Student-Athlete Well-Being Scale (SAWS)

Rena M. G. Curvey, MS
Robert J. Reese, PhD
Marc L. Cormier, PhD

University of Kentucky
SAWS is a 13-item measure that is currently still being developed by researchers at the University of Kentucky.

After reading each statement carefully, the reader is asked to select the answer that best represents how they have been feeling the past two weeks.

The reader is asked to select only one answer per question using a four-point Likert scale ranging from never to almost always.
Purpose of SAWS

• SAWS is being developed to help practitioners and athletic departments:
  
  • Monitor treatment outcomes (APA, 2006).
  
  • Reduce premature termination (Duncan & Reese, 2015; Lambert et al., 2011).
  
  • Provide accountability for practitioners and organizations (Anderson et al., 2004).
  
  • Screen student-athletes to make proper referrals to mental and sport psychology practitioners (DeSantis et al., 2017).
Next Steps

• SAWS will undergo psychometric testing to evaluate its statistical properties to ensure reliability and validity.

• It is our hope to collect data from 500+ student-athletes across all division levels.

• Once the instrument is psychometrically evaluated, it should be ready for implementation as part of mental health protocols and practices.

• As data is collected, the SAWS will be normed on student-athletes who participate in different sports and share different identities.


