



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

November 2025

NCAA SNAP October 2025 Survey

- ▶ The NCAA partnered with Teamworks to distribute a 3-minute, confidential survey of Division I student-athletes from September 30 to October 5.
- ▶ The survey asked 19 questions about current Division I topics: performance technology, SAAC resources, fan behavior related to sports betting, and mental wellbeing.
- ▶ Survey participation was voluntary and confidential. De-identified results shared back with the NCAA ensured the identity of the student was unknown.
- ▶ All Division I schools were invited to participate in the survey. In total, 163 schools agreed to participate (45%).
- ▶ After the opt-in window closed:
 - ▶ The survey was distributed via the Teamworks platform to nearly 56,000 NCAA student-athletes on September 30. NCAA Research shared survey links with 18 additional schools that were not Teamworks users, eight of which shared the link with an unknown number of student-athletes.
 - ▶ The survey was open for six days.
 - ▶ Just under 6,800 students from 153 Division I schools took the survey. The estimated response rate was 12%. Women's sports and white student-athletes were overrepresented in the sample compared to annually reported Division I participation and demographics rates.



Participant Demographics

Representativeness of Sample, All Participants

Representativeness by Sport Gender

	SNAP, Oct. '25	NCAA DI Demographics
Men's Sports Athletes	41%	53%
Women's Sports Athletes	59%	47%

Representativeness by Race and Sport Gender

	Men's Sports		Women's Sports	
	SNAP, Oct. '25	NCAA DI Demographics	SNAP, Oct. '25	NCAA DI Demographics
White	66%	50%	71%	59%
Black	16%	26%	9%	13%
Other	19%	24%	19%	27%

Note: There were 2,761 men's sports and 4,022 women's sports participants in the full sample. Sources: NCAA SNAP Study (October 2025), Division I demographics data extracted from the [NCAA Demographics Database](#) (2025).

Response Rates by Conference

Conference	N Schools	Athletes Invited	Athletes Completed	Response Rate
Big West	1	85	21	24.7%
MAAC	3	594	141	23.7%
Big Sky	4	1,309	290	22.2%
Summit League	4	1,423	313	22.0%
Pac-12	1	169	35	20.7%
Big South	4	351	72	20.5%
CUSA	3	1,134	202	17.8%
ASUN	10	3,412	576	16.7%
OVC	4	1,432	227	15.9%
WAC	2	706	108	15.3%
Big East	4	1,417	198	14.0%
MVC	4	1,149	159	13.8%
Southland	1	370	50	13.5%
CAA	5	1,541	202	13.3%
WCC	8	2,729	352	12.9%
SoCon	4	1,047	133	12.7%

Conference	N Schools	Athletes Invited	Athletes Completed	Response Rate
MWC	4	1,631	199	12.2%
Sun Belt	9	3,303	398	12.0%
Horizon	4	1,056	127	12.0%
America East	1	175	20	11.4%
American	8	3,374	379	11.2%
Big 12	10	4,580	485	10.6%
MAC	4	1,744	182	10.4%
Patriot	3	1,048	109	10.4%
Big Ten	11	7,369	698	9.5%
Ivy League	4	2,314	204	8.8%
Atlantic 10	7	2,879	245	8.5%
ACC	7	3,931	276	7.0%
SEC	5	2,424	165	6.8%
SWAC	2	713	45	6.3%
MEAC	2	551	28	5.1%
NEC	1	13	0	0.0%

Note: Response rates among Teamworks users. The number of surveys distributed to non-Teamworks users is unknown.
Source: NCAA SNAP Study (October 2025).

Number of Participants by Sport

Men's Sports	Sample N
Baseball	568
Basketball	112
FBS-Football	371
FCS-Football	528
Golf	62
Lacrosse	116
Soccer	171
Swim & Dive	119
Tennis	55
Track & Field	474
Wrestling	78
Other Men's Sports	107

Women's Sports	Sample N
Basketball	267
Beach Volleyball	101
Field Hockey	79
Golf	115
Gymnastics	101
Ice Hockey	68
Lacrosse	235
Rowing	305
Soccer	592
Softball	580
Swim & Dive	288
Tennis	111
Track & Field	631
Volleyball	394
Other Women's Sports	155

- **Using data from Teamworks, we were able to determine approximate response rates for a few sports: Baseball (13%), Football (8%), Men's Golf (6%), Men's Basketball (5%), Women's Basketball (13%) and Women's Softball (22%).**

Note: Multisport athletes counted in their primary sport. Only sports with 50 or more invited participants are displayed. Of the 6,789 participants, we were able to determine whether they played on a men's or women's team for all but six in the sample. Source: NCAA SNAP Study (October 2025).

Performance Technology

Performance Technology

- ▶ The NCAA's Sport Science Institute is developing educational materials and best practices for campuses on performance technology. Student-athlete feedback on these survey items is 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).
- ▶ Key findings:
 - ▶ Over 60% of athlete respondents reported using performance technologies. However, as this survey is 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.



Performance Technology, Key Findings

- ▶ 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.
- ▶ 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.



Do you currently use performance technology?

(Select all that apply)

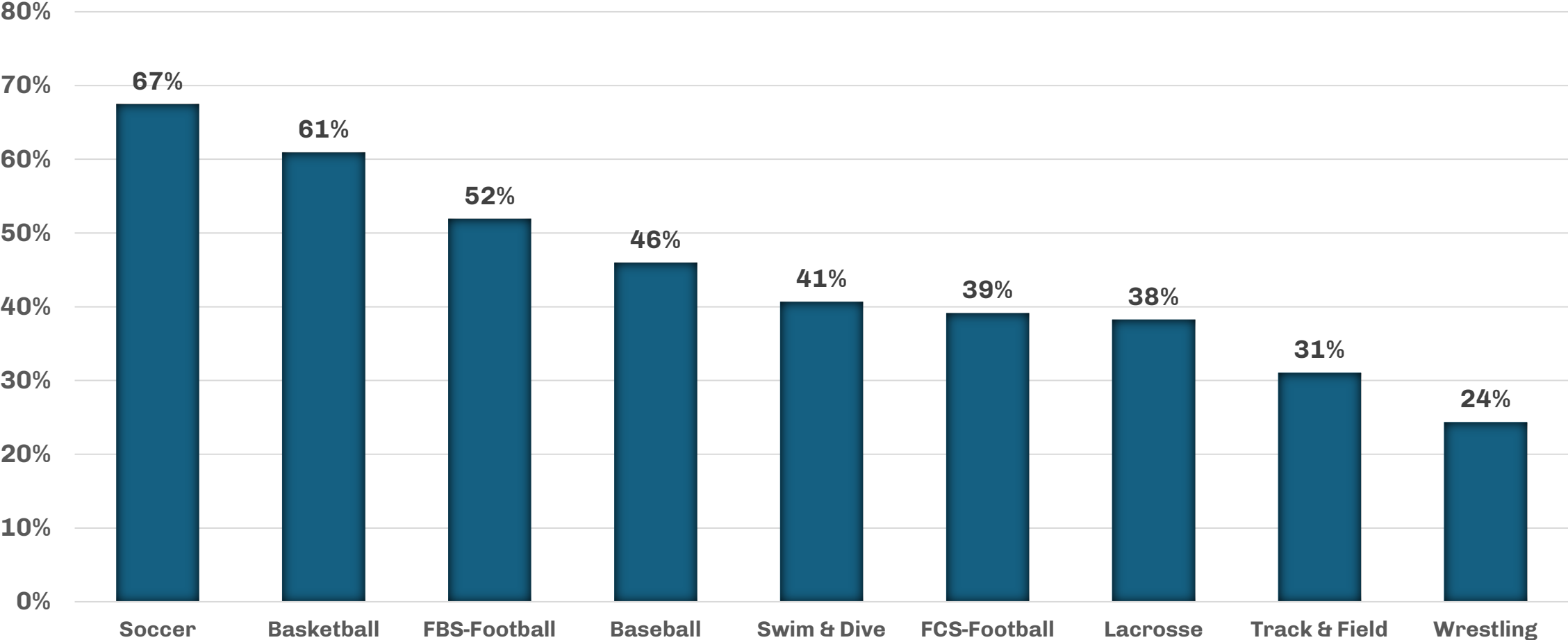
	Overall	Men's Sports	Women's Sports
Use it as a part of team-wide use	33%	36%	31%
Use it on my own, not related to team use	21%	15%	25%
Use both on my own and for team-wide use	8%	7%	9%
I <u>do not</u> use performance technology	25%	27%	24%
I don't know	12%	15%	10%

Note: 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).
Source: NCAA SNAP Study (October 2025).



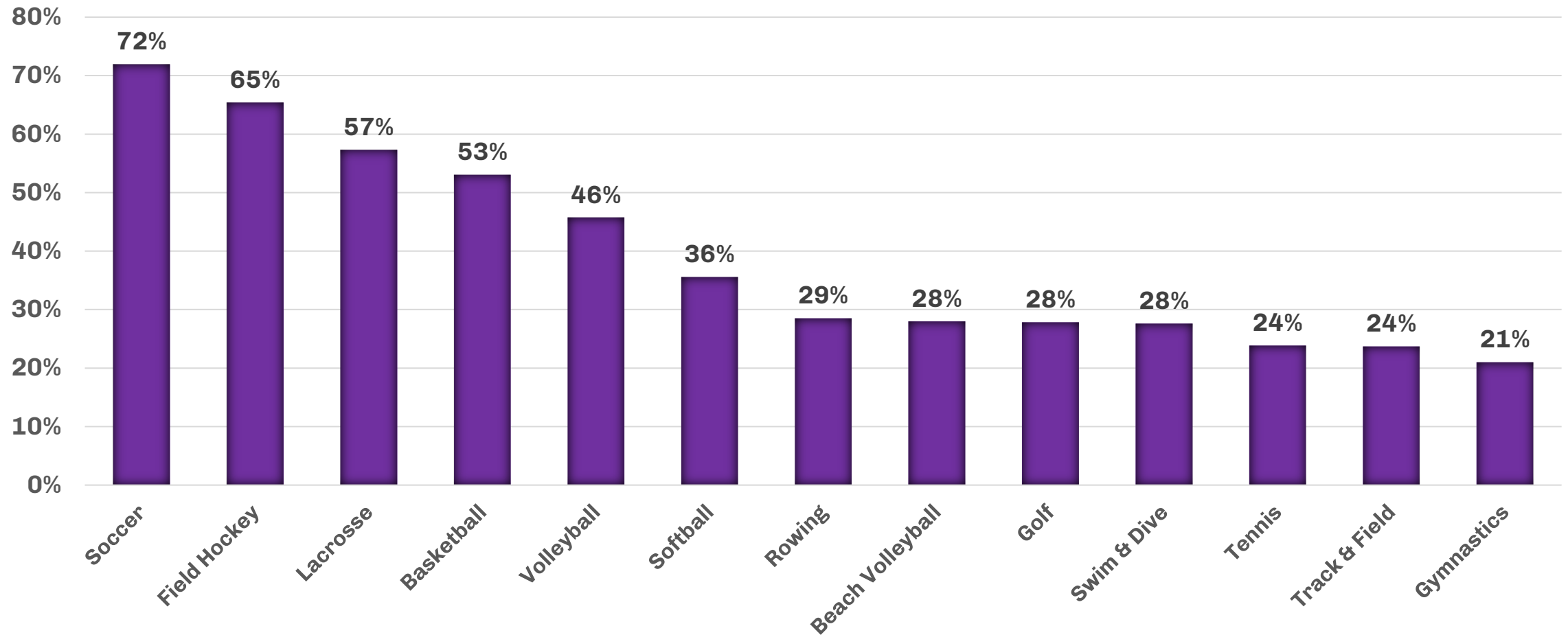
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Percentage of Men's Sports Respondents Who Reported Team-Wide Use of Performance Technologies



Note: Limited to sports with over 75 athletes in the sample. Includes both those who indicated using performance technologies for team-wide use and both team and personal use. 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). Source: NCAA SNAP Study (October 2025).

Percentage of Women's Sports Respondents Who Reported Team-Wide Use of Performance Technologies



Note: Limited to sports with over 75 athletes in the sample. Includes both those who indicated using performance technologies for team-wide use and both team and personal use. 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). Source: NCAA SNAP Study (October 2025).



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When do you use performance technology? (Select all that apply)

(Percentage Among Participants Who Reported Using Performance Technology)

	Overall	Men's Sports	Women's Sports
During practice or conditioning	92%	90%	93%
During games/competitions	56%	56%	56%
Outside of athletic-related activity	48%	41%	52%

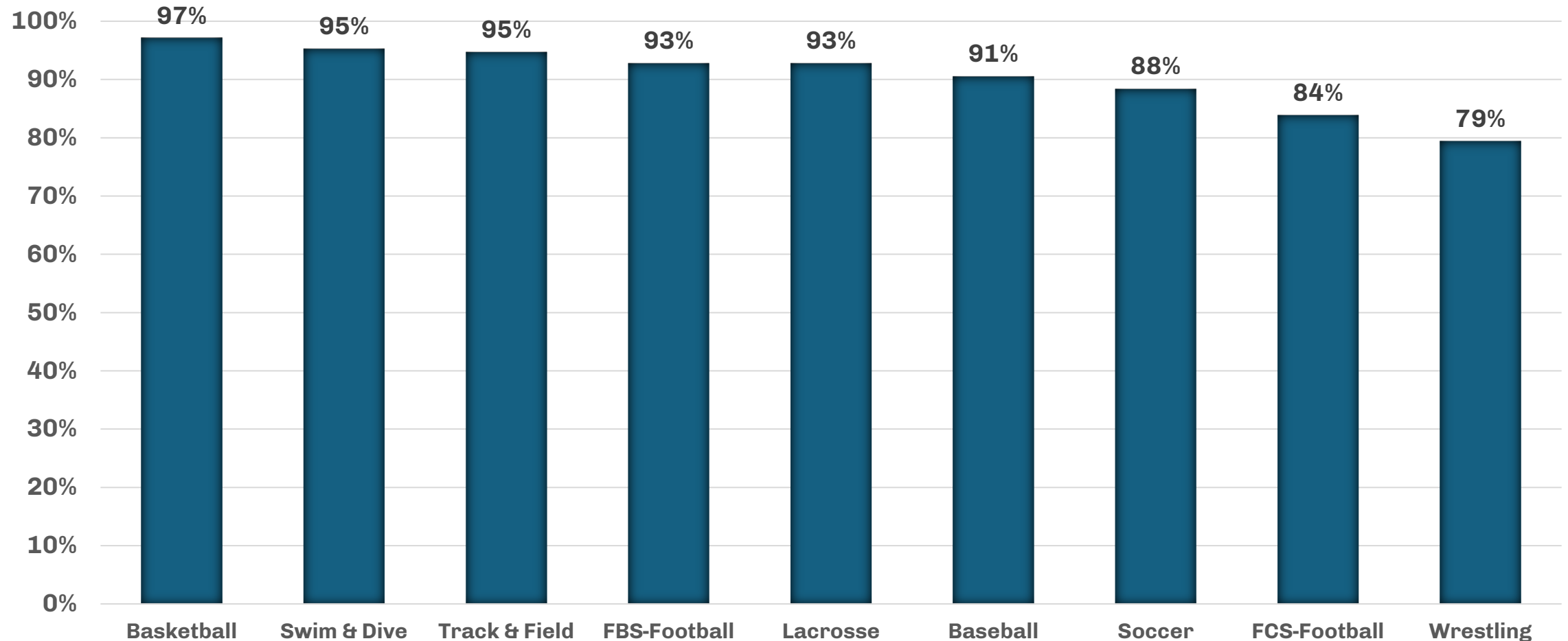
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Use of Performance Technology in Practice/Conditioning by Sport

(Percentage Among Men's Sports Respondents Who Reported Using Performance Technology)



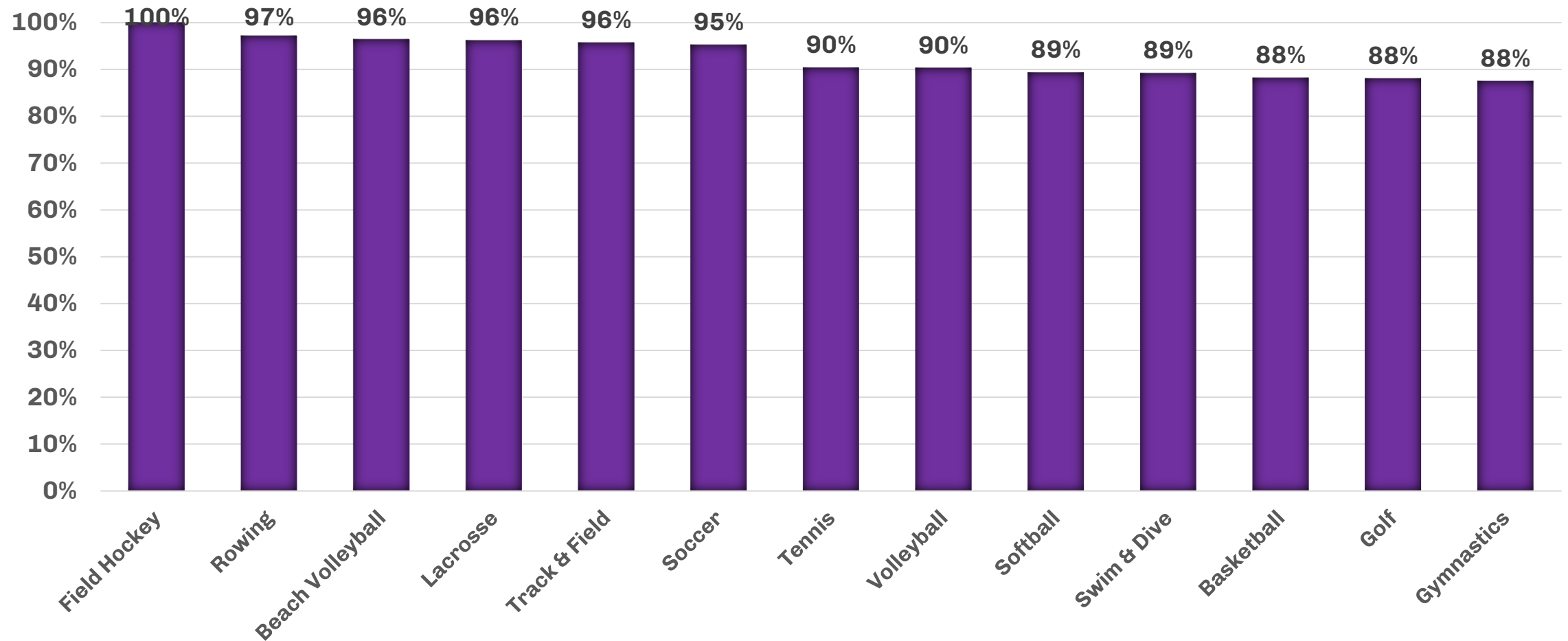
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Use of Performance Technology in Practice/Conditioning by Sport

(Percentage Among Women's Sports Respondents Who Reported Using Performance Technology)



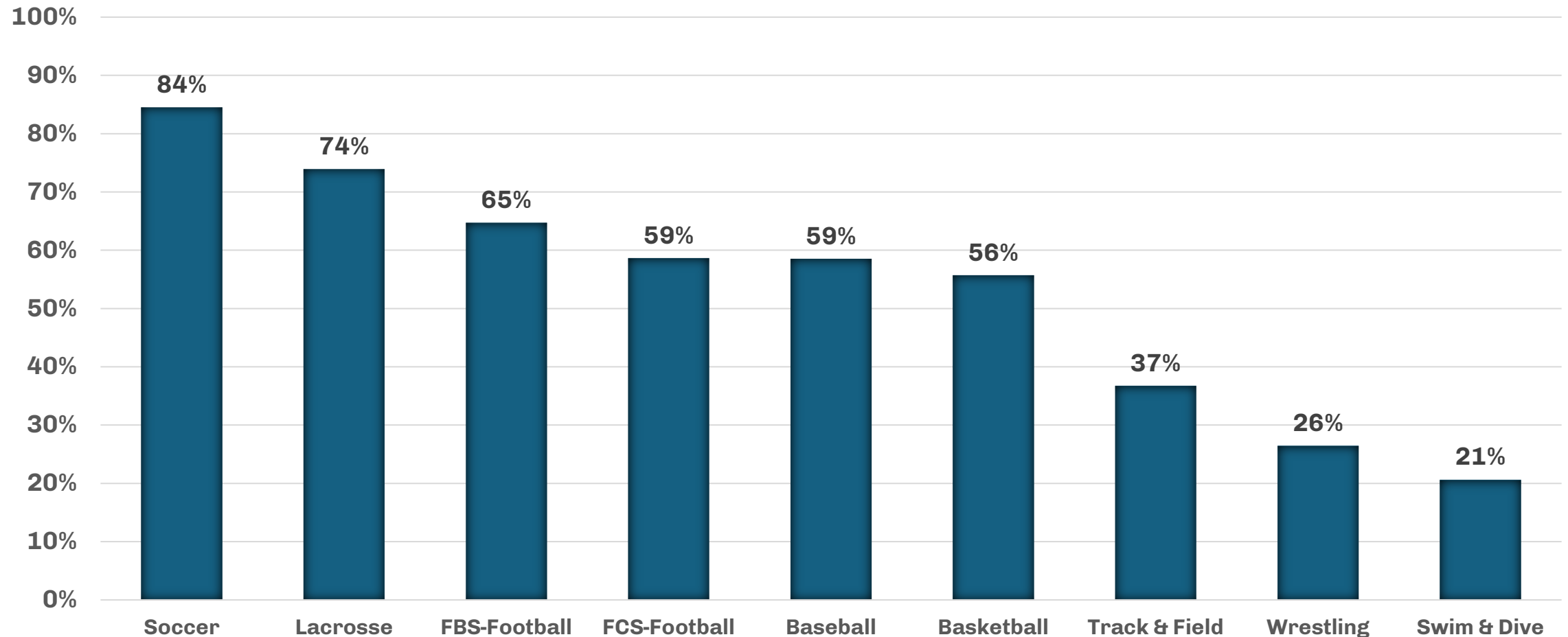
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Use of Performance Technology During Competition by Sport

(Percentage Among Men's Sports Respondents Who Reported Using Performance Technology)



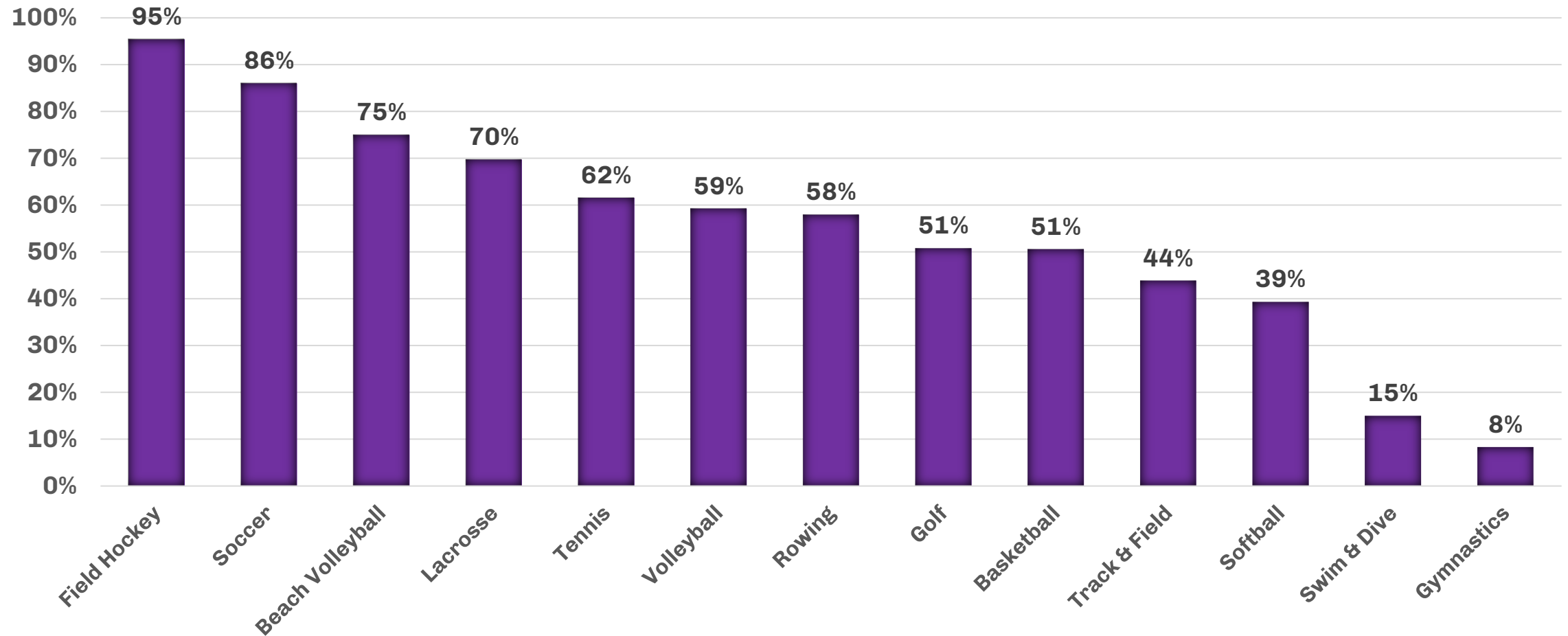
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Use of Performance Technology During Competition by Sport

(Percentage Among Women's Sports Respondents Who Reported Using Performance Technology)



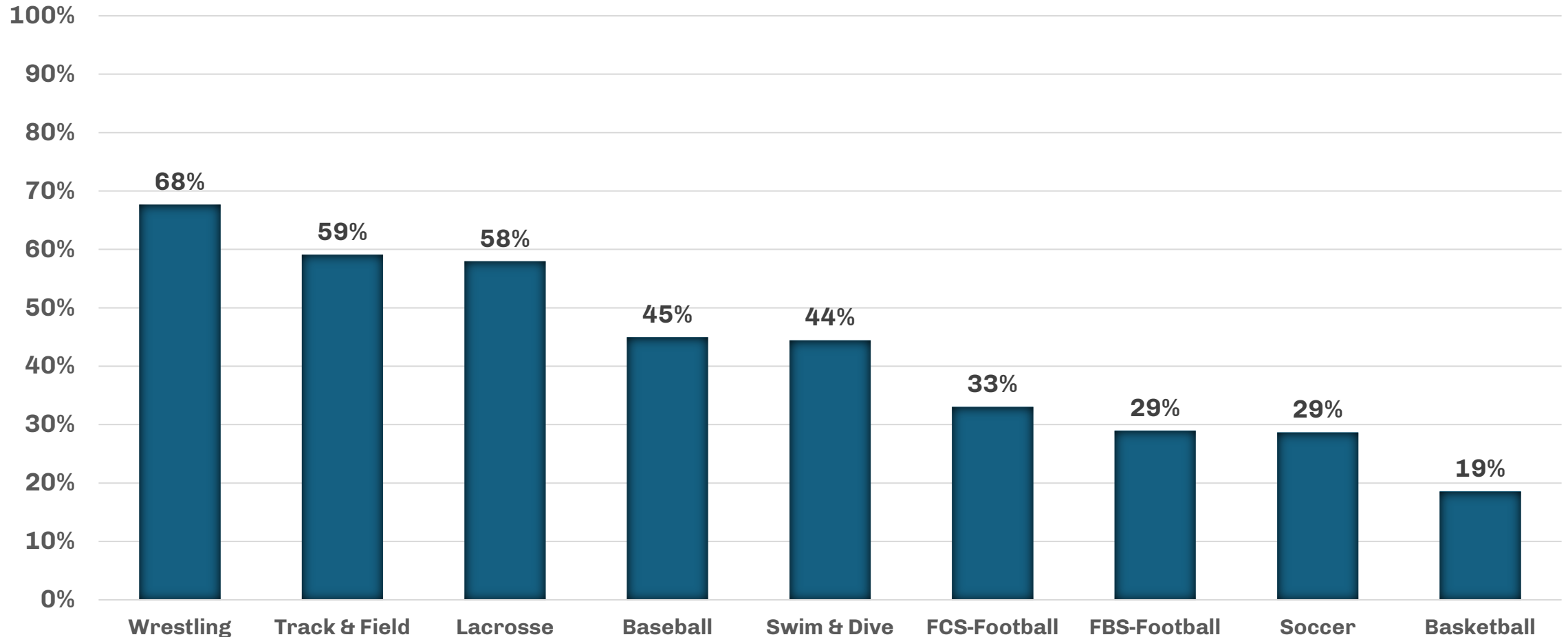
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Use of Performance Technology Outside of Athletics by Sport

(Percentage Among Men's Sports Respondents Who Reported Using Performance Technology)



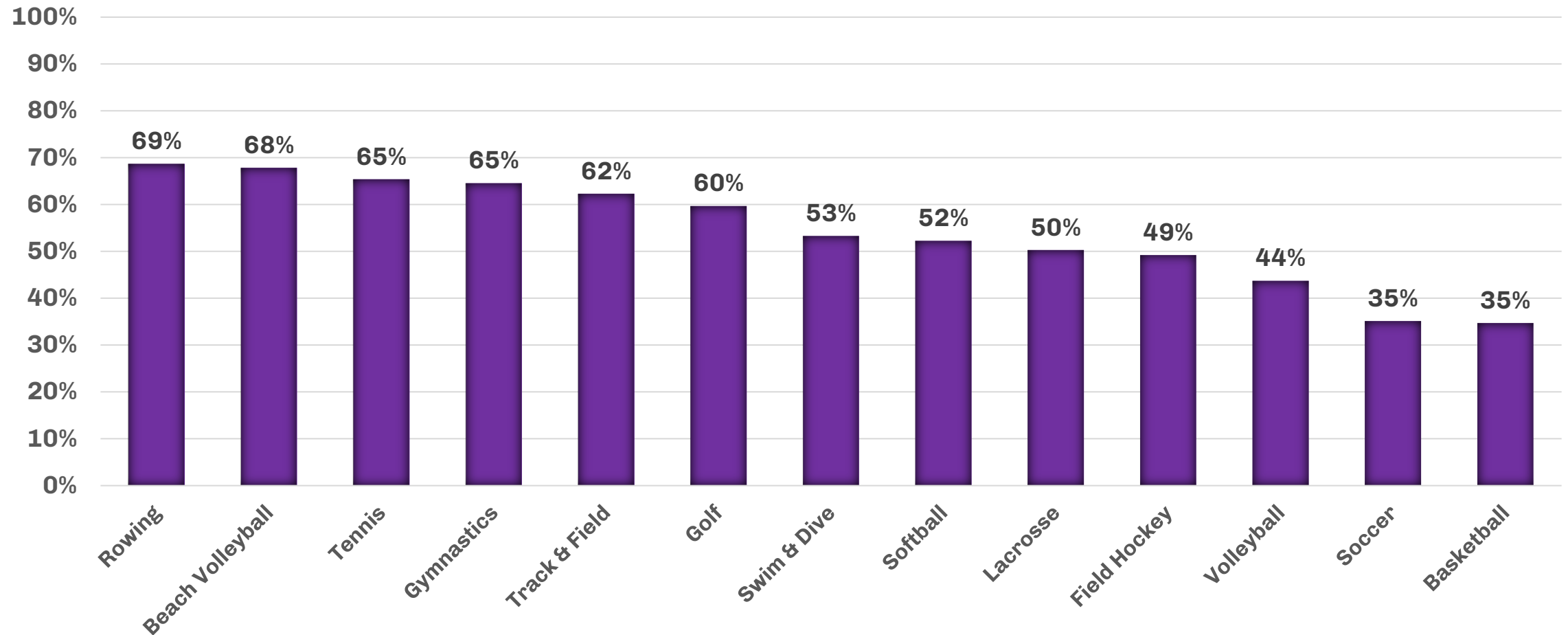
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Use of Performance Technology Outside of Athletics by Sport

(Percentage Among Women's Sports Respondents Who Reported Using Performance Technology)



Note: Limited to those reporting using performance technology on their own, as part of team use or both. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



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Within the past year, what data has your performance technology been tracking for your PERSONAL use?

(Select all that apply)

	Overall	Men's Sports	Women's Sports
Heart rate	89%	86%	91%
Calories burned	82%	77%	85%
Sleep	71%	78%	68%
Performance metrics	58%	57%	58%
Other physical health metrics	52%	56%	51%
Menstrual cycle	36%	–	51%
Body temperature	28%	33%	26%
Nutrition or food intake	17%	19%	15%
Mental health	10%	7%	11%

Note: Limited to those reporting using performance technology on their own or for both team and personal use. 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). Source: NCAA SNAP Study (October 2025).

Within the past year, what data has your performance technology been tracking for your PERSONAL use?

(Men's Sports, Select all that apply)

	FBS-Football	FCS-Football	Baseball	Basketball	Lacrosse	Soccer	Swim & Dive	Track & Field	Wrestling
Heart rate	81%	81%	85%	100%	81%	91%	72%	91%	89%
Calories burned	78%	74%	85%	86%	90%	82%	72%	67%	67%
Sleep	72%	79%	86%	86%	84%	76%	83%	73%	83%
Performance metrics	58%	41%	50%	71%	58%	53%	61%	73%	44%
Other physical health metrics	50%	44%	59%	71%	68%	50%	50%	55%	61%
Body temperature	39%	29%	47%	43%	42%	35%	33%	16%	50%
Nutrition or food intake	25%	16%	23%	14%	6%	29%	17%	15%	44%
Mental health	17%	7%	3%	14%	3%	9%	17%	8%	0%

Note: Limited to those reporting using performance technology on their own or for both team and personal use. Shading indicates within-sport percentages 10 points of higher than the overall men's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



RESEARCH

Within the past year, what data has your performance technology been tracking for your PERSONAL use?

(Women's Team Sports, Select all that apply)

	Basketball	Rowing	Field Hockey	Lacrosse	Softball	Soccer	Beach Volleyball	Volleyball
Heart rate	81%	96%	90%	91%	91%	91%	97%	86%
Calories burned	79%	84%	94%	92%	89%	91%	97%	87%
Sleep	63%	78%	68%	70%	61%	67%	70%	65%
Menstrual cycle	47%	54%	58%	50%	46%	53%	55%	53%
Performance metrics	44%	71%	48%	61%	42%	65%	55%	50%
Other physical health metrics	35%	57%	45%	60%	43%	55%	55%	44%
Body temperature	23%	21%	35%	38%	23%	34%	39%	34%
Mental health	12%	12%	16%	11%	7%	14%	9%	10%
Nutrition or food intake	12%	15%	13%	18%	15%	16%	18%	13%

Note: Limited to those reporting using performance technology on their own or for both team and personal use. Shading indicates within-sport percentages 10 points of higher than the overall women's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



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Within the past year, what data has your performance technology been tracking for your PERSONAL use?

(Women's Individual Sports, Select all that apply)

	Golf	Gymnastics	Swim & Dive	Tennis	Track & Field
Calories burned	74%	84%	81%	87%	75%
Heart rate	70%	94%	94%	90%	90%
Sleep	63%	53%	68%	77%	68%
Performance metrics	57%	44%	50%	40%	72%
Menstrual cycle	46%	25%	54%	53%	49%
Other physical health metrics	30%	31%	50%	47%	55%
Body temperature	26%	16%	31%	20%	15%
Nutrition or food intake	20%	16%	22%	10%	13%
Mental health	17%	9%	8%	7%	10%

Note: Limited to those reporting using performance technology on their own or for both team and personal use. Shading indicates within-sport percentages 10 points of higher than the overall women's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



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Within the past year, what data has your performance technology been tracking for TEAM use?

(Select all that apply)

	Overall	Men's Sports	Women's Sports
Performance metrics	79%	76%	81%
Heart rate	36%	27%	42%
Other physical health metrics	23%	18%	27%
Unsure	17%	18%	16%
Calories burned	16%	14%	17%
Sleep	14%	12%	16%
Nutrition or food intake	9%	11%	8%
Mental health	7%	6%	7%
Body temperature	5%	4%	5%
Menstrual cycle	4%	—	6%

Note: Limited to those reporting using performance technology for team use or for both team and personal use. 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). Source: NCAA SNAP Study (October 2025).

Within the past year, what data has your performance technology been tracking for TEAM use?

(Men's Sports, Select all that apply)

	FBS-Football	FCS-Football	Baseball	Basketball	Lacrosse	Soccer	Swim & Dive	Track & Field	Wrestling
Performance metrics	78%	79%	82%	67%	55%	91%	57%	79%	42%
Heart rate	37%	21%	6%	38%	26%	35%	43%	38%	58%
Unsure	22%	17%	12%	29%	40%	8%	24%	14%	5%
Other physical health metrics	19%	13%	12%	29%	10%	24%	20%	25%	26%
Sleep	14%	8%	8%	9%	10%	12%	20%	17%	47%
Calories burned	14%	15%	7%	23%	12%	14%	22%	12%	42%
Nutrition or food intake	13%	12%	12%	6%	5%	6%	13%	10%	26%
Mental health	7%	12%	3%	5%	2%	5%	11%	5%	21%
Body temperature	6%	4%	2%	3%	5%	5%	4%	4%	11%

Note: Limited to those reporting using performance technology for team use or for both team and personal use. Shading indicates within-sport percentages 10 points of higher than the overall men's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



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Within the past year, what data has your performance technology been tracking for TEAM use?

(Women's Team Sports, Select all that apply)

	Basketball	Rowing	Field Hockey	Lacrosse	Softball	Soccer	Beach Volleyball	Volleyball
Performance metrics	69%	59%	88%	79%	89%	91%	71%	78%
Heart rate	55%	77%	65%	40%	16%	46%	32%	40%
Calories burned	31%	13%	27%	15%	6%	13%	21%	17%
Other physical health metrics	29%	19%	43%	33%	12%	36%	29%	32%
Sleep	23%	6%	20%	14%	9%	16%	25%	21%
Unsure	21%	6%	29%	26%	14%	13%	25%	23%
Nutrition or food intake	14%	2%	4%	9%	9%	5%	4%	9%
Body temperature	10%	0%	4%	5%	2%	2%	11%	9%
Mental health	10%	1%	4%	4%	8%	7%	4%	11%
Menstrual cycle	9%	2%	2%	7%	4%	5%	11%	8%

Notes: Limited to those reporting using performance technology for team use or for both team and personal use. Shading indicates within-sport percentages 10 points of higher than the overall women's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



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Within the past year, what data has your performance technology been tracking for TEAM use?

(Women's Individual Sports, Select all that apply)

	Golf	Gymnastics	Swim & Dive	Tennis	Track & Field
Performance metrics	87%	76%	66%	58%	83%
Other physical health metrics	23%	14%	20%	31%	21%
Unsure	16%	14%	16%	8%	11%
Mental health	6%	14%	9%	4%	5%
Sleep	6%	5%	18%	23%	21%
Body temperature	3%	0%	4%	23%	8%
Calories burned	3%	0%	23%	50%	23%
Heart rate	3%	10%	43%	58%	44%
Menstrual cycle	3%	0%	6%	12%	12%
Nutrition or food intake	3%	10%	10%	12%	8%

Note: Limited to those reporting using performance technology for team use or for both team and personal use. Shading indicates within-sport percentages 10 points of higher than the overall women's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



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Who selects the performance technology you use?

(Select all that apply)

	Overall	Men's Sports	Women's Sports
Myself	55%	49%	60%
Strength coach	39%	46%	35%
Coach(es)	38%	39%	38%
Athletic trainer	21%	23%	20%
Team RD/nutritionist	4%	6%	3%
Other athletics staff at my school	4%	4%	4%
Parent/family member	3%	2%	3%
Team physician	2%	3%	2%
Teammate	1%	2%	1%
Other(s) unaffiliated with my school	1%	1%	1%

Note: Limited to those reporting using performance technology for personal use, team use or both. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



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Who selects the performance technology you use?

(Men's Sports, Select all that apply)

	FBS-Football	FCS-Football	Baseball	Basketball	Lacrosse	Soccer	Swim & Dive	Track & Field	Wrestling
Strength coach	76%	67%	40%	75%	42%	36%	41%	16%	21%
Coach(es)	29%	30%	50%	25%	36%	67%	65%	26%	29%
Athletic trainer	23%	27%	25%	42%	19%	32%	32%	9%	15%
Myself	22%	33%	55%	19%	57%	34%	40%	85%	68%
Team RD/nutritionist	11%	4%	6%	7%	3%	5%	10%	3%	3%
Other athletics staff at my school	10%	2%	2%	4%	9%	6%	8%	1%	3%
Team physician	6%	2%	2%	4%	1%	4%	6%	0%	0%
Teammate	1%	2%	1%	1%	1%	2%	2%	2%	3%
Other(s) unaffiliated with my school	0%	1%	1%	1%	1%	0%	0%	2%	3%
Parent/family member	0%	2%	2%	1%	3%	0%	3%	6%	6%

Note: Limited to those reporting using performance technology for personal use, team use or both. Shading indicates within-sport percentages 10 points of higher than the overall men's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



RESEARCH

Who selects the performance technology you use?

(Women's Team Sports, Select all that apply)

	Basketball	Rowing	Field Hockey	Lacrosse	Softball	Soccer	Beach Volleyball	Volleyball
Strength coach	72%	7%	46%	52%	38%	52%	25%	49%
Athletic trainer	34%	7%	32%	31%	15%	32%	21%	32%
Coach(es)	29%	28%	60%	40%	41%	63%	25%	43%
Myself	28%	88%	51%	50%	57%	34%	70%	43%
Other athletics staff at my school	4%	2%	6%	10%	2%	5%	7%	7%
Team physician	3%	0%	3%	4%	1%	2%	0%	4%
Team RD/nutritionist	2%	1%	2%	4%	3%	3%	0%	6%
Teammate	1%	2%	0%	0%	2%	0%	4%	1%
Other(s) unaffiliated with my school	1%	1%	0%	1%	1%	0%	2%	1%
Parent/family member	1%	7%	0%	3%	3%	1%	11%	2%

Note: Limited to those reporting using performance technology for personal use, team use or both. Shading indicates within-sport percentages 10 points of higher than the overall women's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



RESEARCH

Who selects the performance technology you use?

(Women's Individual Sports, Select all that apply)

	Golf	Gymnastics	Swim & Dive	Tennis	Track & Field
Myself	82%	77%	68%	69%	89%
Coach(es)	40%	13%	33%	23%	15%
Other(s) unaffiliated with my school	13%	0%	3%	2%	1%
Strength coach	10%	35%	21%	25%	9%
Parent/family member	7%	0%	5%	4%	5%
Athletic trainer	4%	10%	11%	15%	6%
Teammate	1%	0%	1%	2%	1%
Other athletics staff at my school	0%	4%	2%	8%	1%
Team physician	0%	2%	2%	2%	1%
Team RD/nutritionist	0%	2%	2%	2%	2%

Note: Limited to those reporting using performance technology for personal use, team use or both. Shading indicates within-sport percentages 10 points of higher than the overall women's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



RESEARCH

Who do you talk to about the data collected from performance technologies?

(Select all that apply)

	Overall	Men's Sports	Women's Sports
Strength coach	35%	41%	31%
Teammate	34%	35%	34%
Coach(es)	34%	38%	32%
I don't discuss the data with others	29%	24%	32%
Athletic trainer	25%	27%	24%
Parent/family member	22%	19%	23%
Peer not on team	16%	16%	17%
Team RD/nutritionist	6%	7%	6%
Other(s) unaffiliated with my school	4%	4%	4%
Team physician	2%	3%	2%
Other athletics staff at my school	2%	3%	2%

Note: Limited to those reporting using performance technology for personal use, team use or both. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



RESEARCH

Who do you talk to about the data collected from performance technologies?

(Men's Sports, Select all that apply)

	FBS-Football	FCS-Football	Baseball	Basketball	Lacrosse	Soccer	Swim & Dive	Track & Field	Wrestling
Strength coach	67%	51%	40%	53%	22%	45%	32%	20%	24%
Coach(es)	23%	26%	47%	17%	12%	47%	63%	54%	35%
Teammate	22%	22%	45%	13%	30%	37%	38%	52%	26%
Athletic trainer	22%	23%	30%	33%	17%	39%	25%	27%	24%
I don't discuss the data with others	20%	28%	19%	34%	36%	20%	17%	25%	32%
Team RD/nutritionist	11%	4%	6%	7%	0%	5%	8%	8%	9%
Parent/family member	10%	13%	23%	10%	19%	17%	19%	29%	29%
Peer not on team	7%	9%	18%	6%	12%	12%	19%	31%	15%
Other athletics staff at my school	7%	1%	2%	4%	3%	1%	2%	3%	3%
Team physician	3%	1%	2%	4%	0%	5%	5%	4%	6%
Other(s) unaffiliated with my school	2%	2%	5%	1%	4%	2%	2%	5%	12%

Note: Limited to those reporting using performance technology for personal use, team use or both. Shading indicates within-sport percentages 10 points of higher than the overall men's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



RESEARCH

Who do you talk to about the data collected from performance technologies?

(Women's Team Sports, Select all that apply)

	Basketball	Rowing	Field Hockey	Lacrosse	Softball	Soccer	Beach Volleyball	Volleyball
Strength coach	52%	13%	40%	46%	31%	47%	25%	37%
I don't discuss the data with others	36%	31%	28%	30%	32%	28%	30%	37%
Athletic trainer	29%	14%	32%	32%	18%	37%	27%	25%
Teammate	17%	49%	45%	31%	32%	32%	39%	21%
Coach(es)	13%	38%	37%	22%	35%	39%	16%	26%
Team RD/nutritionist	9%	6%	9%	8%	4%	6%	11%	7%
Parent/family member	8%	32%	20%	23%	22%	17%	29%	14%
Peer not on team	4%	29%	17%	14%	16%	12%	25%	7%
Team physician	4%	1%	3%	3%	1%	1%	4%	3%
Other(s) unaffiliated with my school	1%	5%	2%	2%	4%	1%	11%	3%
Other athletics staff at my school	1%	2%	2%	3%	0%	2%	7%	5%

Note: Limited to those reporting using performance technology for personal use, team use or both. Shading indicates within-sport percentages 10 points of higher than the overall women's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



RESEARCH

Who do you talk to about the data collected from performance technologies?

(Women's Individual Sports, Select all that apply)

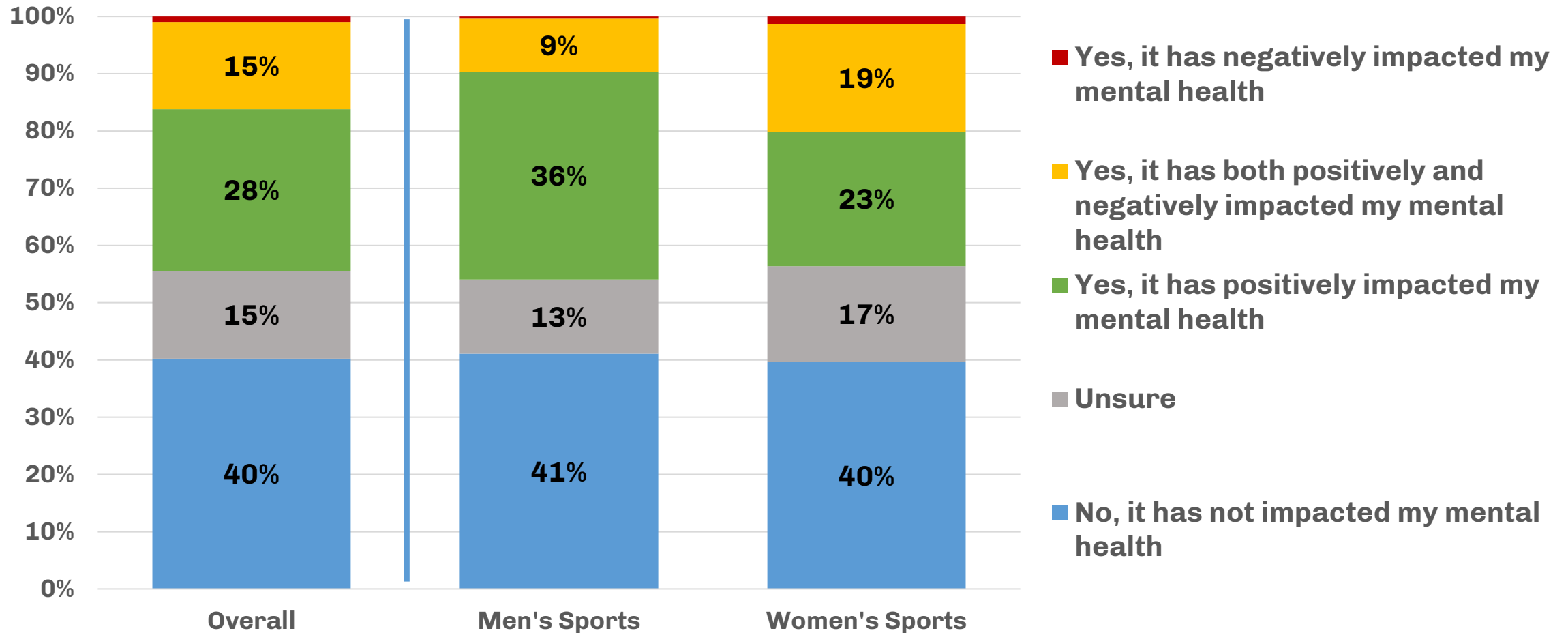
	Golf	Gymnastics	Swim & Dive	Tennis	Track & Field
Coach(es)	43%	8%	32%	24%	39%
Parent family member	36%	17%	30%	20%	33%
I don't discuss the data with others	33%	48%	32%	43%	31%
Teammate	31%	15%	38%	29%	42%
Strength coach	16%	31%	20%	20%	12%
Peer not on team	15%	6%	24%	16%	23%
Athletic trainer	13%	8%	19%	20%	18%
Other(s) unaffiliated with my school	13%	2%	7%	6%	4%
Team RD/nutritionist	1%	2%	5%	4%	4%
Team physician	0%	2%	2%	4%	2%
Other athletics staff at my school	0%	0%	2%	6%	2%

Note: Limited to those reporting using performance technology for personal use, team use or both. Shading indicates within-sport percentages 10 points of higher than the overall women's sports average. Only sports with over 75 athletes in the sample are depicted. 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). Source: NCAA SNAP Study (October 2025).



RESEARCH

Within the last year, do you think performance technology has impacted your mental health?



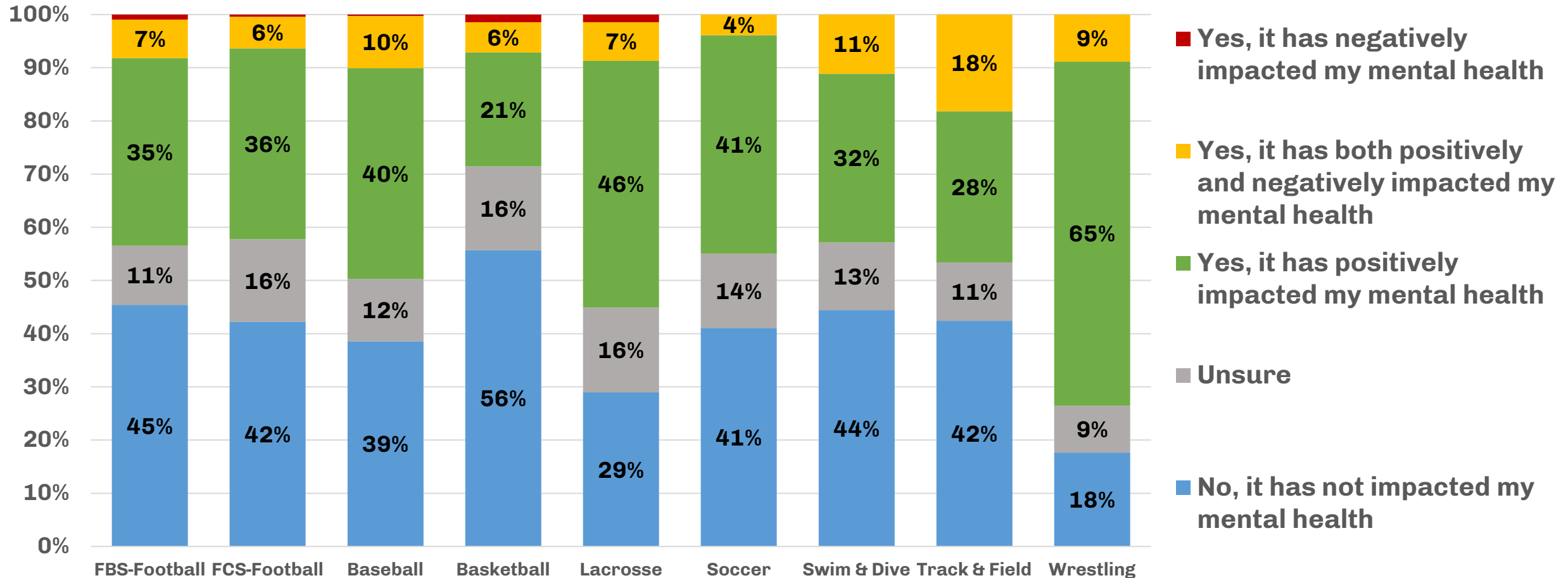
Note: Limited to those reporting using performance technology for personal use, team use or both. Only sports with over 75 athletes in the sample are depicted. Values below 3% not displayed. Performance technologies are devices that collect biometric and/or performance data. They can be wearable (e.g., Catapult, FitBit, Apple watch, Whoop, Oura ring, Garmin) or non-wearable (e.g., app-based surveys, video cameras). Source: NCAA SNAP Study (October 2025).



RESEARCH

Within the last year, do you think performance technology has impacted your mental health?

(Men's Sports Athletes)



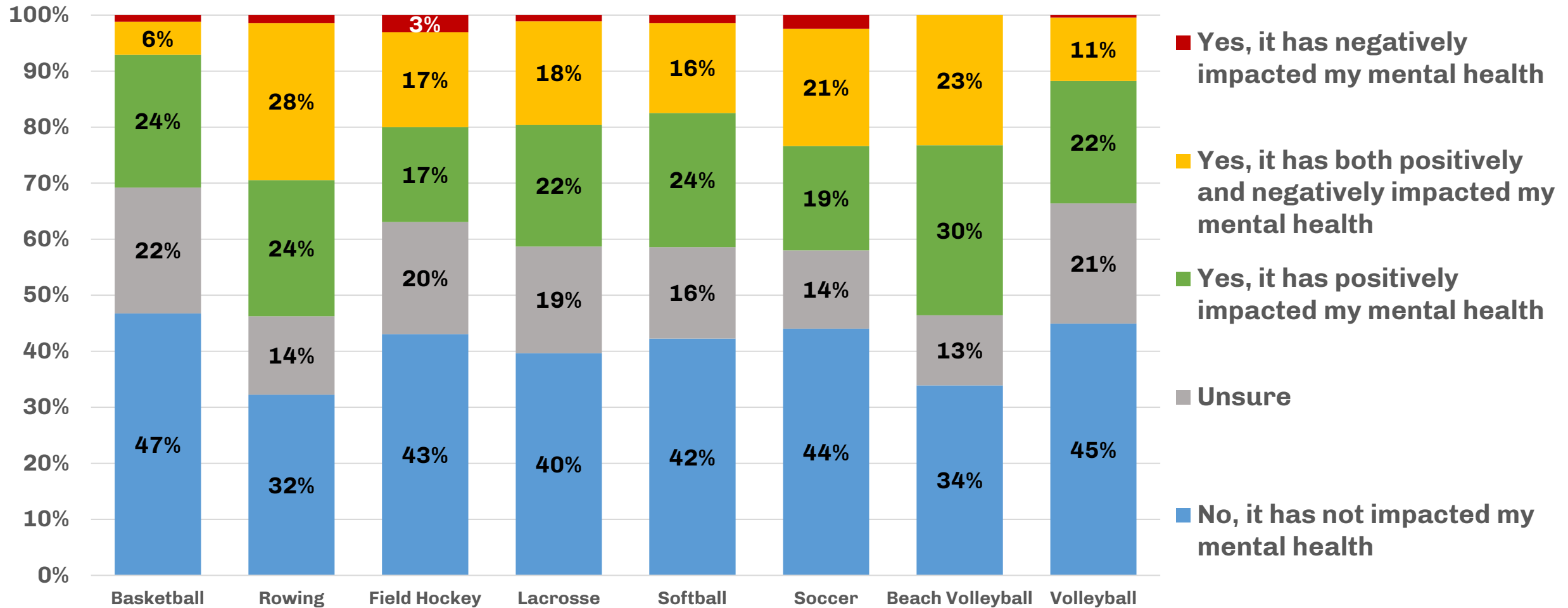
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RESEARCH

Within the last year, do you think performance technology has impacted your mental health?

(Women's Team Sports Athletes)



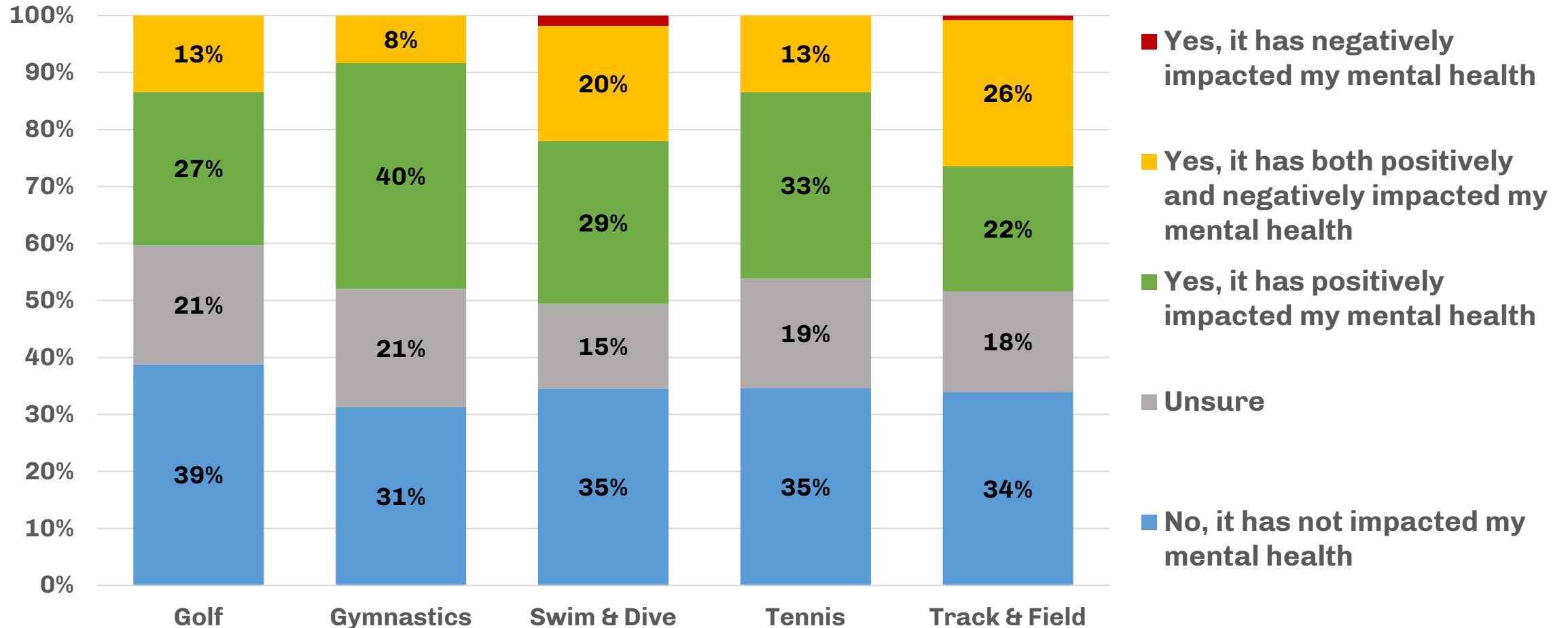
Note: Limited to those reporting using performance technology for personal use, team use or both. Only sports with over 75 athletes in the sample are depicted. Values below 3% not displayed. Performance technologies are devices that collect biometric and/or performance data. They can be wearable (e.g., Catapult, FitBit, Apple watch, Whoop, Oura ring, Garmin) or non-wearable (e.g., app-based surveys, video cameras). Source: NCAA SNAP Study (October 2025).



RESEARCH

Within the last year, do you think performance technology has impacted your mental health?

(Women's Individual Sports Athletes)

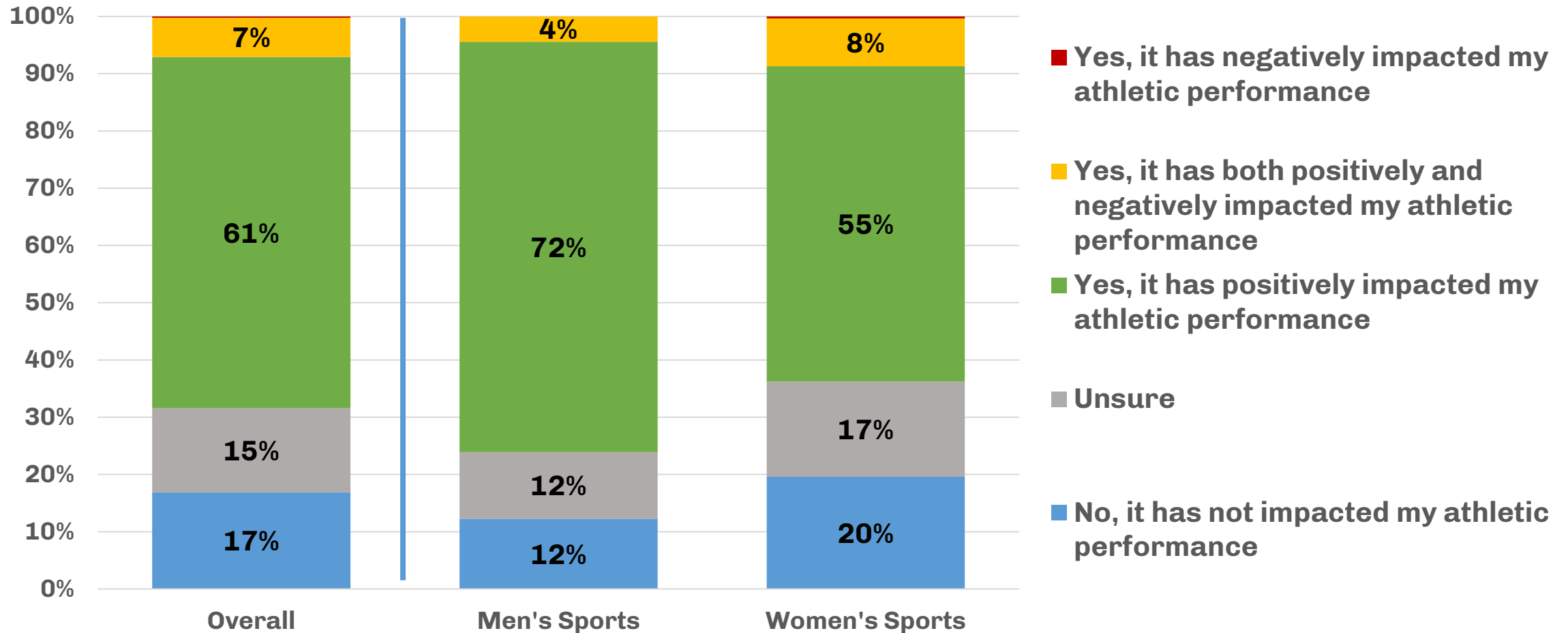


Note: Limited to those reporting using performance technology for personal use, team use or both. Only sports with over 75 athletes in the sample are depicted. Values below 3% not displayed. Performance technologies are devices that collect biometric and/or performance data. They can be wearable (e.g., Catapult, FitBit, Apple watch, Whoop, Oura ring, Garmin) or non-wearable (e.g., app-based surveys, video cameras). Source: NCAA SNAP Study (October 2025).



RESEARCH

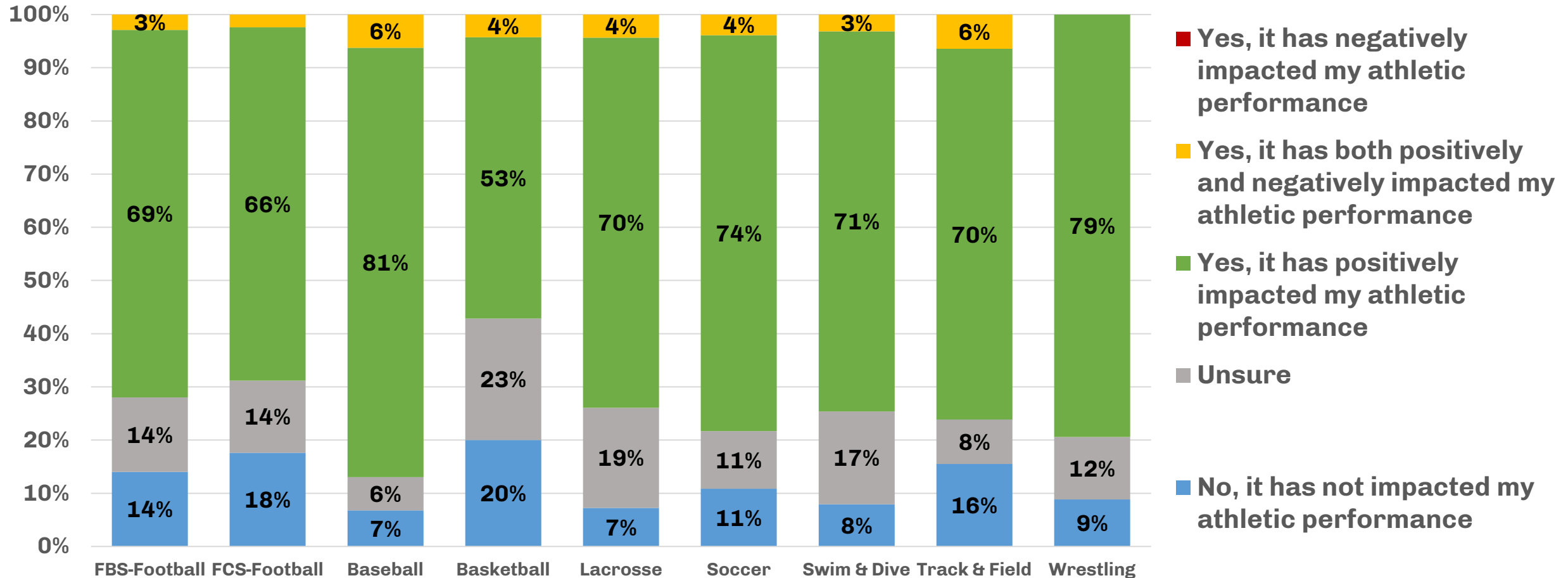
Within the last year, do you think performance technology has impacted your athletic performance?



Note: Limited to those reporting using performance technology for personal use, team use or both. Only sports with over 75 athletes in the sample are depicted. Values below 3% not displayed. 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). Source: NCAA SNAP Study (October 2025).

Within the last year, do you think performance technology has impacted your athletic performance?

(Men's Sports Athletes)



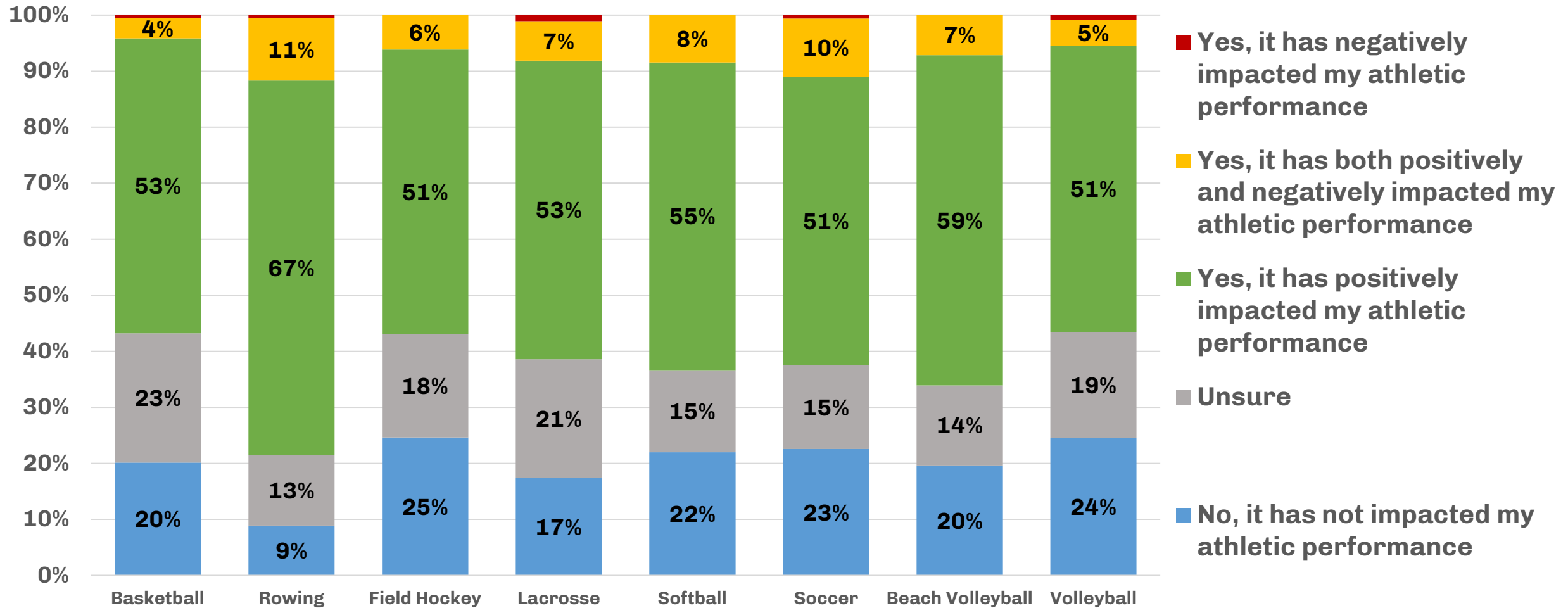
Note: Limited to those reporting using performance technology for personal use, team use or both. Only sports with over 75 athletes in the sample are depicted. Values below 3% not displayed. Performance technologies are devices that collect biometric and/or performance data. They can be wearable (e.g., Catapult, FitBit, Apple watch, Whoop, Oura ring, Garmin) or non-wearable (e.g., app-based surveys, video cameras). Source: NCAA SNAP Study (October 2025).



RESEARCH

Within the last year, do you think performance technology has impacted your athletic performance?

(Women's Team Sports Athletes)



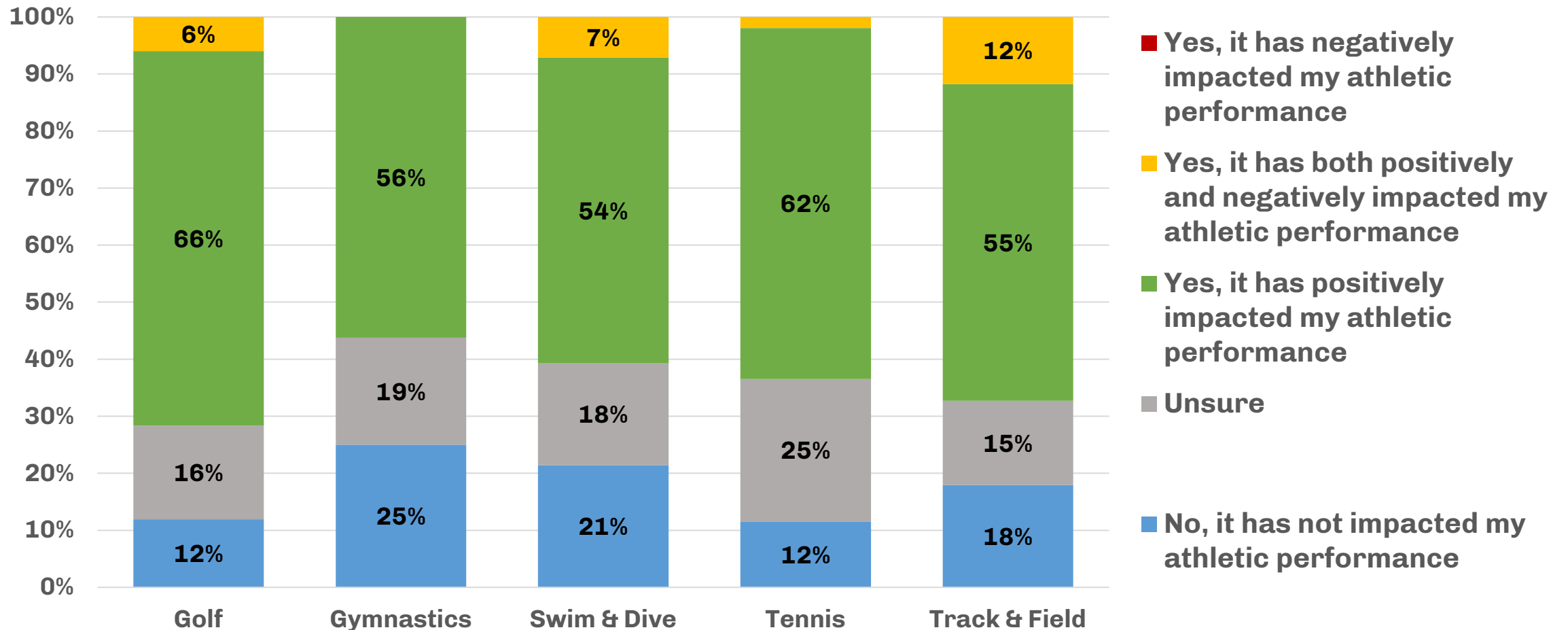
Note: Limited to those reporting using performance technology for personal use, team use or both. Only sports with over 75 athletes in the sample are depicted. Values below 3% not displayed. Performance technologies are devices that collect biometric and/or performance data. They can be wearable (e.g., Catapult, FitBit, Apple watch, Whoop, Oura ring, Garmin) or non-wearable (e.g., app-based surveys, video cameras). Source: NCAA SNAP Study (October 2025).



RESEARCH

Within the last year, do you think performance technology has impacted your athletic performance?

(Women's Individual Sports Athletes)



Note: Limited to those reporting using performance technology for personal use, team use or both. Only sports with over 75 athletes in the sample are depicted. Values below 3% not displayed. 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). Source: NCAA SNAP Study (October 2025).



RESEARCH

SAAC Areas of Emphasis



RESEARCH

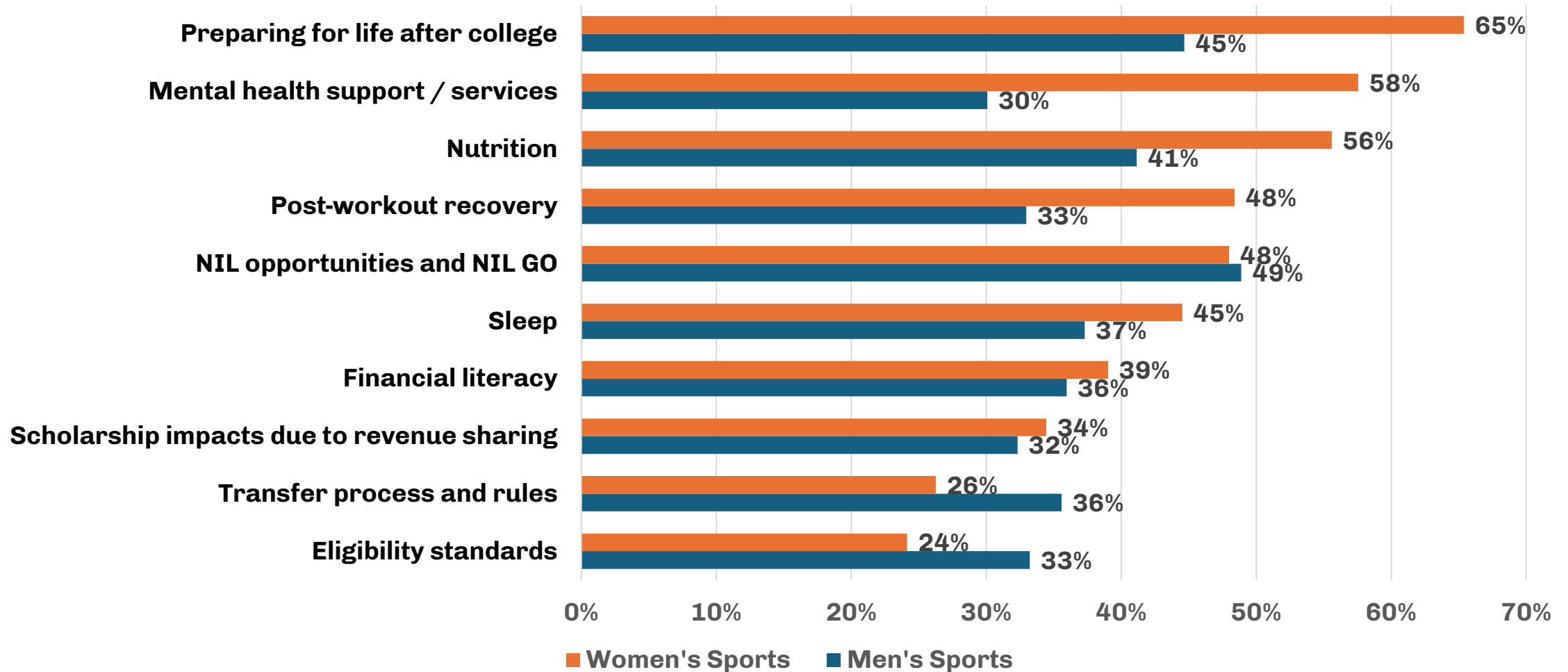
SAAC Areas of Emphasis, Key Findings

- ▶ 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%).



Which of the following should be prioritized by Division I National SAAC this year in terms of designing student-athlete educational resources?

(Select all that apply)



Note: Limited to items with at least 33% endorsement by men's or women's sports athletes. Source: NCAA SNAP Study (October 2025).



RESEARCH

Fan Behavior Related to Sports Betting

Fan Behavior Related to Sports Betting, Key Findings

- ▶ 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.



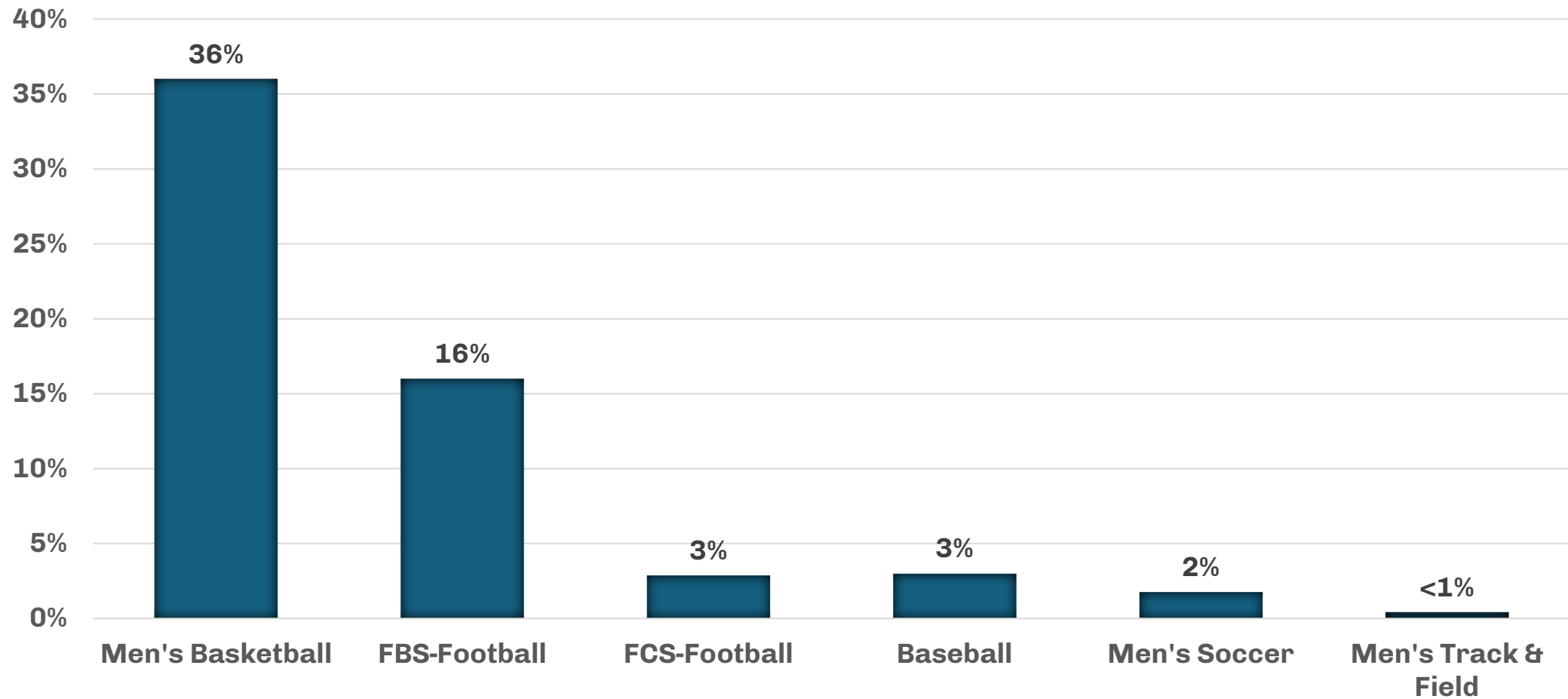
Fan Behavior Related to Sports Betting

(Percentage of Sophomores and Above Endorsing “Yes”)

	Men's Sports Overall (N=1,811)	Women's Sports Overall (N=2,670)		Men's Sports (Autonomy, N=356)	Men's Sports (Non-autonomy, N=1,455)	Women's Sports (Autonomy, N=690)	Women's Sports (Non-autonomy, N=1,980)
Ever received negative or threatening messages from someone who bet on your game (e.g., via social media)?	7%	1%		11%	6%	3%	1%
Ever had a student on campus tell you that they won or lost a bet that they placed on your team?	9%	1%		12%	9%	1%	1%

Have you ever received negative or threatening messages from someone who bet on your game (e.g., via social media)?

(Percentage of sophomores and above responding “Yes”)



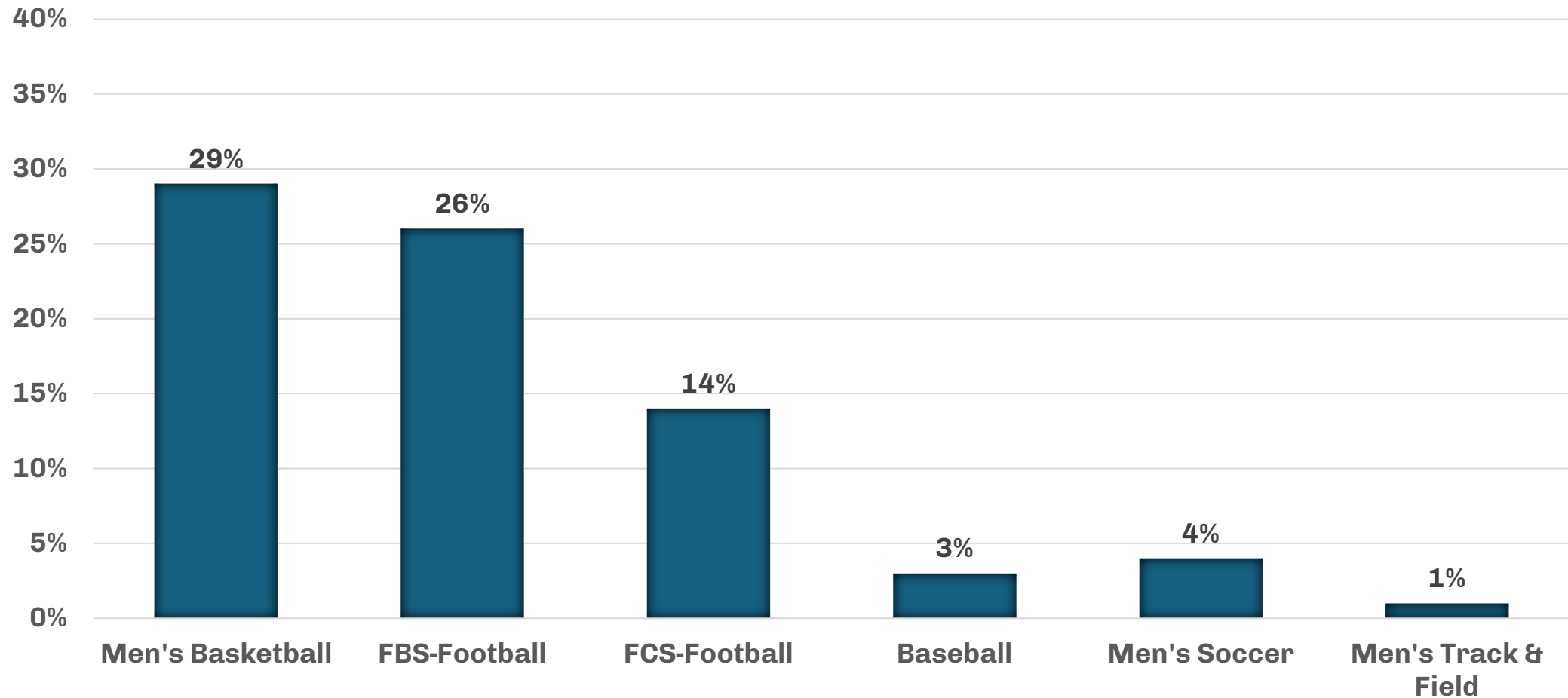
Note: Limited to men's sports with over 75 athletes who were sophomores and above in the sample. Source: NCAA SNAP Study (October 2025).



RESEARCH

Have you ever had a student on campus tell you that they won or lost a bet that they placed on your team?

(Percentage of sophomores and above responding “Yes”)



Note: Limited to men's sports with over 75 athletes who were sophomores and above in the sample. Source: NCAA SNAP Study (October 2025).



RESEARCH

Mental Health



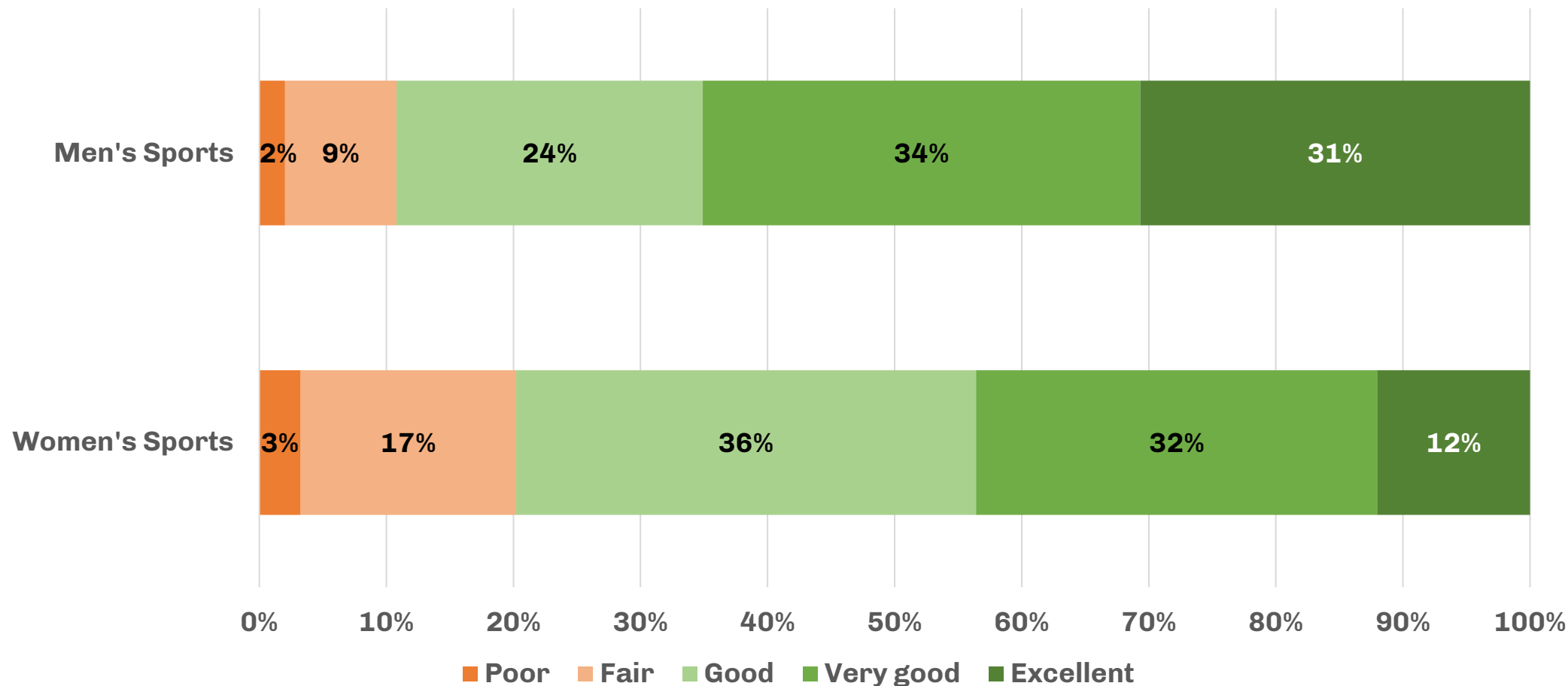
RESEARCH

Mental Health, Key Findings

- ▶ 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.



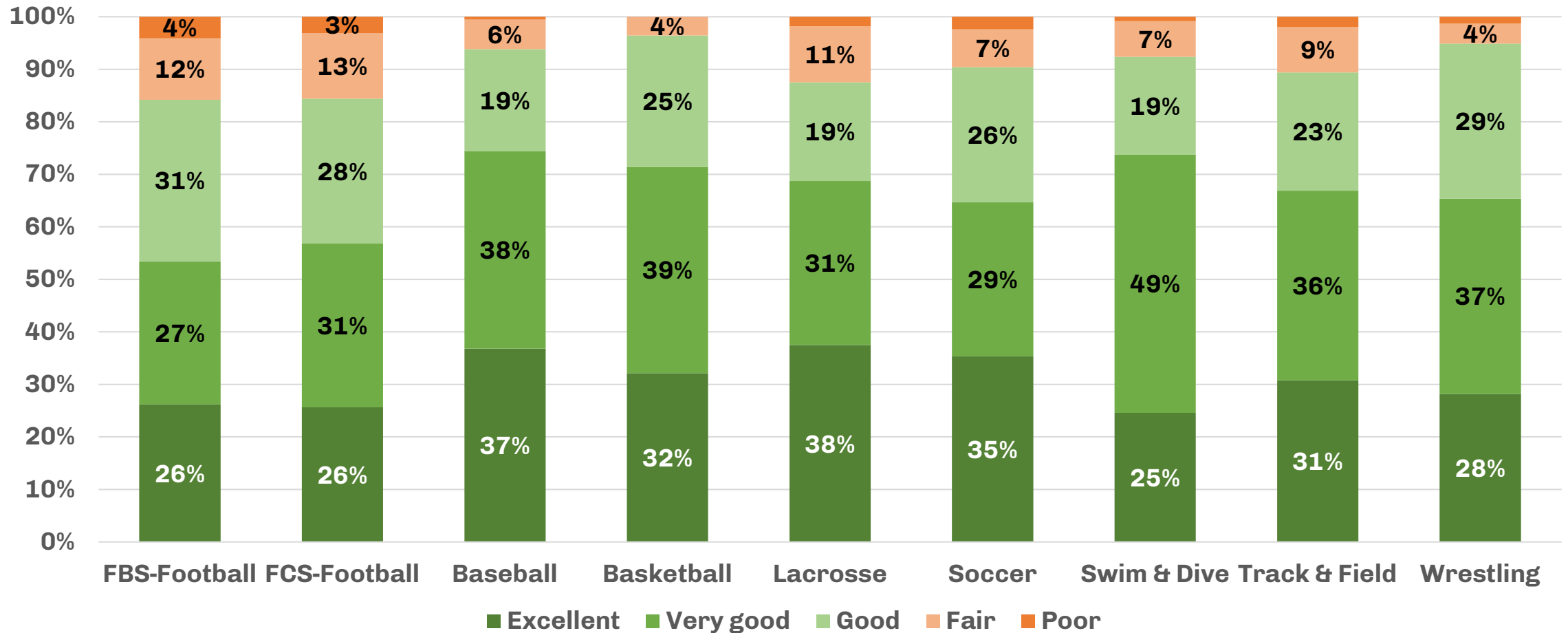
In general, how would you rate your mental health, including your mood and your ability to think?



Source: NCAA SNAP Study (October 2025).

In general, how would you rate your mental health, including your mood and your ability to think?

(Men's Sports)



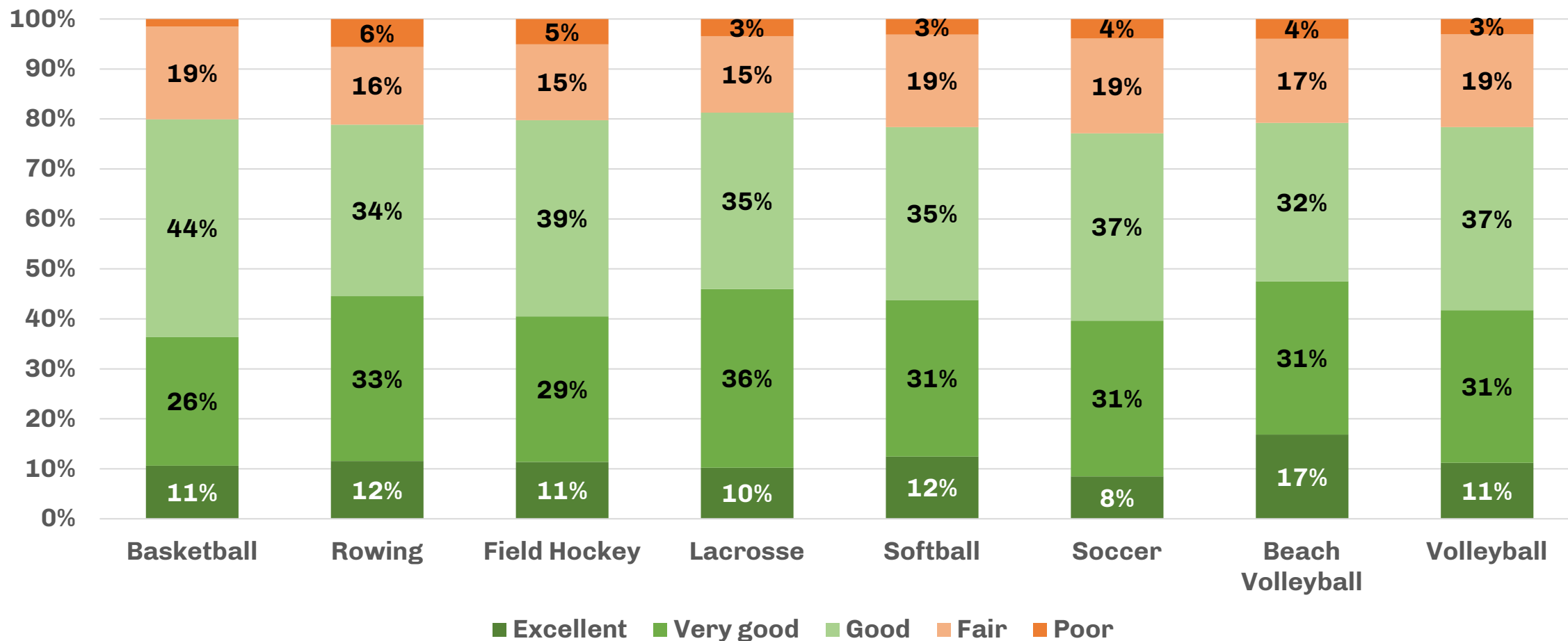
Note: Values below 3% not displayed. Only sports with over 75 athletes in the sample are depicted. Source: NCAA SNAP Study (October 2025).



RESEARCH

In general, how would you rate your mental health, including your mood and your ability to think?

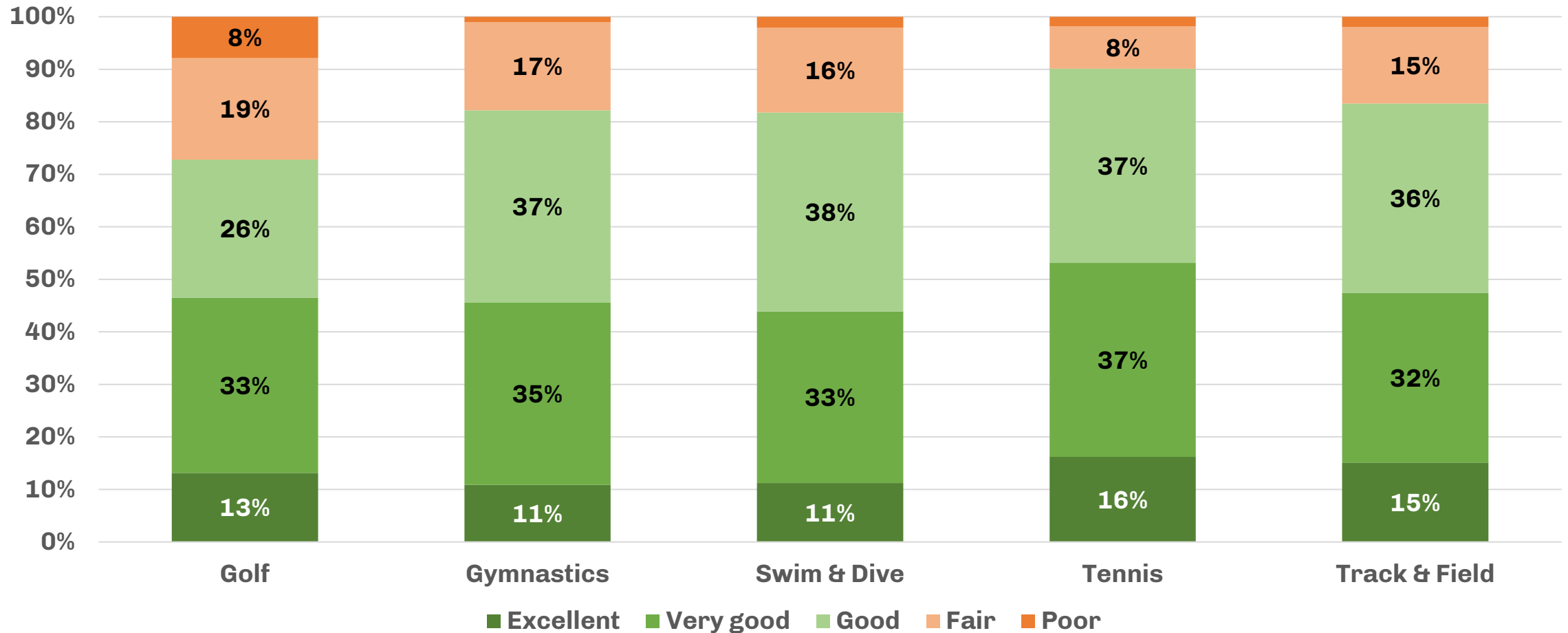
(Women's Team Sports)



Note: Values below 3% not displayed. Only sports with over 75 athletes in the sample are depicted. Source: NCAA SNAP Study (October 2025).

In general, how would you rate your mental health, including your mood and your ability to think?

(Women's Individual Sports)



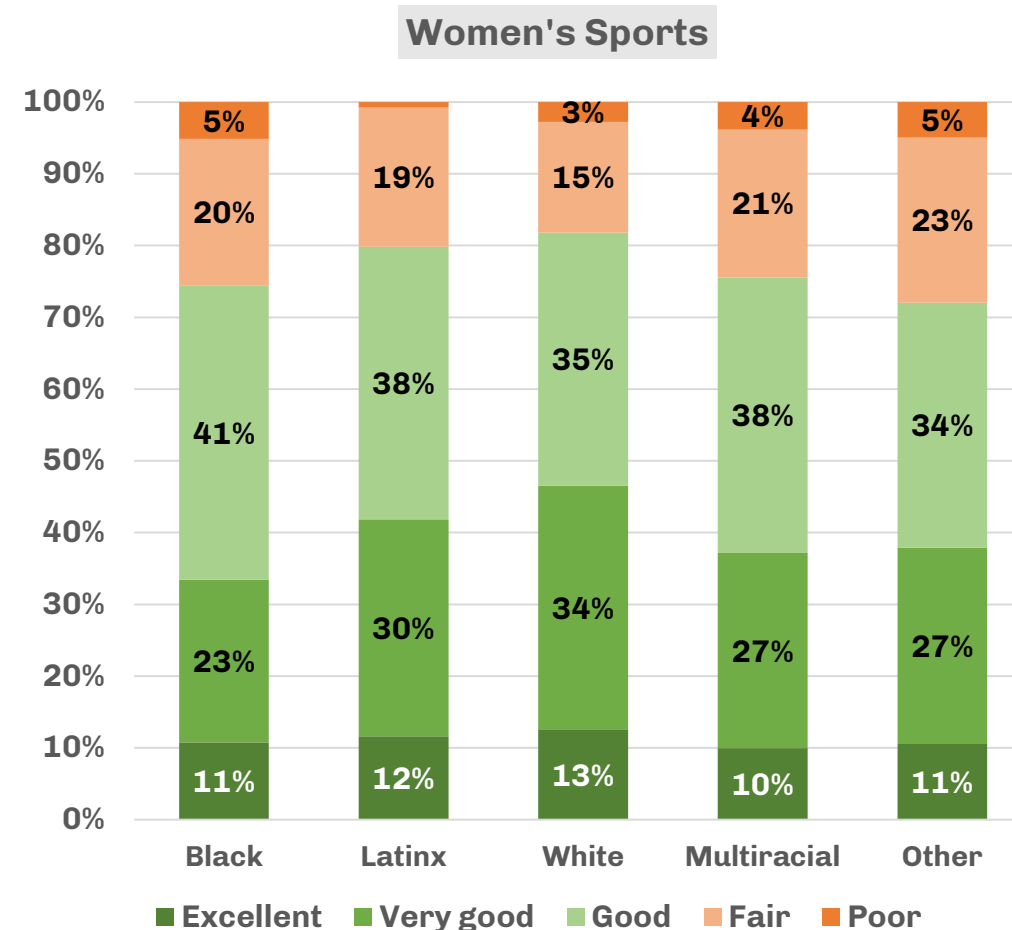
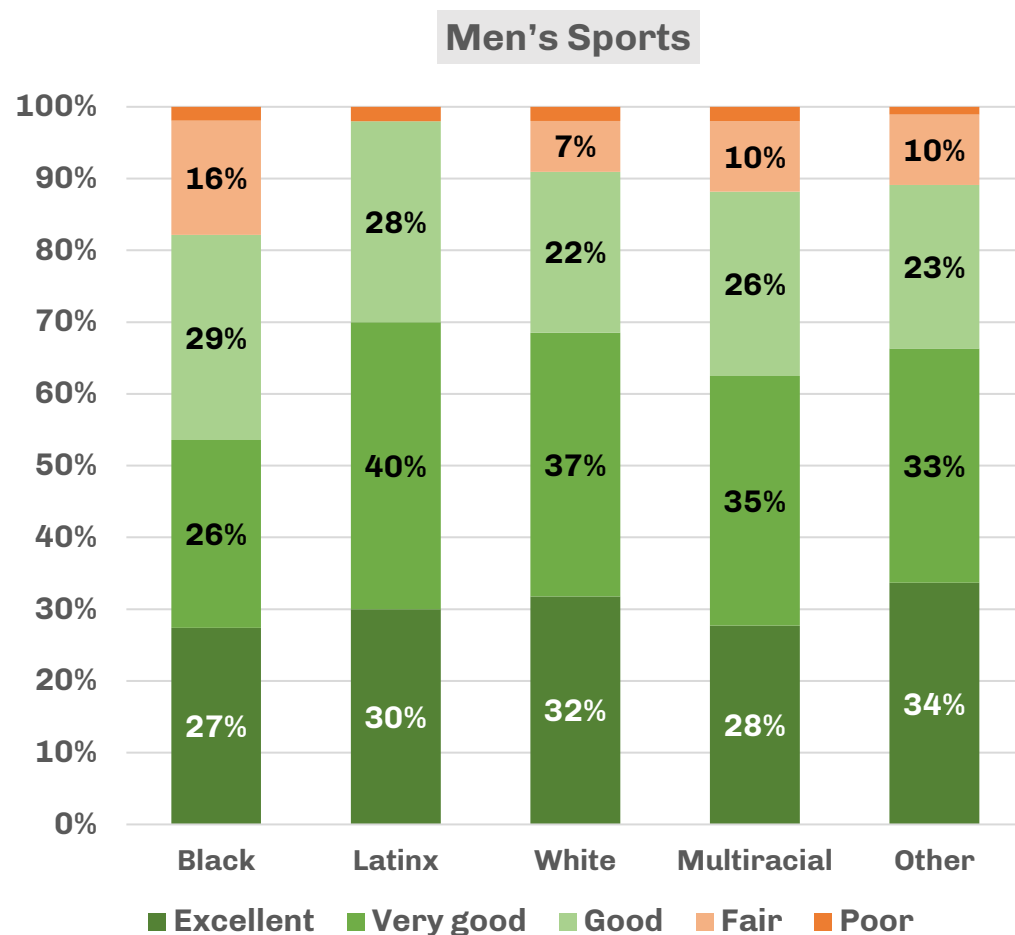
Note: Values below 3% not displayed. Only sports with over 75 athletes in the sample are depicted. Source: NCAA SNAP Study (October 2025).



RESEARCH

In general, how would you rate your mental health, including your mood and your ability to think?

(By race and sport gender)



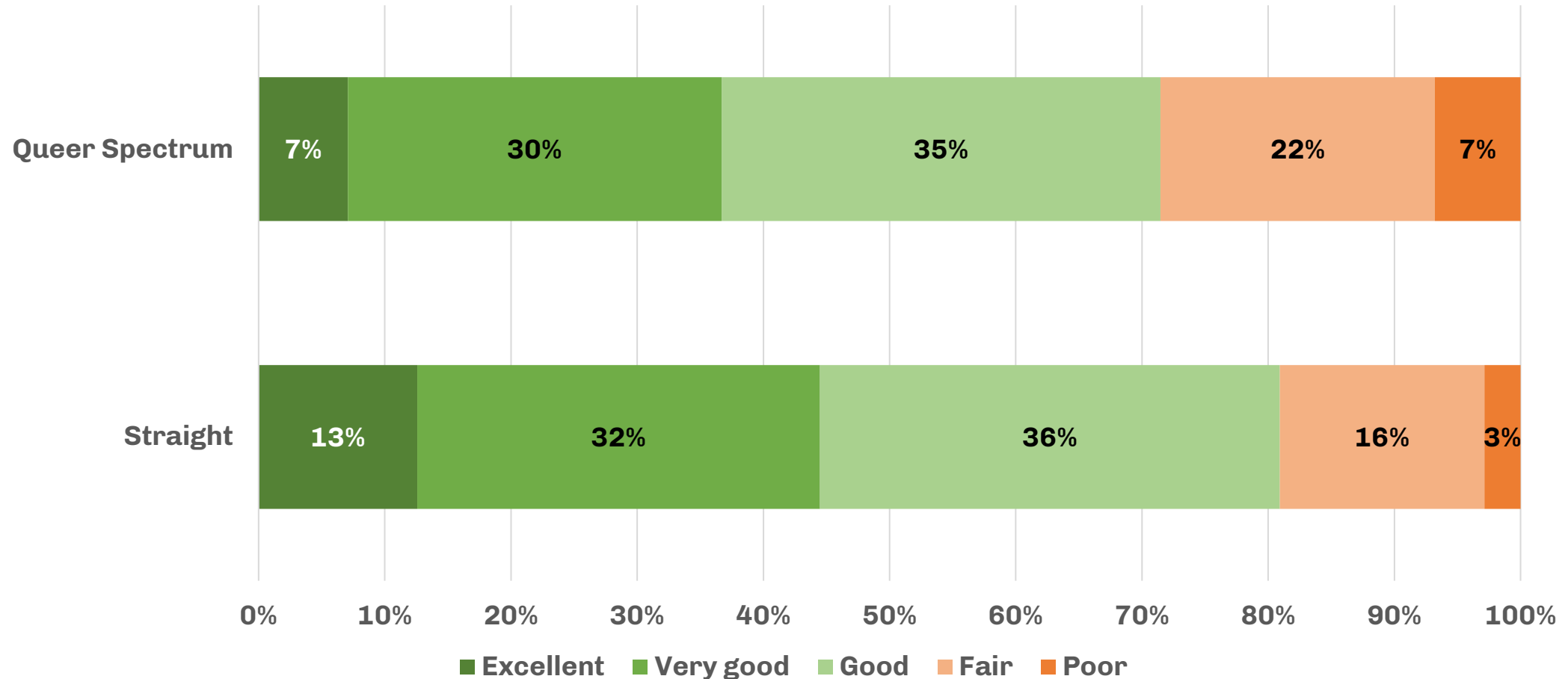
Note: "Other" includes those identifying as American Indian, Alaska Native or Indigenous, Asian, Middle Eastern or North African, Native Hawaiian or Pacific Islander or Other. Values below 3% not displayed. Source: NCAA SNAP Study (October 2025).



RESEARCH

In general, how would you rate your mental health, including your mood and your ability to think?

(Women's Sports Athletes by Sexual Orientation)

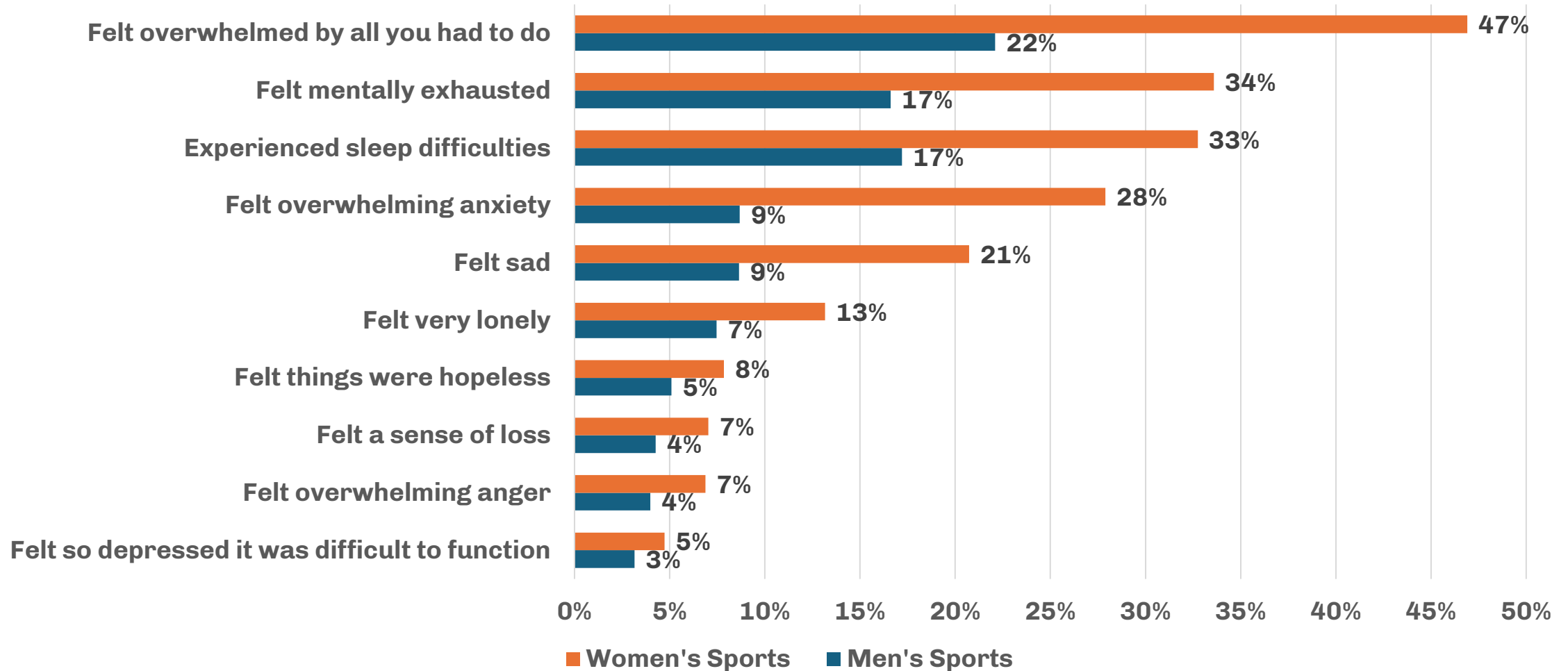


Note: Among the women's sports sample, 3,498 identified as Straight, and 368 identified on the Queer Spectrum. Men's sports are not depicted as there were fewer than 50 men's sports athletes who identified on the Queer Spectrum. "Queer Spectrum" refers to those who identified as gay or lesbian, queer, bisexual or pansexual, questioning or unsure, another sexual identity or having multiple sexual identities. Source: NCAA SNAP Study (October 2025).



RESEARCH

Within the last month, have you felt any of the following constantly or most every day? (Select all that apply)



Source: NCAA SNAP Study (October 2025).

Experienced Constantly or Most Every Day Within the Last Month

(Men's Sports by Race/Ethnicity, Select all that apply)

	Black (N=422)	Latinx (N=102)	White (N=1,742)	Multiracial (N=298)	Other (N=94)
Overwhelmed by all you had to do	24%	25%	21%	23%	18%
Mentally exhausted	18%	18%	15%	21%	14%
Experienced sleep difficulties	17%	26%	17%	22%	8%
Very lonely	10%	6%	7%	9%	10%
Felt sad	10%	13%	8%	10%	8%
Overwhelming anxiety	8%	9%	8%	10%	10%
Things were hopeless	8%	3%	4%	5%	6%
Sense of loss	6%	3%	4%	5%	7%
Overwhelming anger	4%	7%	3%	7%	3%
So depressed it was difficult to function	4%	5%	3%	4%	1%
Haven't felt any of these constantly/most every day	56%	52%	65%	59%	63%

Note: "Other" includes those who identified as American Indian, Alaska Native or Indigenous, Asian, Middle Eastern or North African, Native Hawaiian or Pacific Islander or Other. Source: NCAA SNAP Study (October 2025).

Experienced Constantly or Most Every Day Within the Last Month

(Women's Sports by Race/Ethnicity, Select all that apply)

	Black (N=371)	Latinx (N=131)	White (N=2,823)	Multiracial (N=471)	Other (N=161)
Overwhelmed by all you had to do	43%	48%	47%	51%	40%
Mentally exhausted	32%	35%	33%	39%	33%
Experienced sleep difficulties	30%	35%	33%	36%	31%
Overwhelming anxiety	24%	28%	28%	33%	24%
Felt sad	18%	21%	20%	24%	21%
Very lonely	16%	17%	12%	14%	17%
Things were hopeless	9%	8%	7%	9%	12%
Overwhelming anger	7%	13%	6%	8%	6%
Sense of loss	6%	10%	6%	9%	12%
So depressed it was difficult to function	6%	5%	4%	6%	11%
Haven't felt any of these constantly/most every day	42%	35%	38%	35%	37%

Note: "Other" includes those who identified as American Indian, Alaska Native or Indigenous, Asian, Middle Eastern or North African, Native Hawaiian or Pacific Islander or Other. Source: NCAA SNAP Study (October 2025).

Experienced Constantly or Most Every Day Within the Last Month

(International v. Domestic Student-Athletes by Sport Gender, Select all that apply)

	International, Men's (N=292)	Domestic, Men's (N=2,406)	International, Women's (N=646)	Domestic, Women's (N=3,351)
Overwhelmed by all you had to do	24%	22%	46%	47%
Experienced sleep difficulties	19%	17%	34%	32%
Mentally exhausted	19%	16%	35%	33%
Very lonely	11%	7%	19%	12%
Felt sad	11%	8%	29%	19%
Overwhelming anxiety	9%	9%	23%	29%
Things were hopeless	8%	5%	11%	7%
Sense of loss	6%	4%	10%	6%
Overwhelming anger	6%	4%	7%	7%
So depressed it was difficult to function	4%	3%	6%	4%
Haven't felt any of these constantly/most every day	57%	63%	34%	39%

Source: NCAA SNAP Study (October 2025).

Experienced Constantly or Most Every Day Within the Last Month

(Women's Sports by Sexual Orientation, Select all that apply)

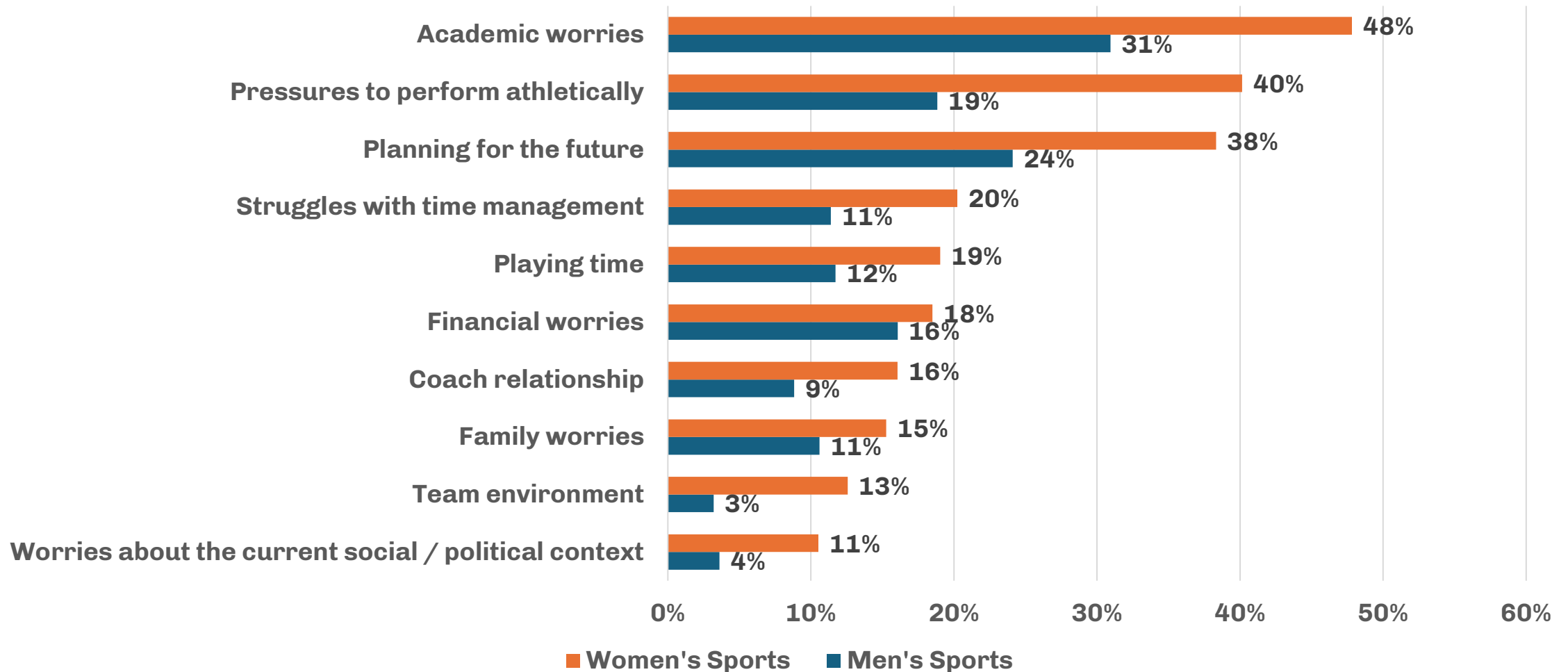
	Straight (N=3,497)	Queer Spectrum (N=368)
Overwhelmed by all you had to do	47%	52%
Mentally exhausted	33%	40%
Experienced sleep difficulties	32%	37%
Overwhelming anxiety	27%	37%
Felt sad	20%	26%
Very lonely	12%	20%
Things were hopeless	7%	12%
Sense of loss	7%	11%
Overwhelming anger	6%	10%
So depressed it was difficult to function	4%	10%
Haven't felt any of these constantly/most every day	38%	31%

Note: "Queer Spectrum" refers to those who identified as gay or lesbian, queer, bisexual or pansexual, questioning or unsure, another sexual identity or having multiple sexual identities. Source: NCAA SNAP Study (October 2025).



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Have any of the following negatively impacted your mental health within the last month? (Select all that apply)



Note: Options endorsed by fewer than 10% of participants included political disagreements with family and friends (1% M, 4% W), personal experiences of discrimination or trauma due to your identity (1% M, 3% W) and social media abuse (1% M, 2% W). Nearly half (46%) of men's sports participants indicated that none of these factors were negatively impacting their mental health, as compared to 25% of women's sports participants. Source: NCAA SNAP Study (October 2025).



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Issues Negatively Impacting Mental Health Within the Last Month

(Men's Sports by Race/Ethnicity, Select all that apply)

	Black (N=422)	Latinx (N=102)	White (N=1,742)	Multiracial (N=298)	Other (N=94)
Academic worries	28%	37%	32%	35%	20%
Planning for the future	23%	29%	24%	25%	21%
Financial worries	23%	18%	14%	18%	17%
Pressures to perform athletically	18%	18%	19%	20%	15%
Playing time	14%	11%	11%	12%	8%
Family worries	13%	14%	9%	14%	11%
Struggles with time management	11%	14%	11%	16%	8%
Coach relationship	9%	6%	8%	12%	8%
None of these have negatively impacted my mental health	44%	43%	47%	41%	49%

Note: Other issues that did not receive endorsement from 10% of more of any racial group include Team environment, Political disagreements with family or friends, Worries about the current social / political context, Personal experiences of discrimination or trauma due to your identity and Social media abuse. "Other" includes those who identified as American Indian, Alaska Native or Indigenous, Asian, Middle Eastern or North African, Native Hawaiian or Pacific Islander or Other. Source: NCAA SNAP Study (October 2025).



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Issues Negatively Impacting Mental Health Within the Last Month

(Women's Sports by Race/Ethnicity, Select all that apply)

	Black (N=371)	Latinx (N=131)	White (N=2,823)	Multiracial (N=471)	Other (N=161)
Academic worries	37%	52%	48%	51%	48%
Planning for the future	31%	40%	39%	42%	36%
Pressures to perform athletically	29%	33%	42%	41%	39%
Financial worries	24%	27%	17%	23%	18%
Struggles with time management	19%	20%	20%	23%	18%
Family worries	16%	19%	14%	18%	18%
Playing time	10%	15%	20%	22%	19%
Team environment	10%	12%	13%	14%	8%
Worries about the current social / political context	10%	9%	11%	12%	5%
Coach relationship	9%	12%	16%	19%	15%
None of these have negatively impacted my mental health	32%	25%	25%	23%	27%

Note: Other issues that did not receive endorsement from 10% of more of any racial group include Personal experiences of discrimination or trauma due to your identity, Political disagreements with family or friends and Social media abuse. "Other" includes those who identified as American Indian, Alaska Native or Indigenous, Asian, Middle Eastern or North African, Native Hawaiian or Pacific Islander or Other. Source: NCAA SNAP Study (October 2025).



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Issues Negatively Impacting Mental Health Within the Last Month

(International v. Domestic Student-Athletes by Sport Gender, Select all that apply)

	International, Men's (N=292)	Domestic, Men's (N=2,406)	International, Women's (N=646)	Domestic, Women's (N=3,351)
Academic worries	27%	32%	43%	49%
Planning for the future	26%	24%	35%	39%
Pressures to perform athletically	20%	19%	35%	41%
Financial worries	18%	16%	18%	19%
Family worries	18%	10%	18%	15%
Playing time	12%	12%	14%	20%
Struggles with time management	11%	12%	17%	21%
Coach relationship	8%	9%	13%	17%
Worries about the current social / political context	5%	3%	8%	11%
Team environment	4%	3%	12%	13%
None of these have negatively impacted my mental health	48%	46%	27%	25%

Note: Additional issues that did not receive endorsement from 10% of more from any group include Political disagreements with family or friends, Personal experiences of discrimination or trauma due to your identity and Social media abuse. Source: NCAA SNAP Study (October 2025).

Issues Negatively Impacting Mental Health Within the Last Month

(Women's Sports by Sexual Orientation, Select all that apply)

	Straight (N=3,497)	Queer Spectrum (N=368)
Academic worries	48%	52%
Pressures to perform athletically	40%	45%
Planning for the future	38%	45%
Playing time	20%	16%
Struggles with time management	19%	27%
Financial worries	17%	29%
Coach relationship	16%	20%
Family worries	15%	18%
Team environment	12%	14%
Worries about the current social / political context	9%	26%
Political disagreements with family or friends	3%	10%
None of these have negatively impacted my mental health	26%	16%

Note: Other issues that did not receive endorsement from 10% of more from either group include Personal experiences of discrimination or trauma due to your identity (2% Straight, 8% Queer Spectrum) and Social media abuse (2% Straight, 3% Queer Spectrum). "Queer Spectrum" refers to those who identified as gay or lesbian, queer, bisexual or pansexual, questioning or unsure, another sexual identity or having multiple sexual identities. Source: NCAA SNAP Study (October 2025).



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