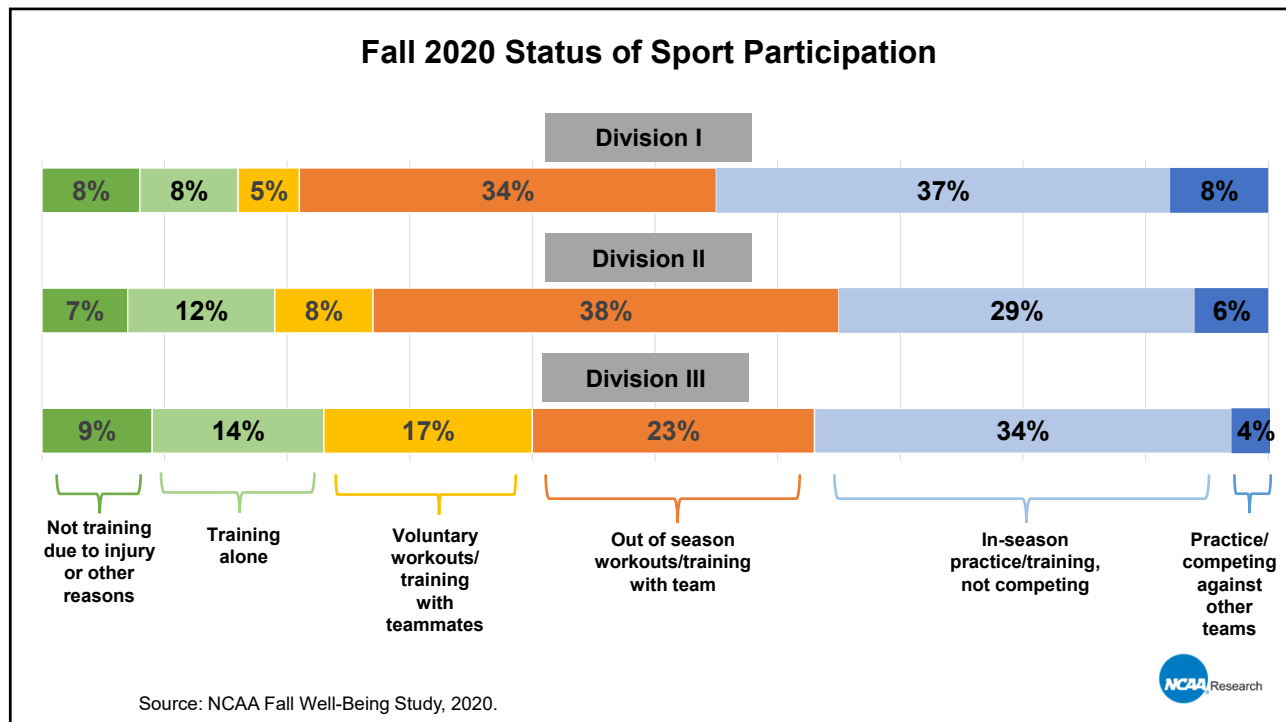
**Factors Negatively Impacting Student-Athlete Mental Health During Past Month**  
 (Percent of Division III Participants Who Responded “Agree” or “Strongly Agree”)



Note: Top 2 points on a 6-point scale. The Fall Well-Being 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 from October 6, 2020 through November 2, 2020. Source: NCAA Fall Well-Being Study, 2020.



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## Student-athlete support for mental health concerns.

**NCAA**

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### My coaches care about my mental well-being

(% Responding Agree or Strongly Agree)

Baseball	Men's Basketball	Football (FBS / FCS)	Men's Other	Women's Basketball	Women's Other
Division I					
69%	77%	66%	69%	56%	65%
Division II					
72%	71%	65%	77%	66%	70%
Division III					
81%	79%	80%	83%	75%	77%

Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study, 2019.

Yellow indicates an increase of 5 percentage points or more from 2015

Green indicates a decrease of 5 percentage points or more from 2015



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### I would feel comfortable talking to my coaches about mental health issues

(% Responding Agree or Strongly Agree)

Baseball	Men's Basketball	Football (FBS / FCS)	Men's Other	Women's Basketball	Women's Other
Division I					
58%	58%	58%	60%	40%	43%
Division II					
57%	61%	56%	66%	45%	52%
Division III					
67%	67%	67%	68%	52%	56%

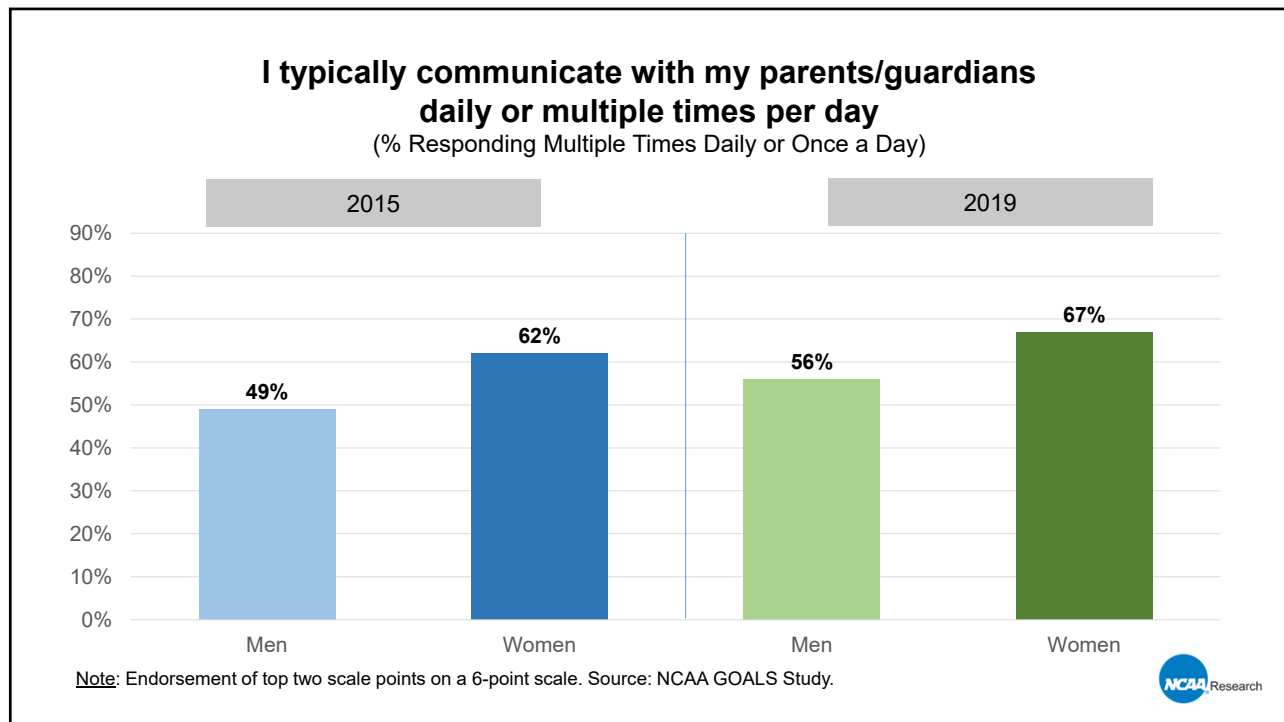
Note: Endorsement of top two scale points on a 6-point scale. Source: NCAA GOALS Study, 2019.

Yellow indicates an increase of 5 percentage points or more from 2015

Green indicates a decrease of 5 percentage points or more from 2015



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**I “often” or “sometimes” ask a family member...**

	Division III Men	Division III Women
For help with a bill or a money problem.	73%	79%
For help dealing with stress or other mental well-being issues.	66%	83%
For advice on athletics issues (e.g., training advice, how to deal with coaches).	63%	77%
To help me make academic decisions (e.g., choose classes).	62%	72%
To contact one of my coaches.	15%	10%
To contact one of my professors.	10%	4%

Source: NCAA Study of Student-Athlete Social Environments, 2016.

NCAA Research

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## Conditions to Increase Mental Health Care Access

(Percent responding “Strongly Agree”, Across Divisions)

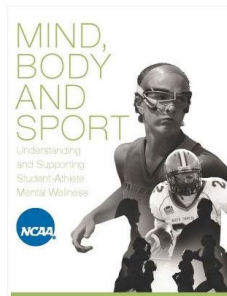
	Men	Women
Free services	32%	48%
Practitioner who understands athletes	29%	44%
Online appointment scheduling	28%	41%
Anonymity	27%	39%
24-hour hotline	28%	39%
Flexible hours	31%	39%
Same day appointments	28%	38%
Services within athletics department	25%	36%
Services in less visible area	25%	35%
Online resources	24%	33%

Source: NCAA Study of Student-Athlete Social Environments, 2016.



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## NCAA Mental Health Resources



<https://www.ncaa.org/sport-science-institute/supporting-student-athlete-mental-wellness>

[Mental Health Homepage](#)
[Educational Resources](#)
[Best Practices for Campuses](#)
[Data and Research](#)
[Summits and Task Forces](#)

Home » Sport Science Institute

### Supporting Student-Athlete Mental Wellness

Student-athletes, coaches, and faculty athletics representatives play a critical role in creating an environment that supports the mental health and well-being of college athletes. That's why the Sport Science Institute developed web-based educational modules to help normalize and destigmatize mental health help seeking for college athletes.

If you are an NCAA student-athlete, coach, or faculty athletics representative, the interactive modules will provide information to help you promote mental wellness and resiliency on your campus and to encourage and destigmatize help-seeking for mental health concerns.

Tags: Sport Science Institute

#### Educational Modules

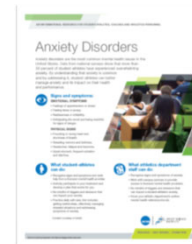
Click on the introductory link below to get started. Once you have completed the introductory module, click on the module that applies to you to learn more about what you can do to support student-athlete mental health.

- Introduction
- Student-Athletes
- Coaches
- Faculty Athletics Representatives



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## NCAA Mental Health Resources



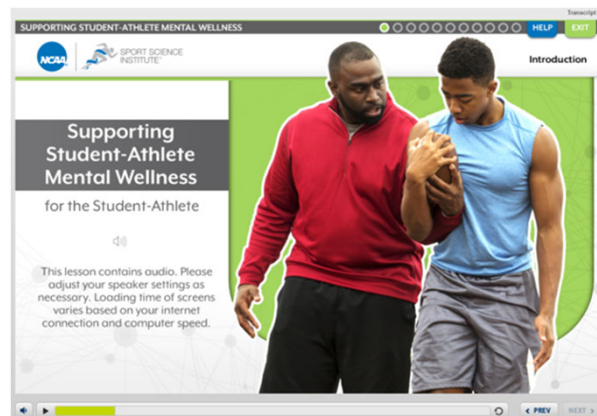
<https://www.ncaa.org/sport-science-institute/mental-health-educational-resources>

NCAA

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## NCAA Mental Health Resources

- Education modules for student-athletes, coaches, FARs



<https://www.ncaa.org/sport-science-institute/supporting-student-athlete-mental-wellness>

NCAA

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