2019 Graduate Student Research Grant Winners

"Staying Ahead of the Curve: A Dynamic Norms Approach to Reduce Alcohol Use Intentions and Behaviors in Student-Athletes"
Scott Graupensperger, Pennsylvania State University
Student-athletes engage in more alcohol misuse than non-sport-playing college students. Based upon decades of evidence regarding the power of social norms (i.e., perceptions of what others do and think) when shifting attitudes and behavior, innovative norms-based interventions have the potential to reduce harm. Such interventions are nevertheless rarely employed within NCAA institutions' substance use prevention practices. The proposed research project will test proof-of-concept for a dynamic norms intervention that is designed to reduce student-athletes' alcohol use. We will employ normative messages highlighting that student-athletes are beginning to drink less alcohol, as critical groundwork for developing a dynamic norms messaging intervention.

"Bouncing Back from Failure: A Self-Compassion Intervention with NCAA Student-Athletes"
Ashley Kuchar, University of Texas at Austin
Student-athletes often believe that self-criticism is necessary to improve their game and avoid complacency, but this behavior can lead to anxiety and stress. Research shows that self-compassion is a healthier way to respond to mistakes. Although there are many benefits of self-compassion, stigma may discourage athletes from adopting this approach. This study will develop and test a brief self-compassion training designed specifically for student-athletes, seeking to redefine mental toughness through understanding failure. The implications of this study are potentially far reaching, assisting not only with athletes' performance but also their emotional resilience and well-being.

"The Thrill of Victory, The Agony of Injury: Social Support Among Injured Collegiate Athletes"
Kaitlin Pericak, University of Miami (Florida)
Through the use of a quantitative survey, this study examines the relationship between injury among Division I collegiate athletes and their socio-emotional responses (i.e., perceived stress, anxiety, and depression). Further, this study examines whether social support services in the form of athletic trainers, sport nutritionists, physical therapists, sport psychologists, team physicians, and other sports medicine staff mediate these socio-emotional responses. Expected findings of this study are that traditional sources of social support for injury (e.g., sports medicine staff) housed in athletic training centers are not the most utilized, compared to non-traditional sources of social support.

"Exploring the Lived Experiences of Division I Black Women Student-Athletes "
Miray Seward, University of Virginia
The current study takes a developmental, intersectional approach to explore the lived experiences of Division I Black Women student-athletes. Current and former Black Women student-athletes will discuss their athletic and academic experiences in college (and leading up to college) during two, semi-structured interviews. Analyses will explore connections between personal experiences, socialization messages, and the development of student-athletes' current identities. By providing a more holistic understanding of Black Women student-athletes experiences, findings have

implications for organizations serving student-athletes (e.g. universities, athletics departments) and those interacting with student-athletes (e.g. parents, coaches, teachers).

"An Examination of Barriers Related to Recruiting Student-Athletes from Low Socioeconomic Backgrounds: Insights from Division I Recruiters"
Christian Vazquez, University of Texas at Austin
The research on socioeconomic diversity in college athletics is scarce. In this qualitative study, Division I coaches will be interviewed to gain insight on the barriers and possible solutions related to recruiting student-athletes from low socioeconomic backgrounds. It is hypothesized that college coaches are restricted by certain rules that make it difficult to recruit these student-athletes. It is also hypothesized that college coaches rely heavily on club/travel team coaches for tips on where to find these student-athletes. Insights from this study can help promote the recruitment of student-athletes from low socioeconomic backgrounds, while striving for overall equitable recruiting.