



February 4, 2026

Dr. Lydia Bell
National Collegiate Athletic Association
P.O. Box 6222
Indianapolis, IN 46206

Dr. Robert Bozick
National Collegiate Athletic Association
P.O. Box 6222
Indianapolis, IN 46206

Dear Drs. Bell and Bozick:

I am pleased to inform you that the NCAA Research Review Board approved the 2026 NCAA Division I Teamworks Study, Impacts of Abuse Directed at Athletes Due to Sports Betting via an expedited review on Tuesday, February 3, 2026.

The RRB also approved a Waiver of Documentation of Consent for this project.

According to the RRB Standard Operating Procedures, if the study persists beyond one year a continuing review must be scheduled. Therefore, to ensure adherence to the protocol, please forward all required documentation to the RRB Administrator by February 1, 2027, if necessary. The RRB Administrator will issue a reminder for you closer to the deadline.

Sincerely,

A handwritten signature in cursive script that reads "A. Christal Sheppard".

Dr. A. Christal Sheppard
Chair, NCAA Research Review Board



RESEARCH

NCAA RESEARCH PROJECT COVER SHEET

(Please use this form for all new submissions, resubmissions, and major changes.)

SECTION A

PROJECT TITLE: Division I SNAP Survey, February 2026 _____

PRINCIPAL INVESTIGATOR NAME: Lydia Bell, Ph.D. _____

EMAIL: lbell@ncaa.org _____ EXTENSION: x 6 2 6 8 _____

GROUP/DEPARTMENT: NCAA Research _____

CO-PRINCIPAL INVESTIGATOR NAME: Robert Bozick, PhD _____

EMAIL: rbozick@ncaa.org _____ EXTENSION: x 6 2 2 2 _____

GROUP/DEPARTMENT: Research _____

TODAY'S DATE: 1/21/2026 _____

ANTICIPATED START DATE: 2/9/2026 _____

ANTICIPATED COMPLETION DATE: 3/01/2026 _____

SECTION B

Proposal. Attach a detailed summary of the research to be undertaken; i.e., a clear statement of purpose, an indication of the practical application of the results and a statement outlining the importance of this research to the NCAA membership. Include any additional background or rationale pertinent to the request.

SECTION D

Human Subjects Certification. If this research involves the use of human subjects, NCAA Research Review Board (RRB) must certify that this project has been reviewed to ensure the protection of human subjects. Please refer to the RRB Standard Operating Procedures should you have questions about the terms or general procedures herein. Consult the, RRB Administrator, Chair, or Vice Chair for more detailed information.

1. Is this a ☐ NEW PROPOSAL;
☐ RESUBMISSION OF A PROPOSAL NOT PREVIOUSLY REVIEWED BY THE RRB;
☐ resubmission of a proposal PREVIOUSLY REVIEWED BY THE RRB; OR A
☒ submission of a MAJOR CHANGE TO AN RRB approved PROPOSAL?
2. Are human subjects involved? ☒ YES ☐ NO

Human subjects are defined as a living individual about whom an investigator conducting research obtains (1) data through intervention or interaction with the individual, or (2) identifiable private information.

If **NO** then skip to the end, sign and return the document to the NCAA Research Department.

3. Do you consider this research to involve greater than minimal risk? ☐ YES ☒ NO

"Minimal risk" means that the probability and magnitude of harm or discomfort anticipated in the research are not greater, in and of themselves, than those ordinarily encountered in daily life or during the performance of routine psychological examinations or tests.

4. Are you requesting: (please see the RRB Standard Operating Procedures for definitions)

☐ Exempt Status


☒ Expedited Review

☐ Full Board Review

NOTE: The Research Review Board will make the final determination as to the level of review necessary for the proposed project.

No study can commence prior to RRB approval or waiver determination.

Please sign and date the form: Today's Date: 1/21/2026_____

PRINCIPAL INVESTIGATOR SIGNATURE: _____

NCAA Research/Teamworks Surveys

Project Overview

NCAA Research has partnered with Teamworks to develop a method for quickly surveying a national sample of student-athletes on pressing issues facing intercollegiate athletics. These three-minute surveys will be administered four to six times annually, completed on students' phones and have approximately 20 questions in total. Engaging in such studies enables the NCAA national office and high-level committees to have rapid student-athlete feedback on issues of critical importance with expedited timelines. Participating schools will also receive the survey results.

While over 90% of Division I schools use Teamworks, those who do not will receive an invitation to participate in these studies via email and they will receive a survey link that can be directly emailed or texted to the student-athletes on their campuses.

Survey Design

NCAA Research staff will manage the survey cadence, design and distribution. Internal departments and NCAA committees will be encouraged to submit requests and sample items to research staff for survey inclusion. Each survey will be reviewed by the NCAA's Office of Legal Affairs to ensure items do not pose risk to the association, and the final survey instrument will be reviewed by the NCAA Research Review Board, an institutional review board federally recognized by the Office for Human Research Protections (IRB #00009263, Federal-wide Assurance number 00020028).

Method of Survey Distribution

Institutional Approval

When a survey is ready for distribution, NCAA research staff will invite institutional participation by contacting the Teamworks administrator at each member school identified for study inclusion through the Teamworks platform. Athletics administrators at schools not utilizing the Teamworks platform will be asked to permit student-athletes to participate in the study via an email invitation. Division I Faculty Athletics Representative(s) and Conference Commissioners will also be notified about the study via email using the Salesforce platform. Institutions will have the opportunity to review the survey instrument before opting into or declining student participation. When the survey is ready for distribution, the student-athletes at the schools opting into study participation will be notified about survey availability via their Tasklist on the Teamworks app.

Prior to issuing the campus invitation, the NCAA research website page specific to these Teamworks studies will be updated to include the current survey instrument, student-athlete resource materials unique to the study (to be updated for each survey), the RRB letter of approval and complete application, and key findings from previous Teamworks surveys.

Student-Athlete Invitation

Student-athlete participation in each survey will be voluntary and confidential. When a survey opens, all student-athletes on the Teamworks platform at schools that have consented to study participation will receive a push notification about survey availability, and the survey will be noted on their Tasklist in the Teamworks app. This notice will disappear after a student either opts out of taking the survey or takes the survey and selects “Submit.” Students can choose not to answer any questions or to stop responding at any time. The only required item in each survey will be the opt-in prompt, “Will you participate?”

For those athletes attending schools not using the Teamworks platform, the schools that have consented to study participation will receive a URL for student-athlete distribution the day the survey opens.

Surveys will typically be open for one week (5-8 days). Results shared with NCAA Research from Teamworks will be deidentified—ensuring that the identity of the student is unknown to the NCAA research team. A memo dated 9/10/2025 detailing information specific to Teamworks’ Data Protections and SNAP Survey Storage has been appended to this application.

Before sharing the results back with the NCAA for analyses, Teamworks will append a student-athlete’s primary sport code, athletics conference and institution. The raw data will be securely shared with NCAA research as a .csv or .xlsx file through a password protected cloud folder. Teamworks will not perform any independent analyses of this data and NCAA research staff will delete each study’s survey responses from Teamworks platform within six months of data transmission to the NCAA. Deleted data will be fully destroyed; once deleted they are not retrievable.

In addition to sharing the raw results, Teamworks will make available response rates per by institution, by sport and by conference (see examples below) in a downloadable excel file. This will allow NCAA research to evaluate the representativeness of each set of survey results and the continued success of this platform for future surveys.

School	Athletes Invited to Participate	Responses (opt-in only) received
School A	435	73
School B	527	139
School C	380	221

Sport	Athletes Invited to Participate	Responses (opt-in only) received
Baseball	135	47
Football-FBS	400	78
Football-FCS	400	122
Men’s Cross Country	75	63

Conference	Athletes Invited to Participate	Responses (opt-in only) received
America East	435	73
Atlantic 10	832	237
Atlantic Coast Conference	1,207	358
Big 12	325	74

Analyses and Data Storage

NCAA research intends to clean and analyze survey responses shortly after each survey closes and make aggregate results at the sport or subdivision-level available to internal staff, committees, and participating schools within two weeks of the study conclusion. Only select NCAA research staff will have access to the raw data stored on an SSO-protected NCAA SharePoint site. Analyses will be conducted by NCAA research staff who have active CITI Human Subjects training certificates. The cleaned dataset will be securely stored for the time required in NCAA record retention policies (currently 7 years).

February 2026 Study

In partnership with Queensland University of Technology (Australia) and Massachusetts Institute of Technology, the items in the February 2026 study will focus on the impact of abuse directed at athletes due to sports betting. Questions will ask participants about social media use, awareness of sports betting abuse and the impact of sports betting abuse on their mental wellbeing and performance. Results will inform NCAA national office and Division I governance committee education efforts and policy-making this school year. The results and a deidentified dataset will also be made available to members of the QUT/MIT study team to allow them to merge results from Division I student-athletes into their broader dataset for later analyses. In December, the University Human Research Ethics Committee (UHREC) of Queensland University of Technology reviewed and approved the broader study of which this survey will be a component as having met the requirements of the National Statement on Ethical Conduct in Human Research (2025). The letter of approval is attached.

Campuses will be invited to allow student-athletes to participate in the survey by February 9. The survey will be available to student-athletes from February 23-March 1. The survey will be closed at approximately 9:00 AM, Eastern time, Monday, March 2. Key findings will be made available the week of March 16, 2026.

Impacts of Abuse Directed at Athletes Due to Sports Betting

The NCAA research team invites you to take this 5-minute survey on social media use and perceptions of sport betting abuse. Your name will not be collected. Your answers will be kept confidential, as results will be grouped together and reported in aggregate form (e.g., by sport, sub-division, gender). The findings will be made available to NCAA staff, committees, participating schools and posted on ncaa.org within two weeks of the survey's close. Findings will also be shared with scholars at MIT and Queensland University of Technology (Australia) as part of an international study on the impact of sports betting abuse. A link to more information about this broader study is listed at the end of the survey.

You may skip any questions you choose not to answer and can discontinue your participation at any time.

Will you participate?

- ☐ Yes
- ☐ No

Section 1: Social Media Use & Perceptions of Betting- Related Abuse

- Do you play on a men's or women's team?
 - ☐ Men's team
 - ☐ Women's team
- What is your primary sport? [dropdown of NCAA sports, including emerging]
- For how many years have you been a college student-athlete:
 - ☐ Less than 1 year
 - ☐ 1 year
 - ☐ 2 years
 - ☐ 3 years
 - ☐ 4 years
 - ☐ 5 or more years
- On a typical day, how many hours do you spend on social media?
 - ☐ Less than 1 hour
 - ☐ 1 hour
 - ☐ 2 hours
 - ☐ 3 hours
 - ☐ 4 hours
 - ☐ 5 hours
 - ☐ 6 hours
 - ☐ 7 hours
 - ☐ 8 hours
 - ☐ 9 or more hours
- Do you check your social media on game day before competing (Yes/No)
- Do you check your social media on game day after competing (Yes/No)
- How often do you communicate with fans online via social media posts or direct messaging? (Never / Rarely / Sometimes / Often / Very Often).

- What is the frequency of betting-related abuse you encounter? (Never / Rarely / Sometimes / Often / Very Often)
- What is the main channel of betting-related abuse you receive? (In-person / social media / Both/I have not experienced betting-related abuse)
- I am aware of betting-related odds of my or my team's performance prior to competition (Never / Rarely / Sometimes / Often / Very Often).
- Sports betting contributes to an unfair public or media scrutiny of athletes (1-5 scale (Strongly Disagree/ Somewhat Disagree/ Neither Agree nor Disagree/ Somewhat Agree/Strongly Agree))

Perceptions of Sport Integrity

Please indicate your level of agreement or disagreement with the following statements (Strongly Disagree/ Somewhat Disagree/ Neither Agree nor Disagree/ Somewhat Agree/Strongly Agree):

- Betting-related abuse undermines the fairness of sport.
- Betting-related abuse damages the reputation of my sport.
- When fans target athletes in relation to betting outcomes, it compromises the spirit of competition.
- Betting-related abuse weakens trust between athletes and fans.

Experience of Fan Abuse

Please indicate the frequency of your experiences with the following (Never / Rarely / Sometimes / Often / Very Often)

- I have experienced online abuse from fans about betting-related outcomes.
- I have experienced verbal or physical abuse in person from fans about betting-related outcomes.
- I have been blamed directly by fans for betting losses.

Athlete Wellbeing, Mental Health, Motivation and Performance

Please indicate your level of agreement or disagreement with the following statements (Strongly Disagree/ Somewhat Disagree/ Neither Agree nor Disagree/ Somewhat Agree/Strongly Agree):

- I am aware of other athletes, colleagues, or discussions in media/forums involving betting-related abuse.
- I feel increased stress, anxiety, or burnout when subjected to betting-related abuse.
- Betting-related abuse reduces my enjoyment in playing my sport.
- My focus and concentration during practice and/or competition decreases when I am targeted by betting-related abuse.
- Betting-related abuse reduces my confidence in performance situations.
- Betting-related abuse has negatively impacted or altered my performance in the past

(Post Script)

Thank you for completing the survey, your responses have been recorded. If you are interested in learning more about this study or would like U.S.-based resources for mental health support or dealing with social media abuse, please visit this link [URL].

Campus Invite [Teamworks Users]

Dear Campus Administrator,

NCAA Research has partnered with Teamworks on a new method for quickly gathering student-athlete perspectives on pressing issues in college sports. The three-to-five-minute SNAP (Student-Athlete Needs, Aspirations and Perspectives) surveys will be administered four to six times annually, completed on student-athletes' phones and have approximately 20 questions in total.

SNAP surveys will provide the NCAA national office and high-level committees with rapid student-athlete feedback on issues of critical importance with expedited timelines. Participating schools will also receive the aggregated survey results and key findings will be shared on the NCAA Research website.

Each time a new SNAP survey is available, NCAA Research will request your institution's permission to allow student-athletes to participate. Participation in these studies will always be voluntary and confidential. Students' names will never be collected, and results will be reported in aggregate form (e.g., by sport, sub-division, gender). Student-athletes may skip any question they choose not to answer and can discontinue participation at any time. Each survey will be approved by the NCAA Research Review Board prior to distribution.

February 2026 Study. The February 2026 study includes questions about social media use and perceptions of sport betting abuse. Results will inform NCAA national office and Division I governance committee education efforts and policy-making this academic year. You may review the survey instrument and additional information about the SNAP Study [here](#).

Opt-In by Feb. 20. The deadline for your school to opt-in is Friday, February 20. If your school opts in, the survey will be available to student-athletes at your school from February 23 through March 1 via the Teamworks app. Key findings will be made available to participating institutions the week of March 16, 2026. For questions, please reach out to research@ncaa.org.

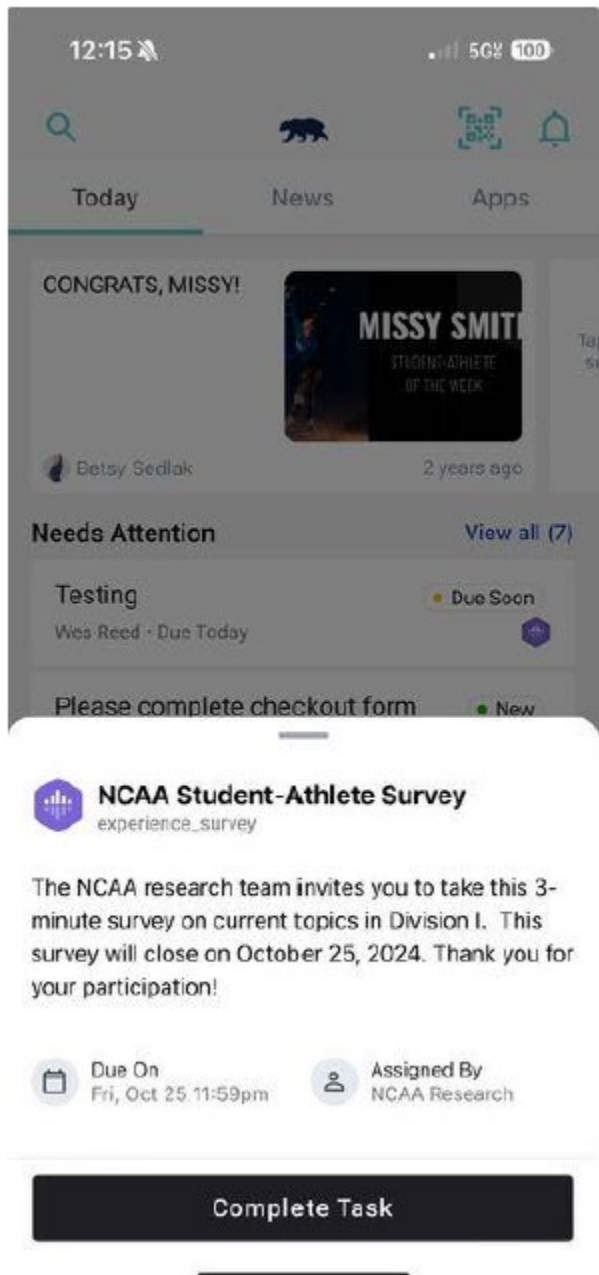
Sincerely,

Lydia Bell, Ph.D.
Managing Director of Research

Pop-Up Invite (Student-Athletes, Teamworks Users)

The NCAA research team invites you to take this 5-minute survey on social media use and perceptions of sports betting abuse. Your name will not be collected. Thanks for your participation and sharing your voice!

(Example of how pop-up will display is below)



Campus Invite [Non-Teamworks Users]

Dear [Athletics Director],

NCAA Research has partnered with Teamworks on a new method for quickly gathering student-athlete perspectives on pressing issues in college sports. The three-to-five-minute SNAP (Student-Athlete Needs, Aspirations and Perspectives) surveys will be administered four to six times annually, completed on student-athletes' phones and have approximately 20 questions in total.

For schools like [Institution name] that are not using the Teamworks platform department-wide, Teamworks has built a survey link that can be distributed to your students via email or text so they can also participate in these surveys.

SNAP surveys will provide the NCAA national office and high-level committees with rapid student-athlete feedback on issues of critical importance with expedited timelines. Participating schools will also receive the aggregated survey results and key findings will be shared on the NCAA Research website.

Each time a new SNAP survey is available, NCAA Research will request your institution's permission to allow student-athletes to participate. Participation in these studies will always be voluntary and confidential. Students' names will never be collected, and results will be reported in aggregate form (e.g., by sport, sub-division, gender). Student-athletes may skip any question they choose not to answer and can discontinue participation at any time. Each survey will be approved by the NCAA Research Review Board prior to distribution.

February 2026 Study. The February 2026 study includes questions about social media use and perceptions of sport betting abuse. Results will inform NCAA national office and Division I governance committee education efforts and policy-making this academic year. You may review the survey instrument and additional information about the SNAP Study [here](#).

Please distribute to your students by Feb. 25. If your school is willing to have student-athletes participate in the February 2026 study, please circulate the link below to all NCAA student-athletes on your campus. Suggested wording for the email and text messages to student-athletes is below. If your school participates, the survey will be available to student-athletes at your school from the time you share the link through March 1. Key findings will be made available to participating institutions the week of March 16, 2026. For questions, please reach out to research@ncaa.org

Survey link: [\[URL link\]](#)

Sincerely,
Lydia Bell
Managing Director of Research

Email Invitation to NCAA Student-Athletes

SUBJECT LINE: NCAA Research wants to hear your voice

Hello,

NCAA Research wants to hear your thoughts on social media use and perceptions of sport betting abuse. Your responses will inform NCAA policy and decision making this academic year. The 3-to-5-minute survey is confidential, and your name will not be collected.

Click on this link to view the survey: [\[link here\]](#)

Please respond by 11:59 P.M. (Pacific), Sunday, March 1.

Thanks for sharing your voice!

Text Invitation to NCAA Student-Athletes

NCAA Research wants to hear your thoughts about social media use and perceptions of sports betting abuse. Learn more or take the 5-minute survey by Mar. 1. Your name will not be collected. Thanks for sharing your voice! [\[link here\]](#)

Resources and Recommendations

For information or support related to any of the survey topics, please contact your campus student health office or visit the following sites:

Social Media Harassment

- Right to Be provides tips for responding to online harassment: <https://righttobe.org/guides/responding-to-online-harassment/>
- Meta has a guide for managing the comments you receive on Instagram or Facebook: <https://about.meta.com/actions/safety/topics/safety-basics/tools/stay-safe#comments>
- If you experience harassment, abusive content, or simply unwanted interactions on Venmo, you can reach out to a dedicated hotline for student-athletes to report it and get immediate support at ncaahotline@paypal.com. A guide for athletes developed by Venmo can be found here: [VenmoBestPracticesGuide.pdf](#)
- To report abuse, harassment or bullying you've faced on Facebook or Instagram, visit <https://about.meta.com/actions/safety/topics/safety-basics/tools/stay-safe#report>
- To report abuse on X (formerly Twitter): <https://help.x.com/en/safety-and-security/report-abusive-behavior>

Problem Gambling

- For resources related to problem gambling or treatment, please visit the [National Council of Problem Gambling](#) or contact them directly.
Call: [1-800-GAMBLER](tel:1-800-GAMBLER)
Chat: 1800gamblerchat.org
Text: [800GAM](tel:800GAM)

Substance Abuse and Mental Health Services

- The Substance Abuse and Mental Health Services Administration (SAMHSA) Behavioral Health Treatment Services Locator provides help to those seeking treatment facilities for substance use/addiction and/or mental health problems. For more information, visit: www.findtreatment.samhsa.gov

Mental Health Support for Students of Color

- For students of color, The Steve Fund and Crisis Text Line provide 24/7, free and confidential support for mental health and well-being. Text STEVE to 741741.

Mental Health Support for LGBTQ+ Students

- For the LGBTQ+ community, The Trevor Project provides 24/7 counseling for crisis intervention and suicide prevention. Call 866-488-7386, text START to 678678 or message a counselor online at www.thetrevorproject.org/get-help/.

Suicide Prevention

- The 988 Suicide and Crisis Lifeline provides 24/7, free and confidential support for individuals in distress. Call or text 988 or chat at www.988lifeline.org/chat.
- A list of international suicide hotlines is available at <https://ibpf.org/resource/list-of-international-suicide-hotlines/>.



Teamworks Innovations, Inc.
122 E Parrish Street
Durham, NC 27701

TO: NCAA Research Review Board

FROM: Faryn Roy
Vice President, Teamworks

SUBJECT: Teamworks Data Protections and SNAP Survey Storage

Teamworks is committed to storing user data safely and securely. As an organization we have a Data Protection Officer and a robust set of policies and controls to ensure data protections. We work with reputable third parties to monitor our entire cloud service operation to immediately detect and alert our team if suspicious activities are detected or vulnerabilities are identified. All databases, data stores and file systems are encrypted, and all external data transmission is encrypted end-to-end. Within the last year, A-LIGN ASSURANCE conducted a Type 2 SOC 2 audit of our company's content and collaboration software services and found it to be suitably designed and operating effectively to meet the applicable trust services criteria.

Regarding the data collected specifically for the NCAA's SNAP surveys, Teamworks has committed to providing the NCAA with raw survey data through an encrypted, password-protected cloud share folder or private website. Additionally, Teamworks will not perform any independent analyses of this data and NCAA research staff will delete each study's survey responses from the Teamworks platform within six months of data transmission to the NCAA. Deleted data will be fully destroyed; once deleted they are not retrievable.



12 December 2025

Dear Ms Agnes Toth-Peter,

We are pleased to advise that your application has been reviewed and approved by the University Human Research Ethics Committee (UHREC) or delegated review body as meeting the requirements of the National Statement on Ethical Conduct in Human Research (2025).

Project title: Sports betting-related fan interactions on professional athletes' wellbeing and performance
Approval number: 9893
Approved version: LR 2025-9893-27425
Approval date: 12/12/2025
Expiry date: 12/12/2030

Documents approved:

Document Type	File Name	Date	Version
Default	Recruitment_Email_V1	30/04/2025	V1
Default	Consent-Form_V1	30/04/2025	V1
Default	Interview Protocol_V1	25/05/2025	V1
Default	Survey_V1	25/05/2025	V1
Default	Sports Betting Research Proposal May 2025	25/05/2025	V1
Default	Interview_Participant_Information_Sheet_Coaches and Welfare Managers_V1	28/07/2025	V1
Default	Interview_Participant_Information_Sheet_V2	28/07/2025	V2
Default	Survey_Participant_Information_Sheet_Coaches and Welfare Managers_V1	28/07/2025	V1
Default	Survey_Participant_Information_Sheet_V2	28/07/2025	V2
Default	Review_and_Responses_9893_RR1	28/07/2025	V1
Default	Welfare Managers Interview Protocol_V1	09/12/2025	V1
Default	Survey_V2	09/12/2025	V2
Default	Recruitment email-Welfare managers_V1	09/12/2025	V1
Default	Interview_Participant_Information_Sheet_Coaches and Welfare Managers_V2	09/12/2025	V2
Default	Interview_Participant_Information_Sheet_V3	09/12/2025	V3
Default	Survey_Participant_Information_Sheet_V3	09/12/2025	V3
Default	Responses to Reviewer Comments	09/12/2025	V1

Research team approved:

Prof Sarah Kelly

Dr Agnes Toth-Peter,

Shira Springer ,

Jake Marsh,

Jonathan Hirshler,

Ben Shields

This approval is subject to the [standard conditions of approval](#) as well as any additional conditions of approval indicated by the UHREC or delegated review body.

Additional conditions of approval:

- Nil

Kind regards,

**** This is a system generated email - PLEASE DO NOT REPLY TO THIS MESSAGE ****