

Student-Athlete Well-Being Scale (SAWS)

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SAWS

- 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*.

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Name: _____ Date: _____ Session: _____

Instructions: This outcome measure consists of 13 statements. After reading each statement carefully, please select the answer that **best represents how you have been feeling the past two weeks**, including today. Please select only one answer per question.

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|---|--------------------------------|------------------------------------|--------------------------------|--|
| 1. I have satisfying relationships with my coaches. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 2. I have satisfying relationships with my teammates. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 3. I effectively manage my academic stress. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 4. I effectively manage my academic and athletic time demands. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 5. I feel stressed. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 6. I feel worried. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 7. I feel happy. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 8. I effectively manage pressure related to my athletic performance. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 9. I am satisfied with my physical health. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 10. I am satisfied with my body. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 11. I have satisfying relationships with my family and other close relationships. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 12. I enjoy my sport. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> almost always |
| 13. I am satisfied with my athletic performance. | <input type="checkbox"/> never | <input type="checkbox"/> sometimes | <input type="checkbox"/> often | <input type="checkbox"/> 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.

References

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