

**NCAA Innovations in Research and Practice Grant Program
2025 Funded Projects**

Resilience, education and cognitive attribution program (RECAP): A dual-path attributional intervention for addressing sports betting related online abuse

Bowling Green State University

Project team: Yoonki Chun*, Ph.D.; Meredith Flaherty, Ph.D.; Christopher McLeod, Ph.D.; and Yulsoo Ji

The Resilience, Education, and Cognitive Attribution Program (RECAP) addresses the growing concern of online abuse towards student-athletes linked to sports betting. As betting becomes more common, athletes often face abusive messages from upset bettors, posing significant threat to their mental health. RECAP uses a dual-path intervention: one aims to assist athletes build resilience through reframing abusive messages, while the other guides bettors within colleges to take self-responsibility for their gambling outcomes. By addressing both those that create and receive online abuse over sports betting, the project aims to reduce hostility, protect athletes' well-being, and promote healthier campus sports communities.

Rise with resilience: A clinical trial on the effects of mindfulness training for enhancing recovery among injured student-athletes

Emory University

Project team: Nicholas A. Giordano*, Ph.D., R.N.; Kyle Hammond, M.D.; Jack Hudson, M.P.H.; Jennifer Mascaro, Ph.D.; and Ingrid Duva, Ph.D., R.N.

Injuries sideline thousands of student-athletes annually. For many students these injuries can be season ending. Despite evidence that mindfulness skills improve performance and resilience, little is known about their role in enhancing recovery after injury. This trial will recruit college athletes undergoing surgery for sports-related injuries and randomize participants to either participate in a structured mindfulness training or receive standard written postoperative recovery discharge instructions. Patient-reported outcomes and objective activity metrics will be collected and compared between groups. Findings from this research will be disseminated to promote the uptake of skills among injured student-athletes and empower them to thrive.

AI-powered mentorship for holistic athlete development

Temple University

Project team: Elizabeth Taylor*, Ph.D.; Taylor Davenport; Jeff Nyquist, Ph.D.; and Robin Goetz

Collegiate student-athletes face growing pressures – from academics and athletics to finances, identity, and public scrutiny. Recent shifts like NIL, conference realignment, and revenue sharing have raised expectations, placing adult-like expectations on them during a vulnerable period of development, often without adequate, personalized support. To address this, we propose Journai, an AI-powered mentorship platform designed to promote holistic development, mental wellness, and readiness for life beyond sport. Utilizing a mixed-methods approach we will measure short-term outcomes, mid-term behavior change, and long-term implementation feasibility across a range of NCAA institutions.

*Denotes project director.



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