

NCAA SNAP (Student-Athlete Needs, Aspirations and Perspectives) Study October 2025 Survey, Executive Summary

Overview. From September 30 to October 5, NCAA research partnered with Teamworks to distribute a 3-minute, confidential survey of Division I student-athletes through the Teamworks platform. Student-athletes were asked about several topics of interest including use of performance technologies, desired resources from the national Division I Student-Athlete Advisory Committee (SAAC), fan behaviors related to sports betting and their mental health. Survey participation was voluntary, and the data provided to the NCAA were de-identified.

Survey Response. All Division I schools were invited to participate in the survey. Most invitations were distributed to campus athletics directors and senior compliance administrators via the Teamworks platform, but the 18 Division I member schools not utilizing Teamworks were sent an invitation from the NCAA Research department. In total, 163 schools (45%) agreed to participate. On September 30, nearly 56,000 NCAA student-athletes at participating schools received a push notification about the survey availability and saw it listed under their daily to-dos on the Teamworks app. Among the non-Teamworks users, participating schools were asked to circulate a survey link to their student-athletes.

The survey was open for six days and responses from 6,789 student-athletes (12% of those receiving the survey link) were received. Women's sports and white student-athletes were overrepresented in the sample compared to annually reported Division I participation and demographics rates.

Key Findings.

Performance Technology. The NCAA's Sport Science Institute is developing educational materials and best practices for campuses on performance technology. Student-athlete feedback from this survey was seen as an important contribution to the project. Performance technologies are devices that collect biometric and/or performance data. They can be wearable (e.g., Catapult, FitBit, Apple watch, Whoop, Oura ring, Garmin) or non-wearable (e.g., app-based surveys, video cameras).

Over 60% of athlete respondents reported using performance technologies. However, as this survey was not nationally representative, this should not be interpreted as a true reflection of the prevalence of use among Division I athletes. It reflects those who completed the survey.

Women's and men's soccer (72% and 67%, respectively), field hockey (65%) and men's basketball (61%) were most likely to report using performance technologies as part of team-wide use. The technology was most often used during practice/conditioning across sports. Field hockey (95%) and m/w soccer (84% and 86%, respectively) reported the highest use rates during competition.



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Those using performance technologies for personal use were most likely to be tracking heart rate, calories burned and sleep. Those using it as part of team-wide use were most likely tracking performance metrics (e.g., speed, acceleration, distance covered, recovery).

Most respondents (55%) indicated that they were responsible for selecting performance technologies used, but there were variations by sport. For example, over two-thirds of FBS- and FCS-football and m/w basketball student-athletes reported that their strength coach selected the performance technologies used, while over 60% of m/w soccer and men's swimming respondents indicated that their coaches selected the technology.

When asked if they felt the use of performance technologies had impacted their mental health within the last year, respondents were most likely to indicate that it had no impact (41% of men's sports athletes and 40% of women's sport athletes). Men's sports athletes were more likely to report a positive impact on mental health (36% compared to 23% of women's sports respondents), and women's sport participants were twice as likely to report it both positively and negatively impacting their mental well-being (19%, compared to 9% of men's sport participants).

A majority (72% of men's sports participants, 55% of women's sports participants) felt that performance technologies had positively impacted their athletic performance.

SAAC Areas of Emphasis. Division I National SAAC gave participants a range of topics and asked which they should prioritize this year in terms of designing educational resources for student-athletes.

Resources for “preparing for life after college” received the highest endorsement from women's sport respondents (65%), with mental health support and services (58%), and nutrition (56%) rounding out the top three. Among men's sports, the top three most requested resources were for NIL opportunities and NIL GO (49%), “preparing for life after college” (45%), and nutrition (41%).

Fan Behavior Related to Sports Betting. The national office continues to track on the rise of negative fan behaviors related to sports betting. This survey asked Division I student-athletes whether they had ever received negative or threatening messages from “someone who bet on your game” and if they had ever had a student on campus tell them that they won or lost a bet placed on their team. These items were repeated from the NCAA's [2024 sports betting study](#).

As the survey was conducted the first few days of October, results were limited to those in their sophomore year and above, who had at least a year of fan engagement as a collegiate athlete.

Overall, 7% of men's sports athletes reported negative or threatening messages from fans who bet on their game, and 9% had experienced a student telling them that they won or lost a bet they placed on their team. Rates were much lower among women's sports participants (1% for both items). Rates were highest among men's autonomy conference participants—with nearly twice as many indicating they had faced social media abuse and a third more reporting having

interacted with a student on campus who had placed a bet on their team as compared to men's sports participants from nonautonomy conferences.

Within sports, men's basketball had the highest rates of endorsement on both items, with 36% reporting social media abuse related to sports betting, and 29% reporting having interacted with a student on campus who had placed a bet on their team.

Mental health. Nearly two-thirds of men's sports participants reported their mental health was "very good" or "excellent" as compared to 44% of women's sports athletes. Women's sports athletes were nearly twice as likely to indicate their mental health was "fair" or "poor" (20% compared to 11% of men's sports participants).

Nearly half (47%) of women's sports reported feeling "overwhelmed by all they had to do" constantly or most every day, and a third reported feeling mentally exhausted and facing sleep difficulties. These items were also the three most reported mental health concerns among men's sports participants but were endorsed at much lower rates (overwhelmed=22%, mentally exhausted=17%, and sleep difficulties=17%).

Within both men's and women's sports, international student-athletes were more likely to report feeling very lonely (11% of international men's sports participants compared to 7% domestic, 19% of international women's sports participants compared to 12% domestic) and international women's sports participants reported feeling sad constantly or most every day at a rate of 29%, compared to 19% of their domestic peers.

The rates of mental health concerns among women's sports participants identifying on the queer spectrum as compared to their straight peers was higher across all items and feeling "so depressed it was difficult to function" was endorsed by 10% of women's sports participants identifying on the queer spectrum as compared to 4% of their straight-identifying peers. These findings are consistent with [previous studies](#) by the NCAA and among the population generally.

Participants endorsed academic worries (M 31%, W 48%), pressures to perform athletically (M 19%, W 40%) and planning for the future (M 24%, 38% W) as the top factors negatively impacting their mental health in the month before survey.

Full results can be found here:

https://ncaaorg.s3.amazonaws.com/research/snap/Oct2025RES_SNAPStudy.pdf



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