



 **DIVISION III**  
DISCOVER | DEVELOP | DEDICATE

 CONVENTION 

1

**NCAA RESEARCH AND  
RESOURCES TO SUPPORT  
DIVISION III STUDENT-ATHLETE  
MENTAL WELL BEING**

 CONVENTION **Division III** 

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**Student mental health concerns have steadily become a campus priority.**

**Overwhelmed**  
The real campus mental-health crisis and new models for well-being

**Students Are Showing Up at Counseling Centers in Drove. But They Don't Always Get the Treatment They Need.**  
By Sarah Brown | JANUARY 14, 2020

**Mad in America**  
SCIENCE, PSYCHOLOGY, AND SOCIAL JUSTICE

**Crisis on Campus. Mental Health Counselors Are Feeling the Crush**  
By Amy Biancollini | October 30, 2019

**Mental Well-Being in the Covid Era**  
Students are struggling. How are colleges trying to help?

**The Pandemic's Toll on Student Mental Health**  
Nearly one out of 10 faculty members said they believed students' mental health worsened since the pandemic.

**Willing to Reach Out**  
Most faculty members "strongly agree" or "agree" that they would reach out to a normally distressed student, although some worry about their own mental health.

**NCAA**

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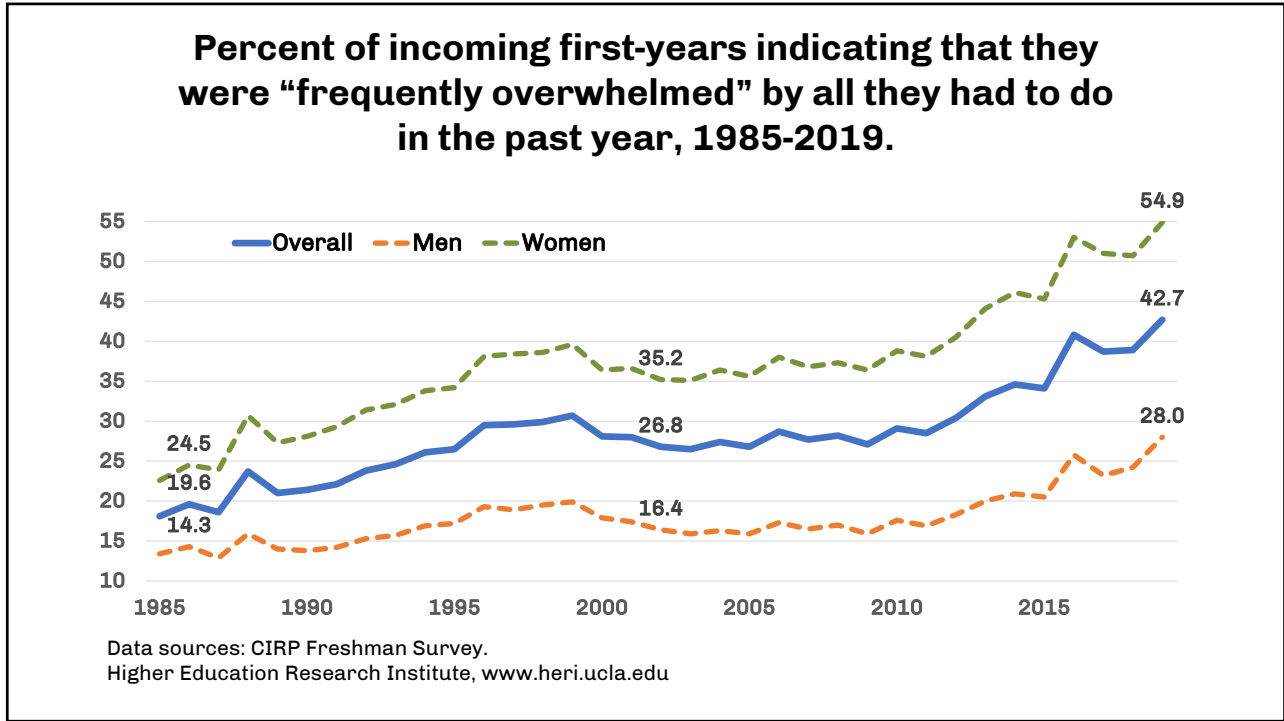
### Many students enter college already feeling overwhelmed

**43%** were frequently overwhelmed by all that they had to do as high-school seniors, women more so than men.

Gender	Frequently Overwhelmed
Women	55%
Men	28%


Data source: CIRP Freshman Survey 2019 (Higher Education Research Institute) [www.heru.ucla.edu](http://www.heru.ucla.edu)

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## 2019 Freshmen



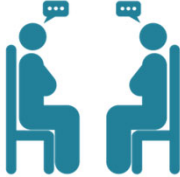
**38%** “frequently” anxious their senior year of high school

Created by Gini Khoun Lay from Noun Project



**17%** “frequently” depressed their senior year of high school

Created by Gini Khoun Lay from Noun Project



**19%** “very good chance” they would seek personal counseling their freshman year

Created by IconTrack from Noun Project

Source: HERI (2020). CIRP 2019 Freshman Survey. www.heri.ucla.edu

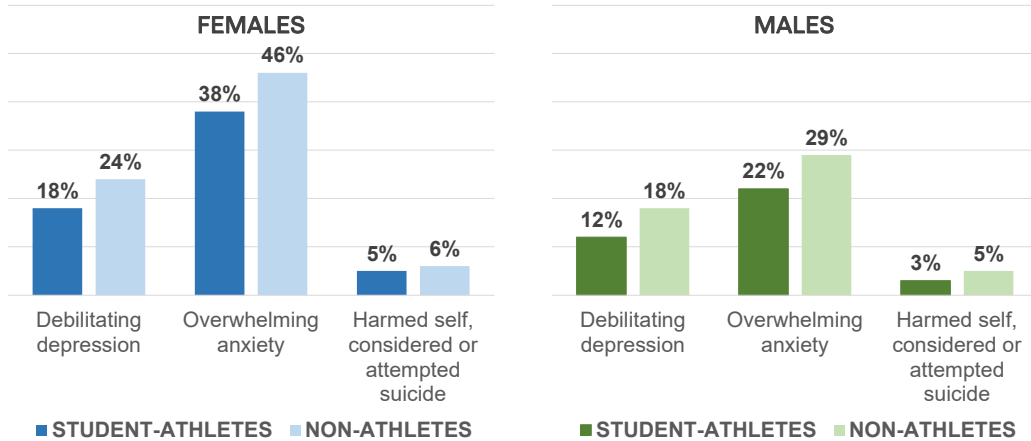
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# Athletics departments have become increasingly aware of student-athlete mental health concerns.



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## 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



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



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**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%
<hr/>			
White Males	10%	17%	+7%
Males of Color	16%	19%	+3%
White Females	16%	23%	+7%
Females of Color	23%	26%	+3%

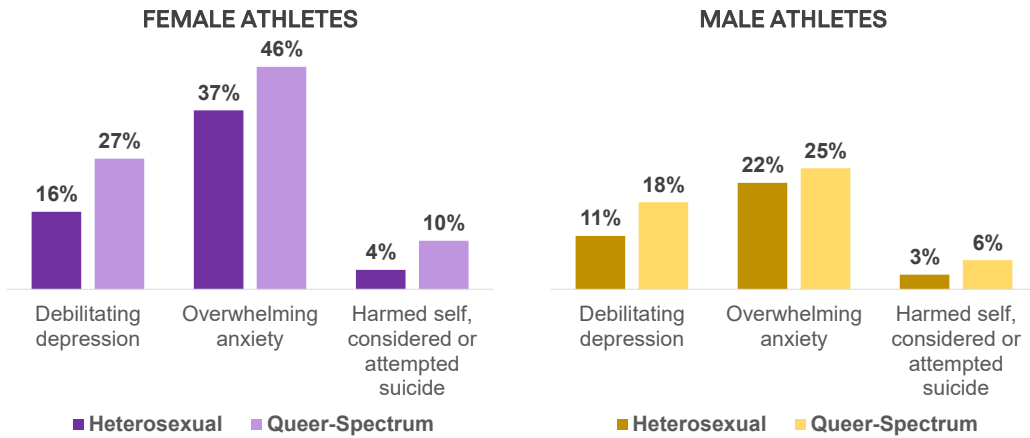
\*Non-athletes are full-time undergraduate students between the ages of 18-24 attending NCAA-member institutions who do not identify as varsity athletes.

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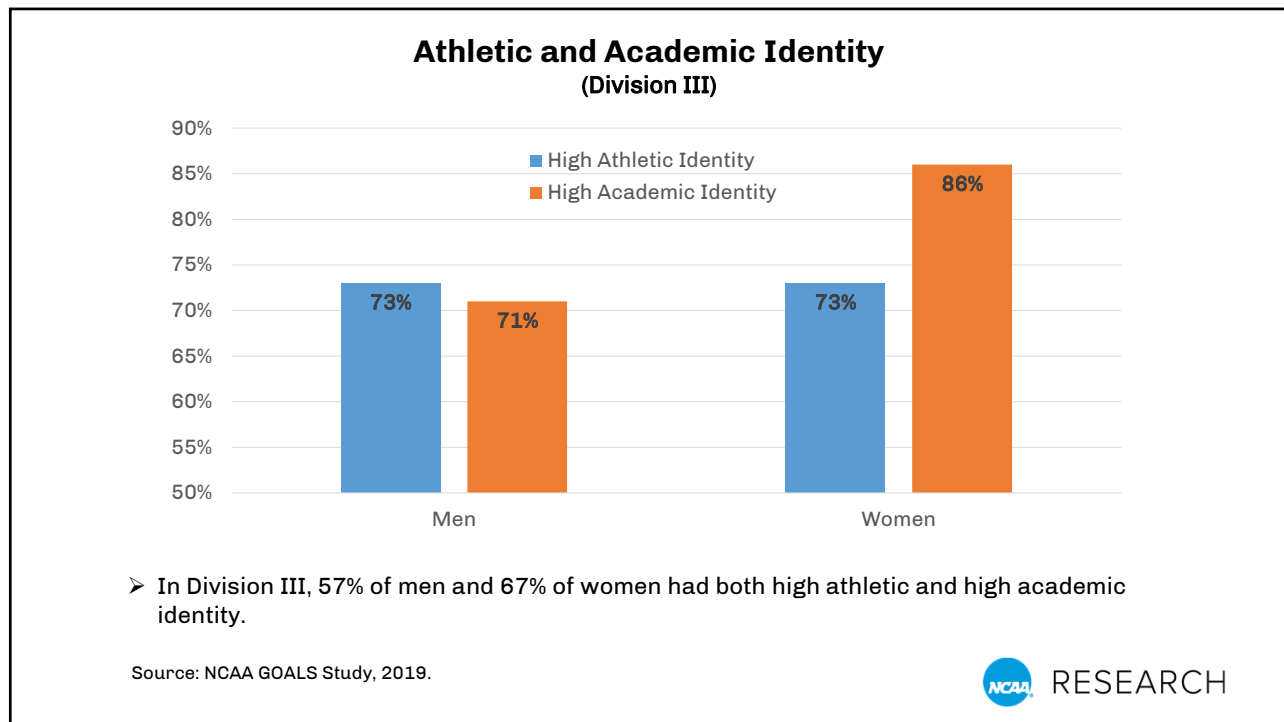
**Mental Well-Being of Queer-Spectrum Athletes, Comparison Data**  
(Experienced within the last 30 days)



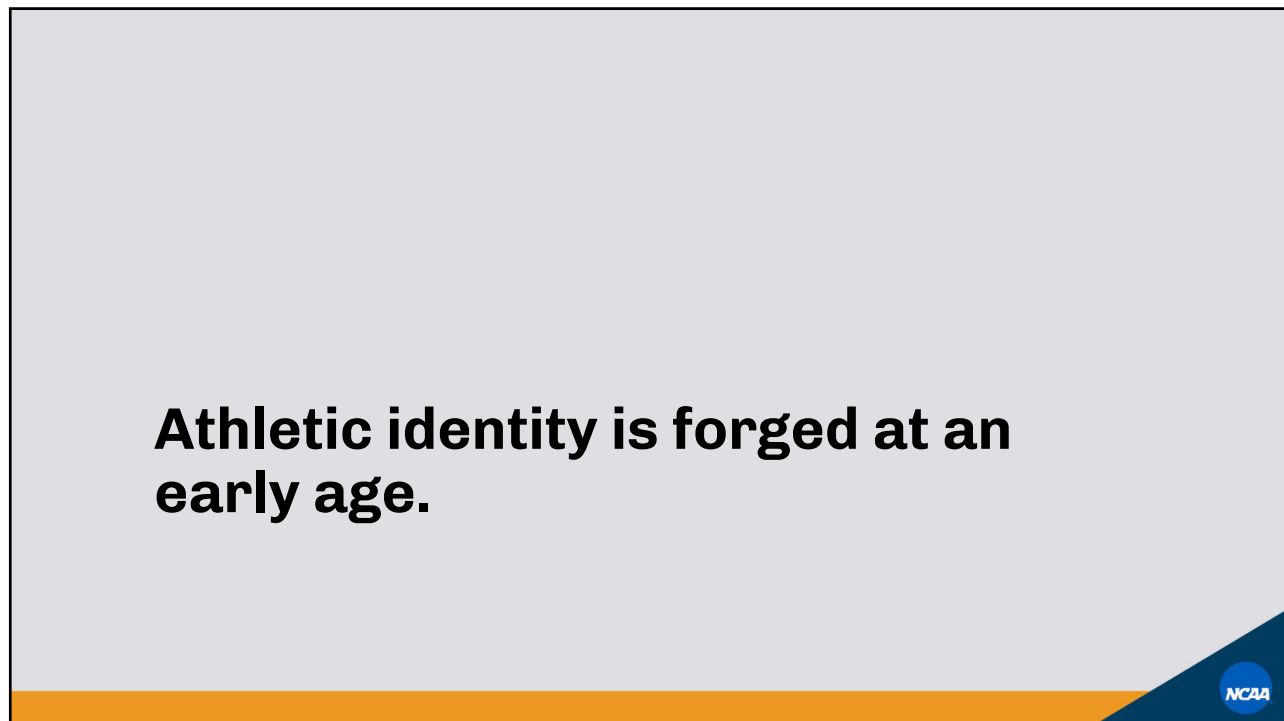
American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



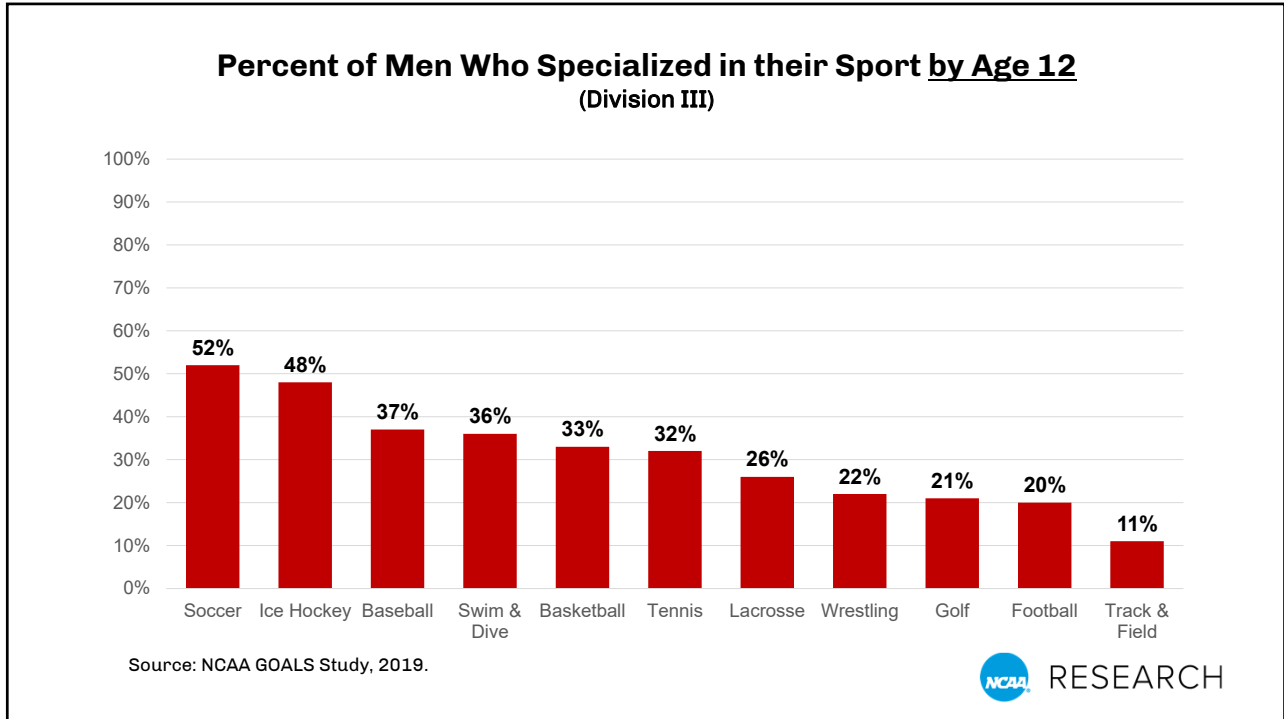
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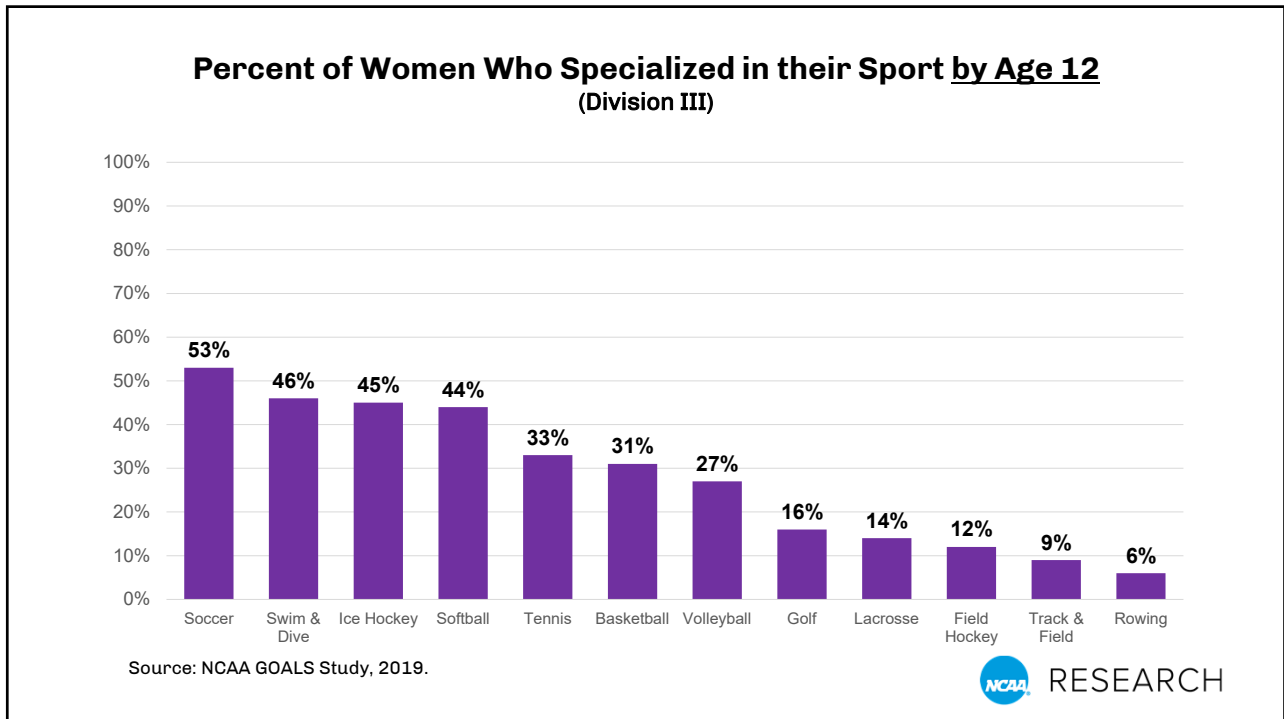
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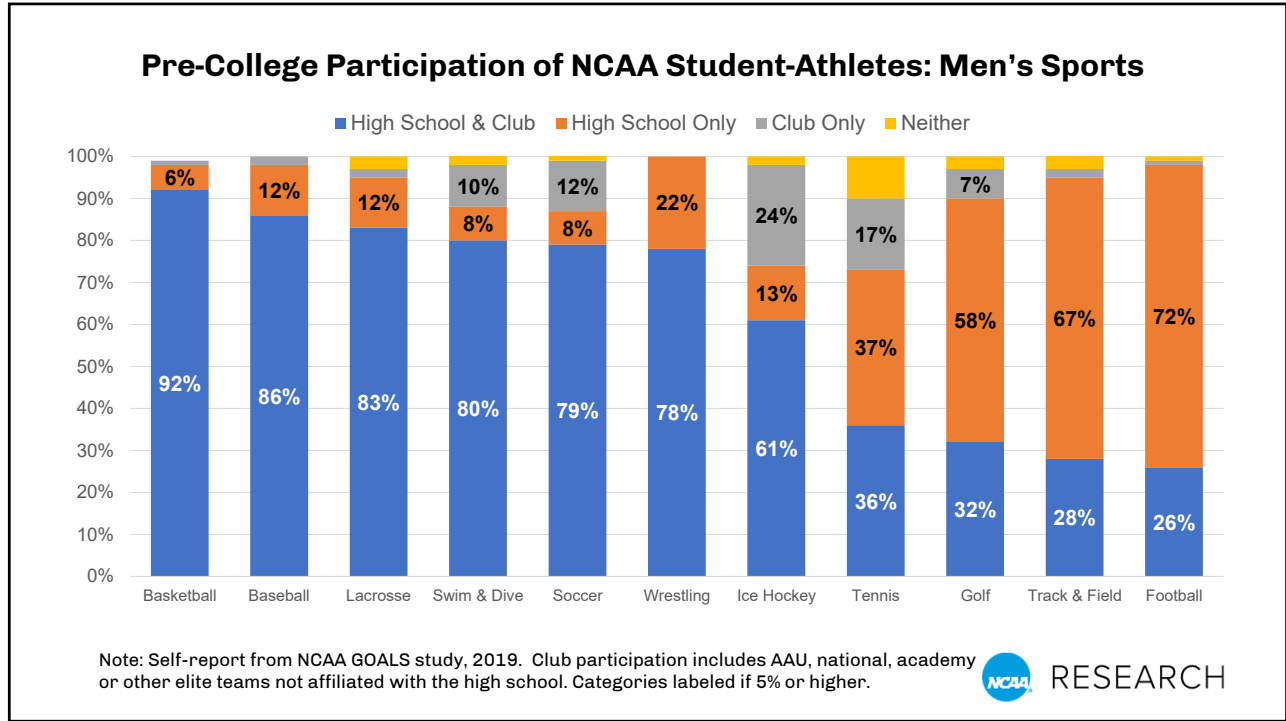


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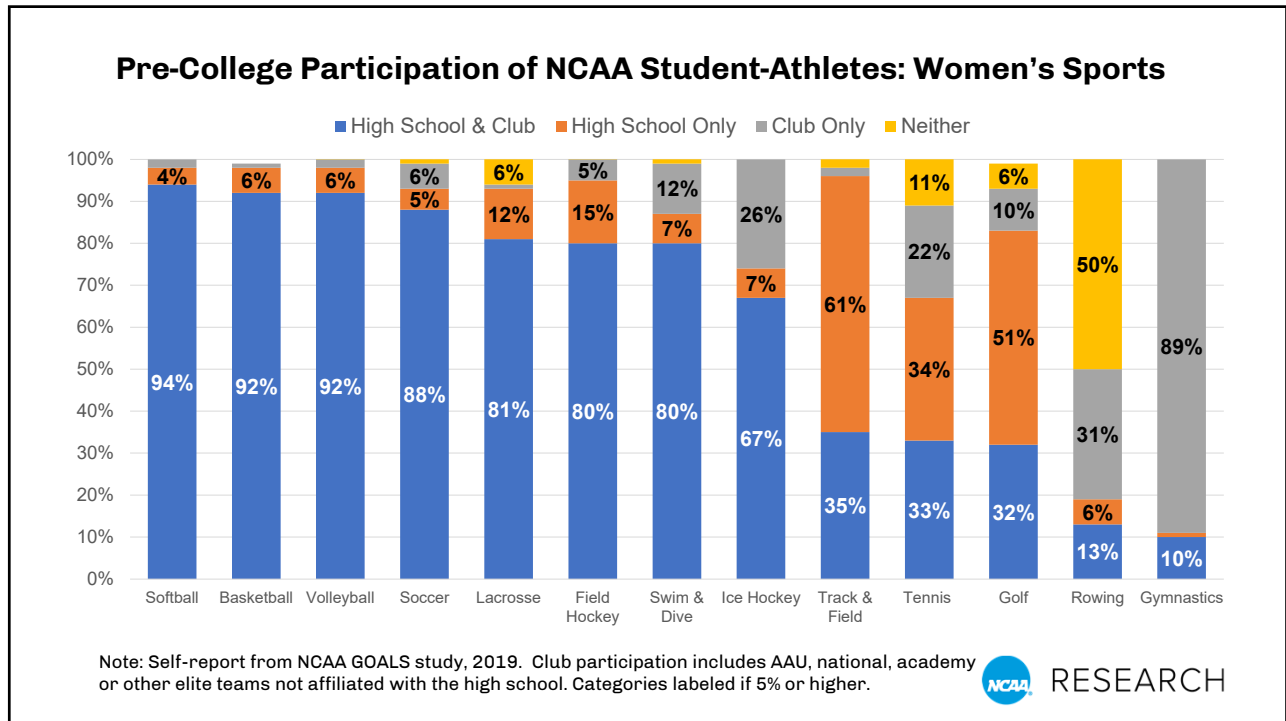


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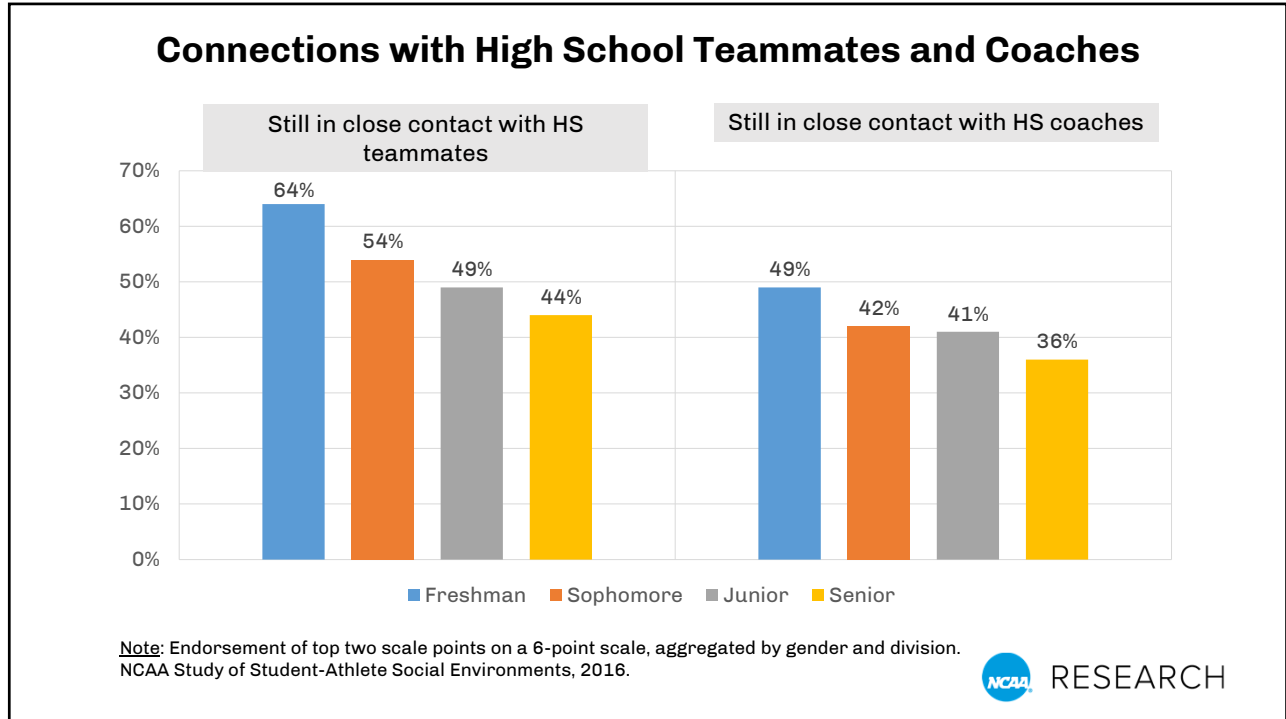




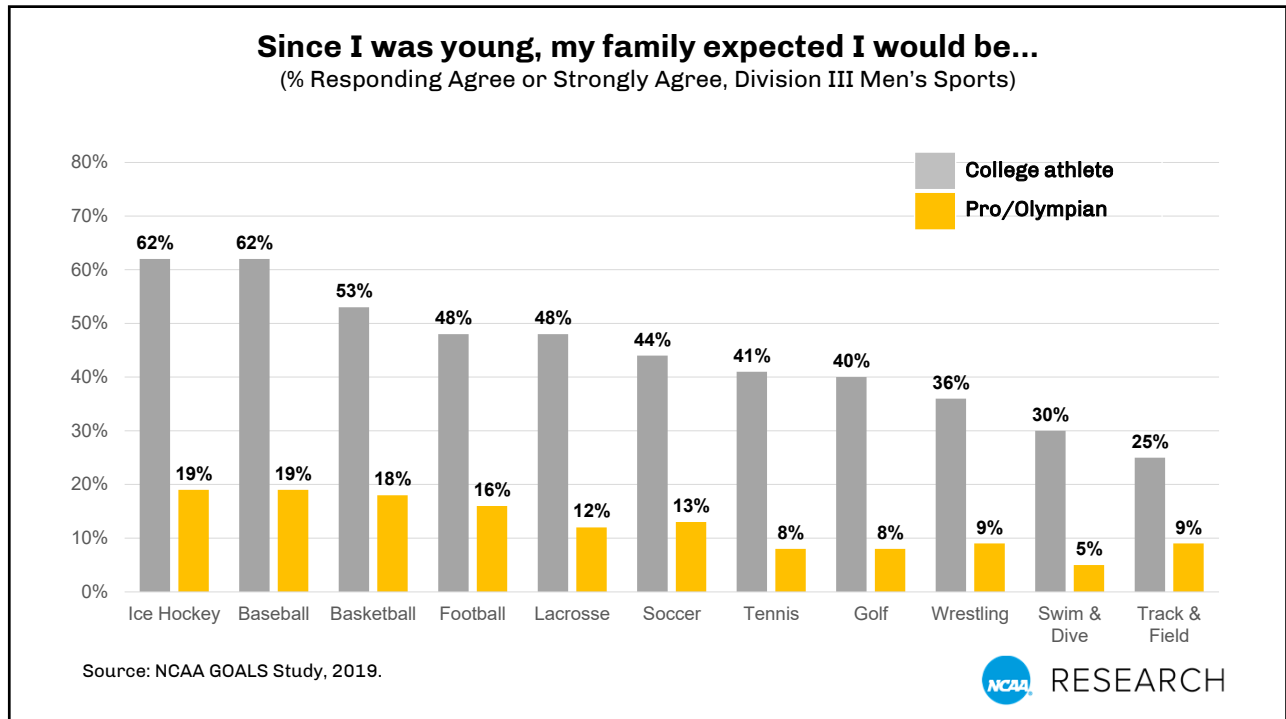
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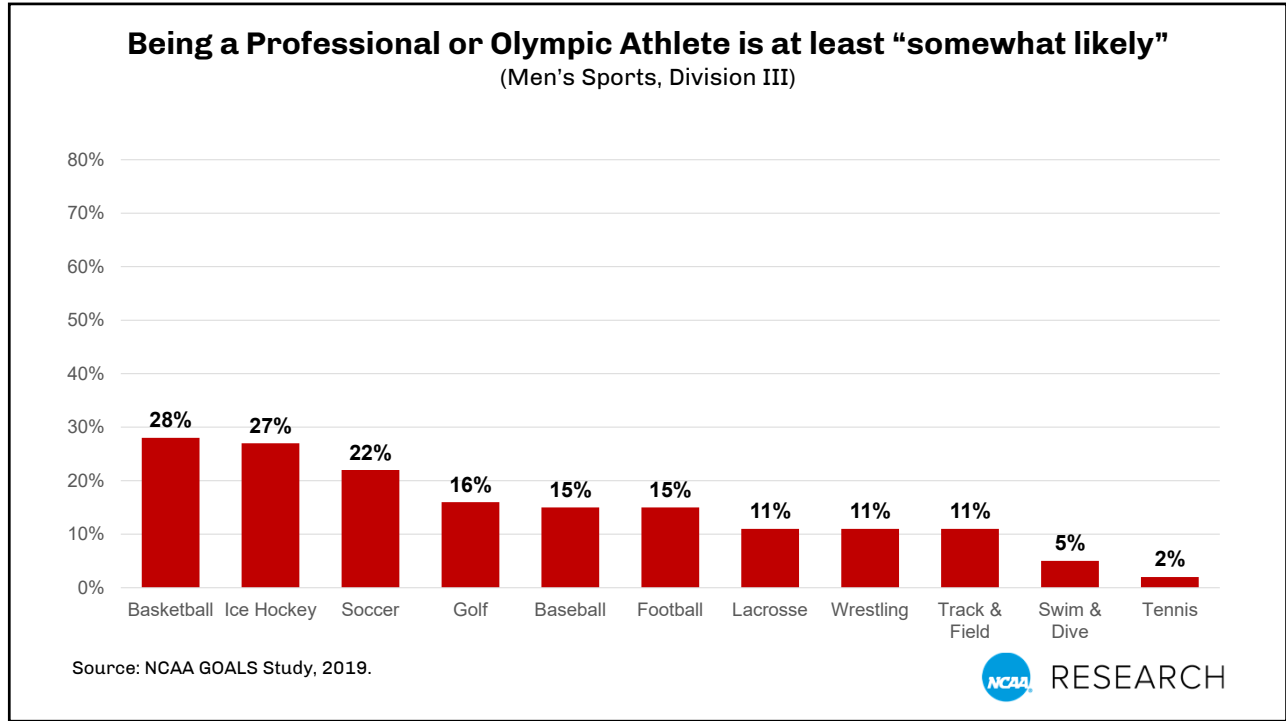
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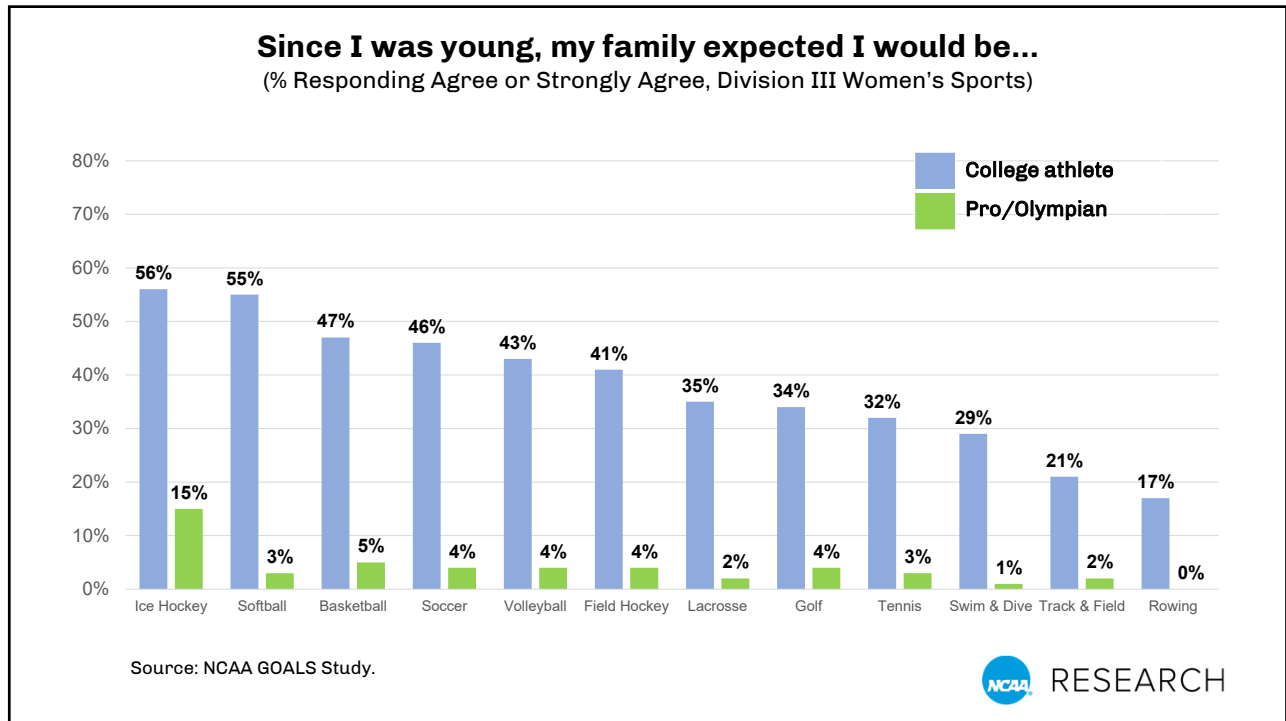
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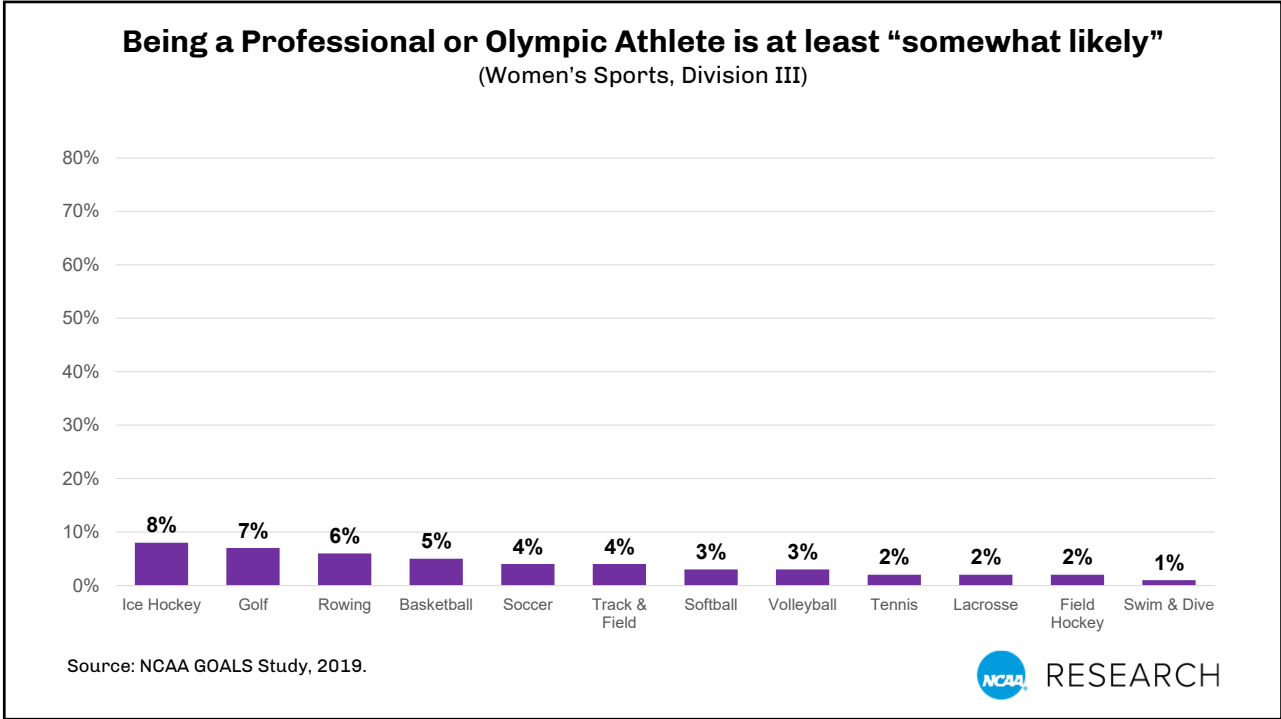
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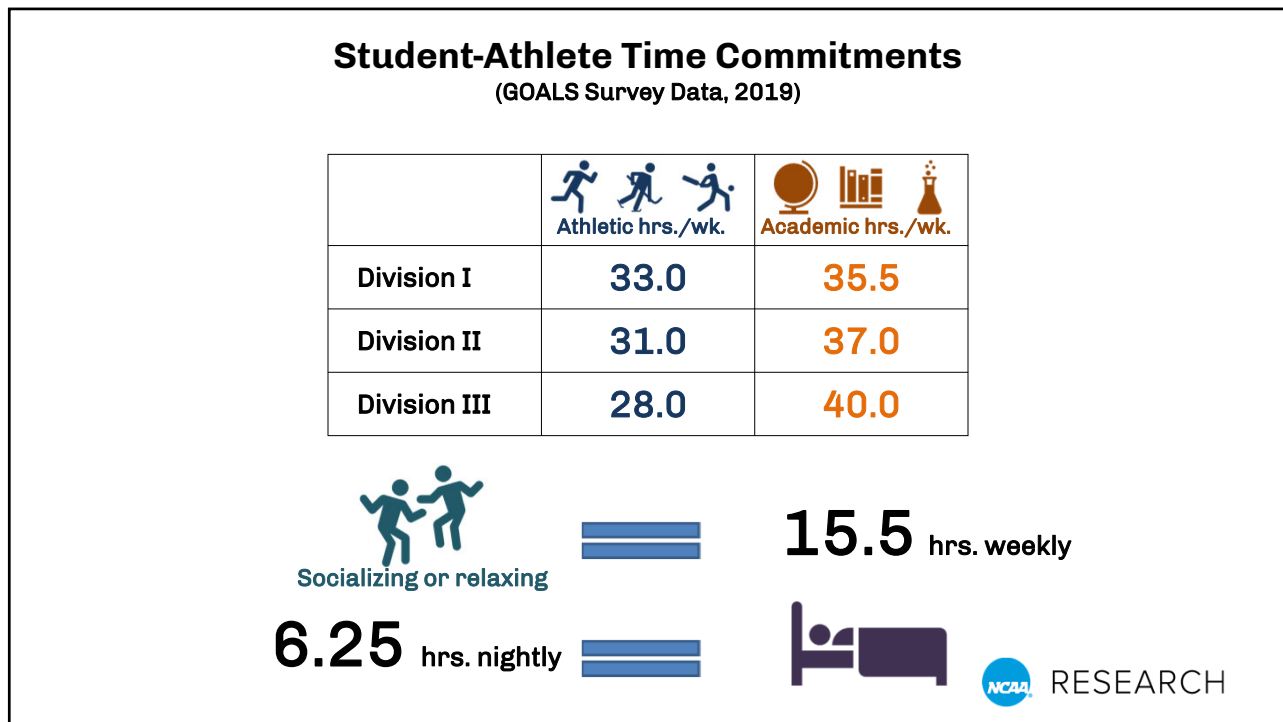
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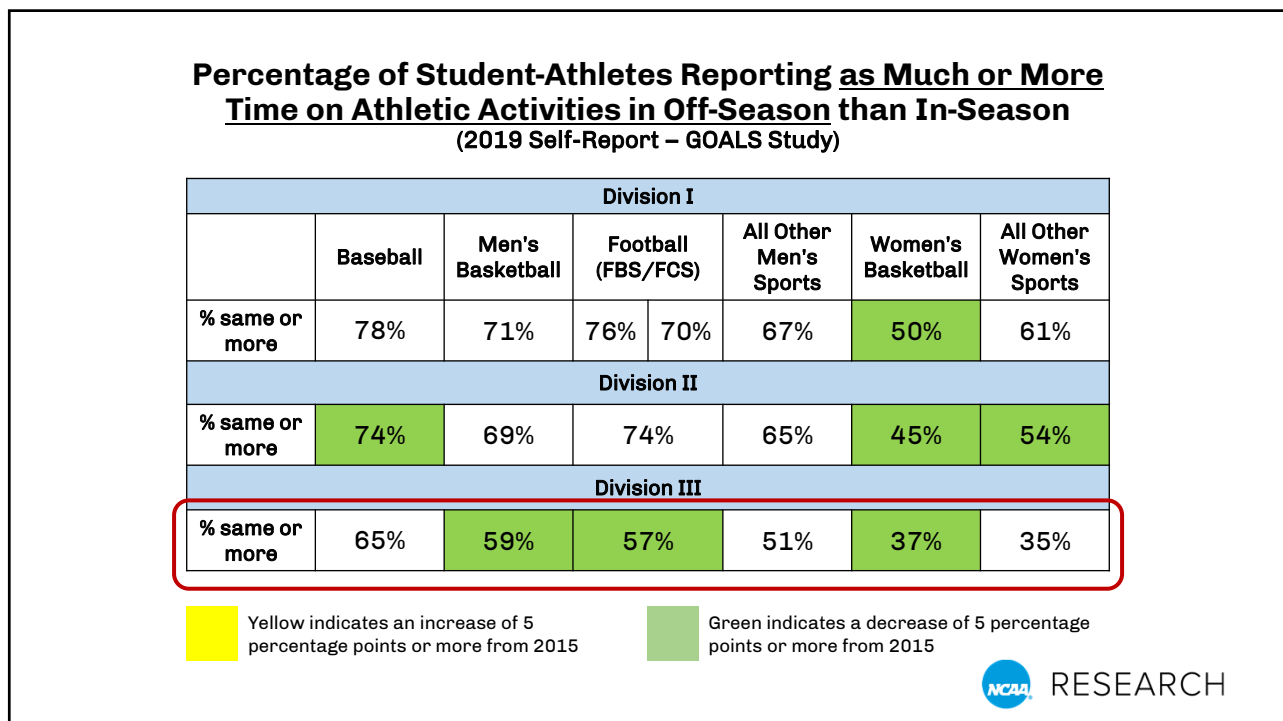
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**Time commitments and identity  
are inextricably linked.**

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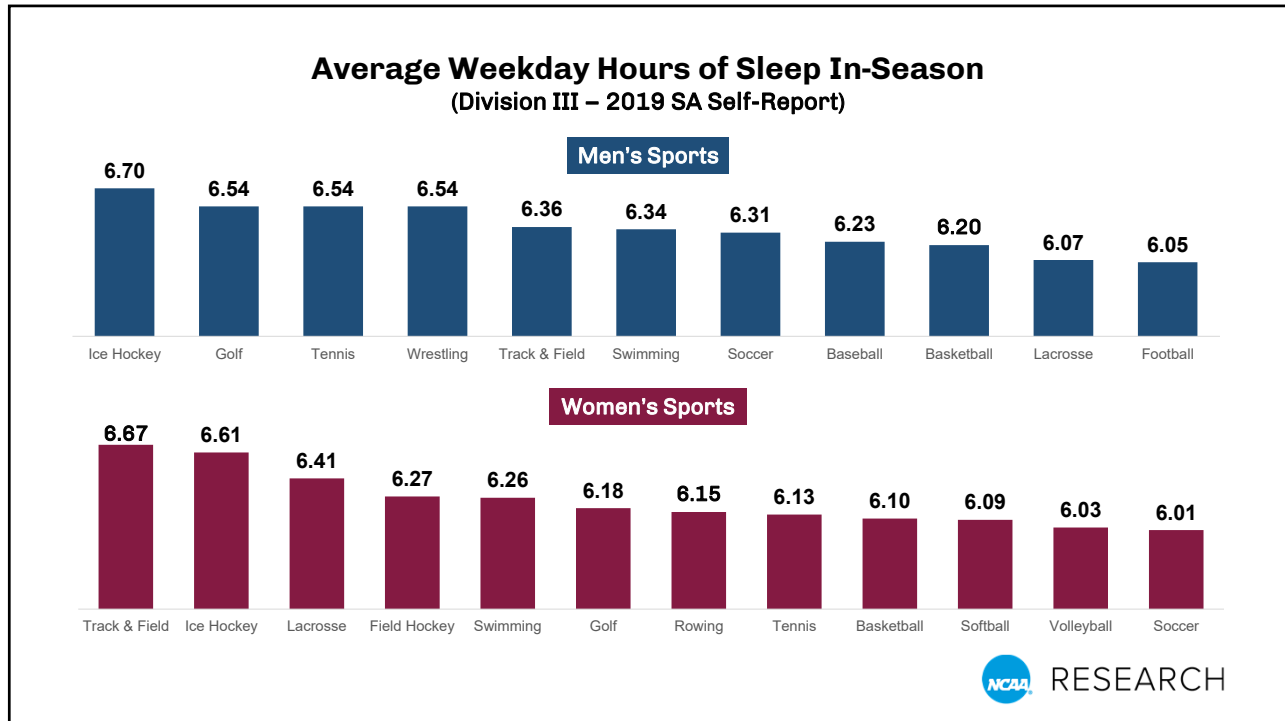
## But they also want more time for...

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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### 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%

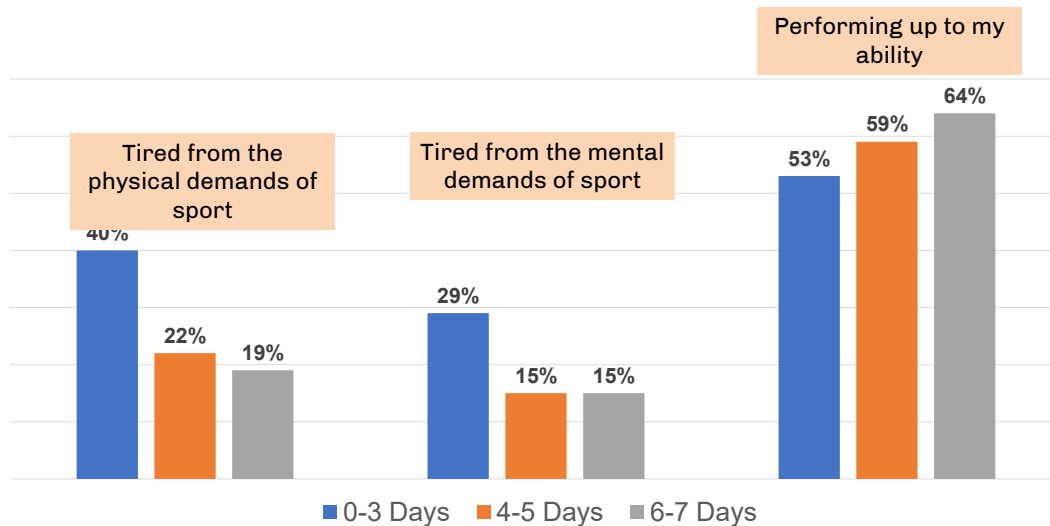
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American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 (data file). Hanover, MD: American College Health Association [producer and distributor];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

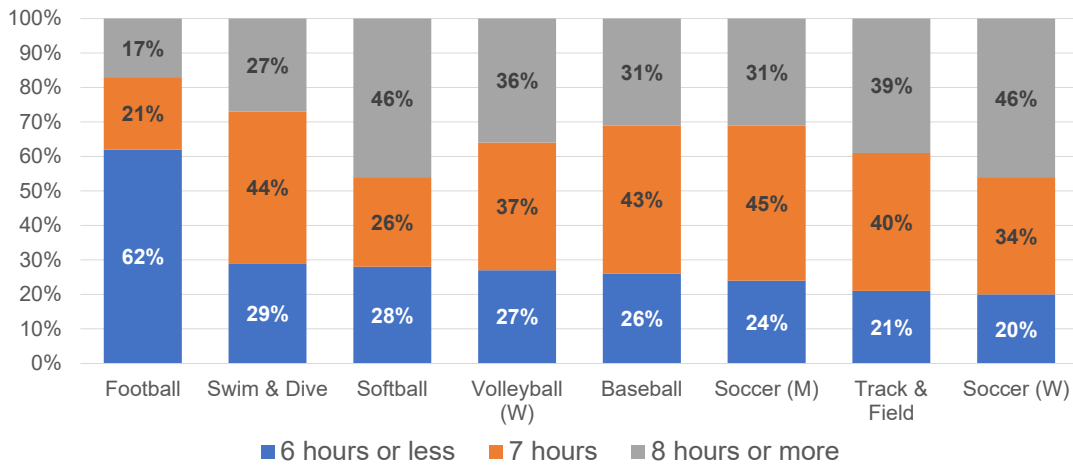
	Head Athletic Trainer		Head Coach		Student-Athlete Athletics Administrator	
	Females	Males	Females	Males	Females	Males
Division I	7.0	6.9	7.3	6.8	6.8	6.9
Division II	7.0	6.9	7.4	7.0	6.6	6.8
Division III	7.4	7.3	7.3	7.0	6.8	6.7

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 and Covid-19.




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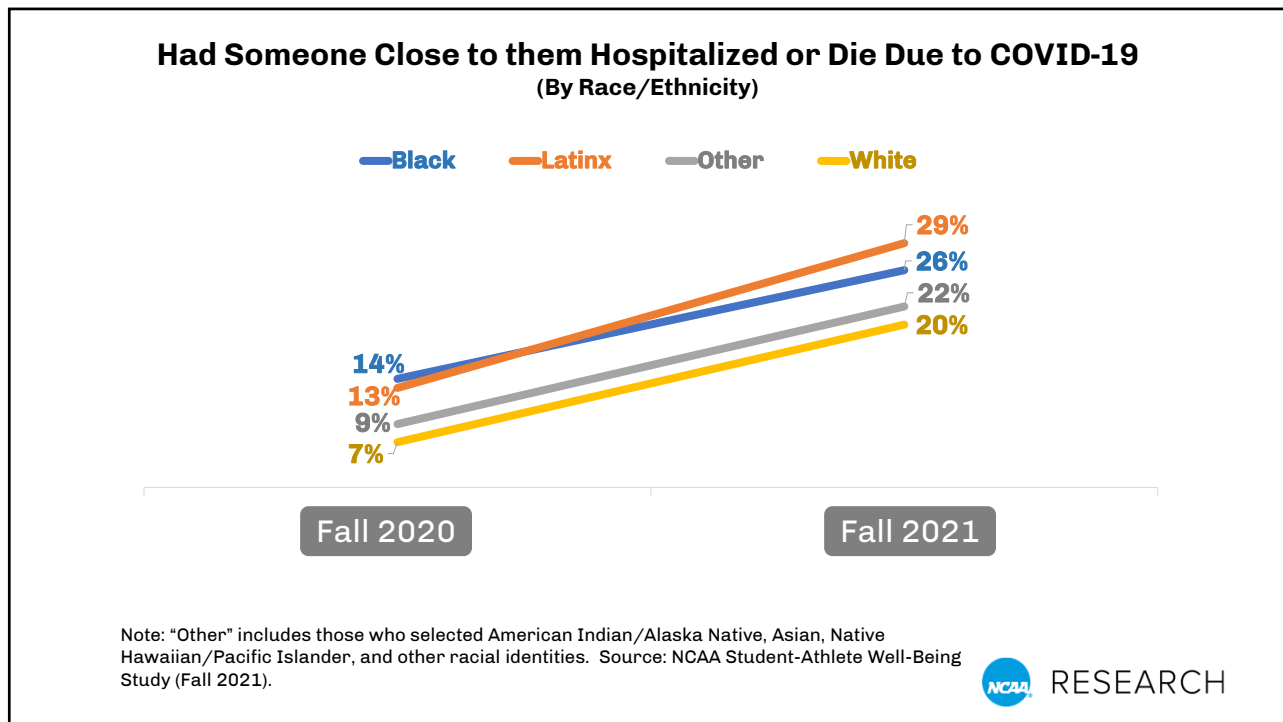
### COVID-19 Impact on Competition and Extended Eligibility (Sophomores and Above)

	Division I	Division II	Division III
Team <b>did not</b> compete during the 2020-2021 academic year	13%	20%	27%
Granted additional year of eligibility due to the impact of COVID-19 (e.g., opt out or blanket waiver)	84%	83%	86%

Note: First-year survey participants excluded. Additional years of eligibility could be granted due to the impact of COVID-19 on the 2019-20 or 2020-21 seasons. Source: NCAA Student-Athlete Well-Being Study (Fall 2021).



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### Mental Health Concerns During COVID-19 Pandemic (Comparing Division III men's sports participants responding "yes, within the last month" between 2015-2017 ACHA-NCHA data and 2020-2021 NCAA data)

	NCHA 2017	Spring 2020	Fall 2020	Fall 2021
Felt overwhelmed by all you had to do	56%	81%	79%	80%
Felt mentally exhausted	50%	73%	66%	72%
Felt sad	27%	68%	59%	57%
Felt very lonely	26%	64%	49%	41%
Felt things were hopeless	17%	53%	46%	36%
Felt overwhelming anxiety	22%	49%	45%	47%
Felt overwhelming anger	15%	45%	32%	30%
Felt so depressed that it was difficult to function	11%	28%	23%	22%

Green indicates a decrease of 5 percentage points or more from Fall 2020      Yellow indicates an increase of 5 percentage points or more from Fall 2020

Note: The spring NCAA survey asked, "As a result of the COVID-19 pandemic, have you..." The 2020 spring survey was in the field approximately a month after the pandemic led to the cancelation of winter and spring championships (Mar. 12, 2020) and most campus closures. The fall 2020/2021 NCAA and ACHA-NCHA surveys asked, "Within the last month, have you..." The fall 2021 survey was in the field Nov. 17-Dec. 13, 2021. Spring 2020 survey N=4,540 men's sports participants; Fall 2020 survey N=2,555 men's sports participants; Fall 2021 survey N = 1,006 men's sports participants; ACHA-NCHA survey N=1,899 Division III men athletes.

Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). 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).

NCAA RESEARCH

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### Mental Health Concerns During COVID-19 Pandemic (Comparing Division III women's sports participants responding "yes, within the last month" between 2015-2017 ACHA-NCHA data and 2020-2021 NCAA data)

	NCHA 2017	Spring 2020	Fall 2020	Fall 2021
Felt overwhelmed by all you had to do	76%	95%	94%	95%
Felt sad	44%	89%	81%	77%
Felt mentally exhausted	70%	89%	85%	89%
Felt very lonely	41%	81%	66%	56%
Felt overwhelming anxiety	39%	75%	74%	75%
Felt things were hopeless	29%	74%	66%	49%
Felt overwhelming anger	19%	55%	41%	33%
Felt so depressed that it was difficult to function	18%	41%	38%	34%

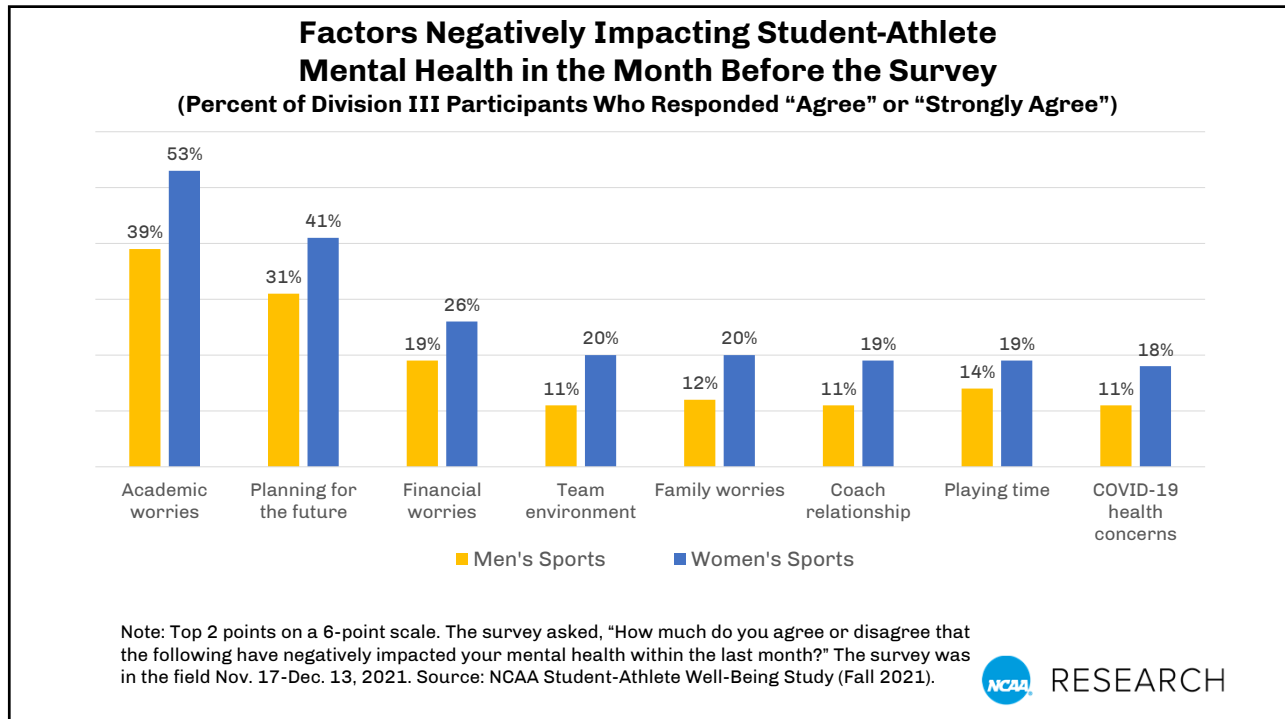
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Sources: NCAA Student-Athlete Well-Being Studies (2020 and 2021). American College Health Association. American College Health Association-National College Health Assessment, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017 [data file]. Hanover, MD: American College Health Association [producer and distributor]; (2018-11-15).



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# Student-athlete support for mental health concerns.



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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%	71%	56%
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

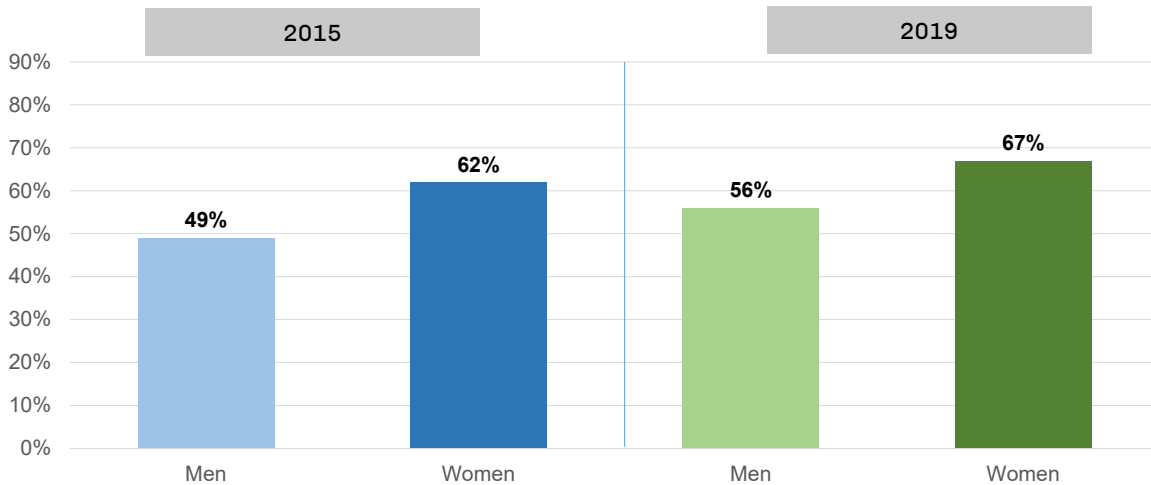
 Green indicates a decrease of 5 percentage points or more from 2015



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**I typically communicate with my parents/guardians daily or multiple times per day**

(% Responding Multiple Times Daily or Once a Day)



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



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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.



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## Conditions to Increase Mental Health Care Access

(Percent responding “Strongly Agree,” Across Divisions)

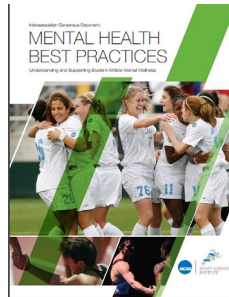
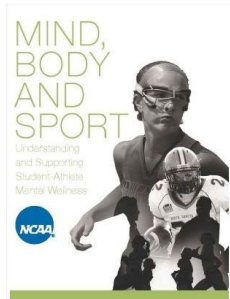
	Men	Women
Free services	32%	48%
Practitioner who understands athletes	29%	44%
Online appointment scheduling	28%	41%
Anonymity	27%	39%
24-hour hotline	28%	39%
Flexible hours	31%	39%
Same day appointments	28%	38%
Services within athletics department	25%	36%
Services in less visible area	25%	35%
Online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

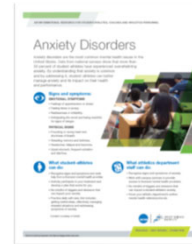
Click on the introductory link below to get started. Once you have completed the introductory module, click on the module that applies to you to learn more about what you can do to support student-athlete mental health.

- 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>



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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>

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M ATHLETES CONNECTED
 STUDENT-ATHLETES ▾ RESEARCH HOW TO HELP ▾ VIDEOS ABOUT ▾

**Athletes Connected.** The Athletes Connected program, developed with initial funding from an NCAA Innovations in Research and Practice Grant, is a unique collaboration between the University of Michigan School of Public Health, Depression Center, and Athletic Department to increase awareness of mental health issues, reduce the stigma of help-seeking, and promote positive coping skills among student athletes.

<https://athletesconnected.umich.edu/>

Season-Ending Injury, ADAM COON, Wrestling

Coping with Season-Ending Injury | Athl...

ASHLEY COHAGEN, Swimming

What's Life Like After Athletics? | Athl...

STACEY ERVIN, Gymnastics

Michigan Gymnast Encourages Fellow...

KALLY FAYHEE, Swimming & Diving

Kally Fayhee | Athletes Connected

NCAA

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## HOPE HAPPENS HERE



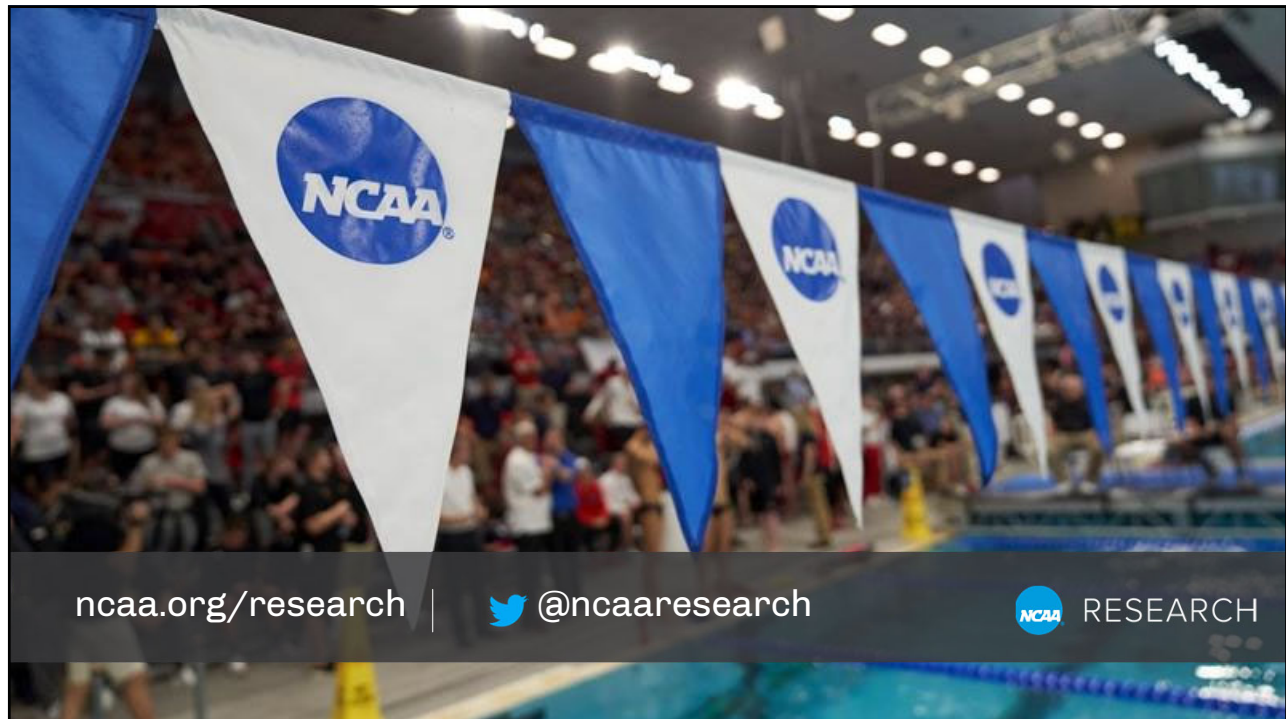
### MOVEMENT DEDICATED TO REMOVING THE STIGMA OF MENTAL HEALTH ISSUES ON COLLEGE CAMPUSES

- Founded in 2015 through the Saint Michael's College SAAC, Hope Happens Here is a student-led movement that aims to promote mental health awareness and mental wellbeing on college campuses, in particular student-athletes.
- Through events such as athletic awareness games, presentations, and sponsored events, we are intent on starting the conversation to help break the negative stigma that surrounds issues regarding mental health.

## COLLEGE CHAPTERS

<http://hopehappenshere.co>

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[ncaa.org/research](http://ncaa.org/research) |

[@ncaaresearch](https://twitter.com/ncaaresearch)



RESEARCH

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