



NCAA Coach Well-Being Study

Division I Findings, January 2023



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Methods

- ▶ Online survey examined coach mental well-being, as well as how coaches are adapting to current recruiting and roster management challenges. Designed and distributed by NCAA Research.
- ▶ Survey opened March 2, 2022, and closed April 17, 2022.
- ▶ 6,113 NCAA coach staff members took the survey.

	Total	Division I	Division II	Division III
Head Coaches	4,258	1,471	958	1,808
Assistant/Associate Coaches	1,627	952	261	406
Other (Director of Ops, GAs, etc.)	228	137	52	38

Note: Not all respondents provided NCAA division of competition. Source: NCAA Coach Well-Being Study (Spring 2022).

Response Rates by Role and Gender

All	Division I	Division II	Division III
Head Coaches (N=4,258)	22%	19%	21%
Assistant/Associate Coaches (N=1,627)	6%	3%	2%

Men	Division I	Division II	Division III
Head Coaches (N=2,324)	16%	14%	16%
Assistant/Associate Coaches (N=818)	4%	2%	8%

Women	Division I	Division II	Division III
Head Coaches (N=1,455)	30%	27%	29%
Assistant/Associate Coaches (N=585)	8%	3%	3%

Note: Response rates derived from N in sample divided by NCAA coach demographic data for 2022. Demographic data is not available for those in other staff roles (e.g., director of operations, graduate assistants, etc.). Not all respondents shared their gender identity; those who selected "another gender identity" are not shown due to low numbers. Sources: NCAA Coach Well-Being Study (Spring 2022), [NCAA Demographics Database](#) (2022).



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Head Coach Response Rates by Gender and Race

Men	Division I	Division II	Division III
Black (N=95)	6%	6%	7%
Other (N=185)	17%	14%	23%
White (N=2,033)	17%	15%	16%

Women	Division I	Division II	Division III
Black (N=59)	16%	10%	7%
Other (N=109)	31%	31%	31%
White (1,280)	32%	29%	30%

Note: Response rates derived from N in sample divided by NCAA coach demographic data for 2022. Not all respondents shared their gender or racial identity; those who selected “another gender identity” are not shown due to low numbers. “Other” race/ethnicity includes those who identified as American Indian/Alaska Native, Asian, Hispanic/Latino/a/x, Native Hawaiian/Pacific Islander, Middle Eastern/North African, other, and multiple identities. Sources: NCAA Coach Well-Being Study (Spring 2022), [NCAA Demographics Database](#) (2022).



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Participant Demographics

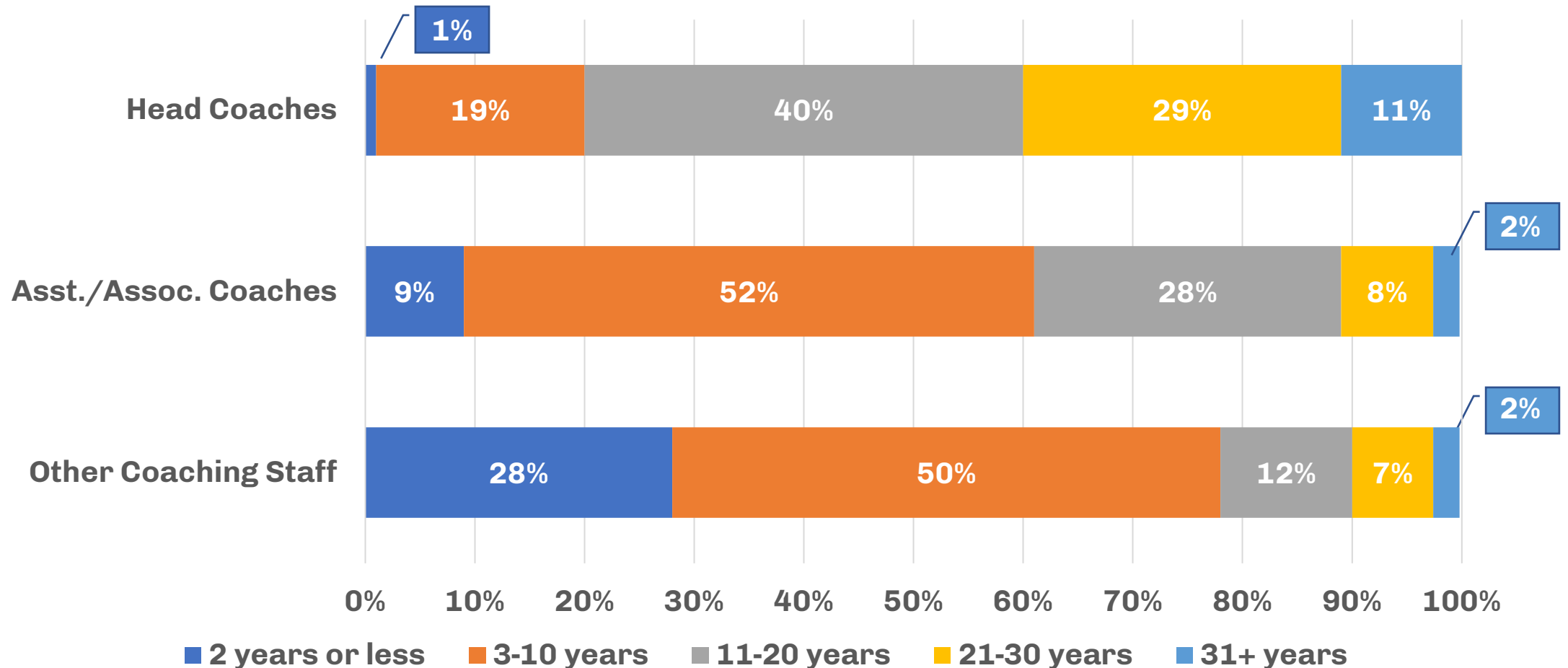
Division I

Coaching Staff Participant Demographics (Division I)

	Head Coaches (N=1,471)	Asst./Assoc. Coaches (N=952)	Other Staff (N=137)
Gender Identity	Man	61%	48%
	Woman	39%	52%
	Another Gender Identity	<1%	<1%
Race/Ethnicity	Black	6%	12%
	Other	10%	16%
	White	84%	72%
Sexual Orientation	Queer-Spectrum	9%	17%
	Straight	91%	83%

Note: Not all respondents shared their gender, race or sexual orientation; those who selected "another gender identity" are not shown due to low numbers. Participants who selected "another gender identity" were provided an open-ended prompt to allow for all gender expansive identities to be acknowledged and affirmed. "Other" race/ethnicity includes those who identified as American Indian/Alaska Native, Asian, Hispanic/Latino/a/x, Native Hawaiian/Pacific Islander, Middle Eastern/North African, other, and multiple identities. Queer-spectrum includes those self-identifying as gay, lesbian, bisexual, pansexual, queer, questioning/unsure or another identity. Source: NCAA Coach Well-Being Study (Spring 2022).

Coaching Staff Participant Years of Experience (Division I)



Note: The sum of percentages in each bar may not equal 100% due to rounding. Source: NCAA Coach Well-Being Study (Spring 2022).

Coaching Staff Participants by Gender of Team Coached

	Total		Division I		Division II		Division III	
	N	%	N	%	N	%	N	%
Men's Sports	1,677	28%	666	26%	360	28%	640	28%
Women's Sports	3,220	53%	1,475	58%	611	48%	1,120	50%
Men's and Women's Sports	1,195	20%	411	16%	293	23%	487	22%

Note: Includes all coaches (head, assistant/associate and other) in the sample. Not all respondents provided NCAA division of competition. Participants were asked if they coached a men's team, a women's team or both. Source: NCAA Coach Well-Being Study (Spring 2022).

Number of Division I Coaching Staff Participants by Sport

Men's Teams	N
Baseball	64
Basketball	93
Football	126
Golf	85
Ice Hockey	60
Lacrosse	23
Soccer	119
Tennis	17
Wrestling	51

Women's Teams	N
Basketball	281
Beach Volleyball	33
Cross Country	30
Field Hockey	40
Golf	33
Gymnastics	63
Ice Hockey	81
Lacrosse	168
Rowing	98
Soccer	95
Softball	178
Swim & Dive	25
Tennis	34
Track & Field	46
Volleyball	289

Men's and Women's Teams	N
Cross Country	160
Fencing	13
Golf	16
Swim & Dive	56
Track & Field	297

Note: Includes all coaches (head, assistant/associate and other) in the sample. Participants were asked if they coached a men's team, a women's team or both. A majority (61%) of Division I coaches who selected "men and women's teams" selected one sport (e.g., track and field). Some respondents coaching both men's and women's teams selected multiple sports (e.g., lacrosse and golf). Multisport coaches counted in each sport. Sports with less than 10 participants not shown. Source: NCAA Coach Well-Being Study (Spring 2022).



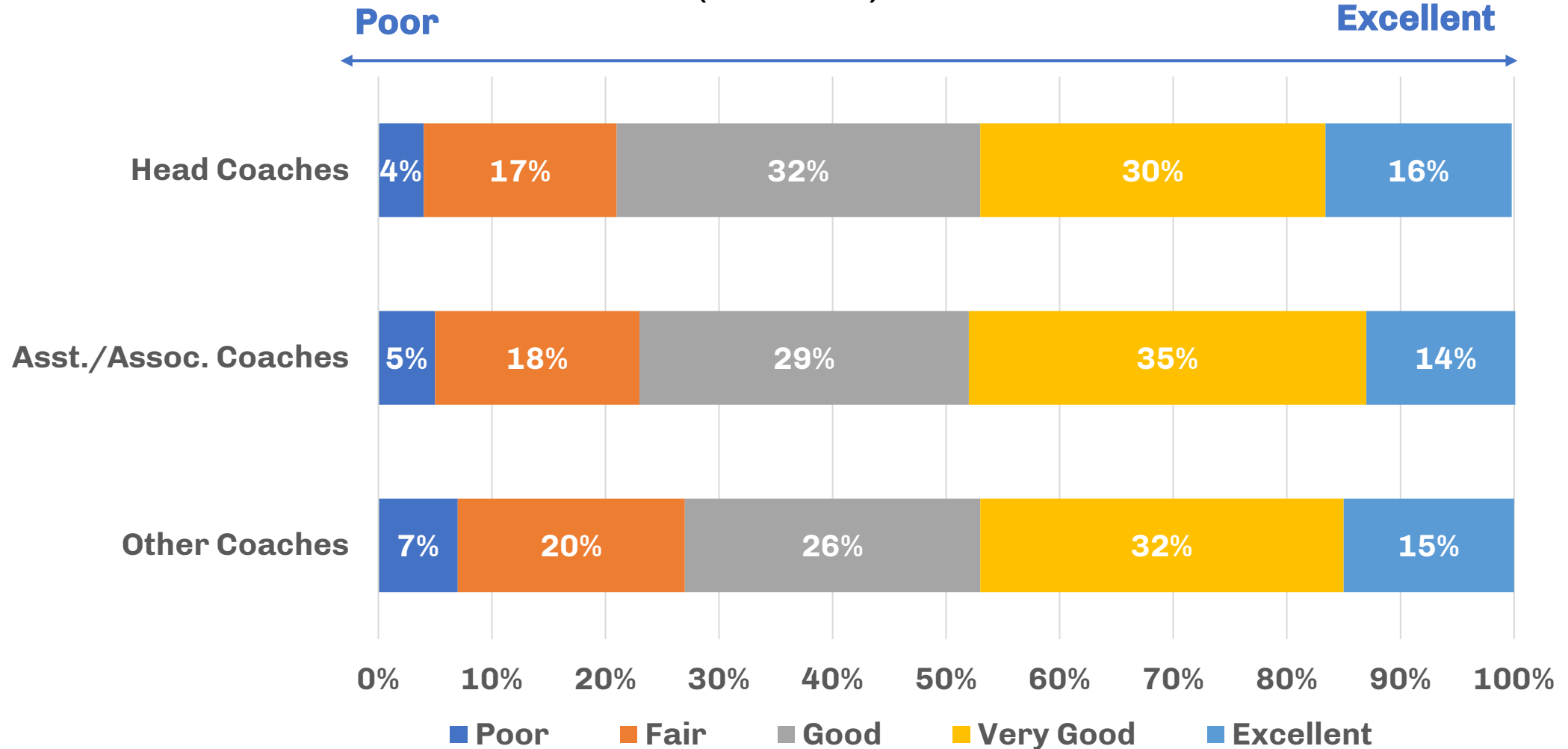
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Summary of Findings

Division I

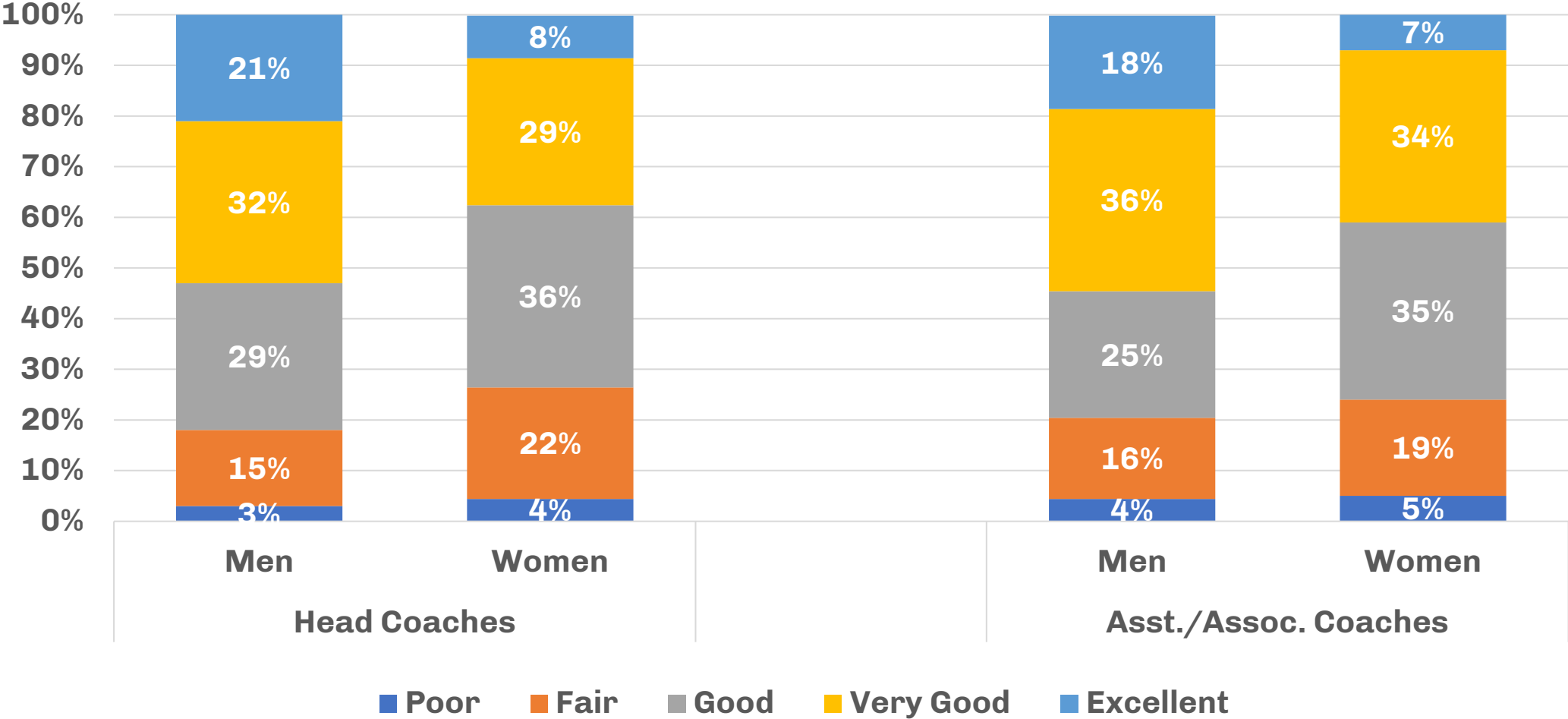
Coaches have felt substantial and unique pressures in their jobs over the past several years, manifesting in high levels of stress and mental exhaustion.

Self-Reported Overall Mental Health (Division I)



Note: The sum of percentages in each bar may not equal 100% due to rounding. The question asked: "In general, how would you rate your mental health, including your mood and your ability to think?" The survey was in the field March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

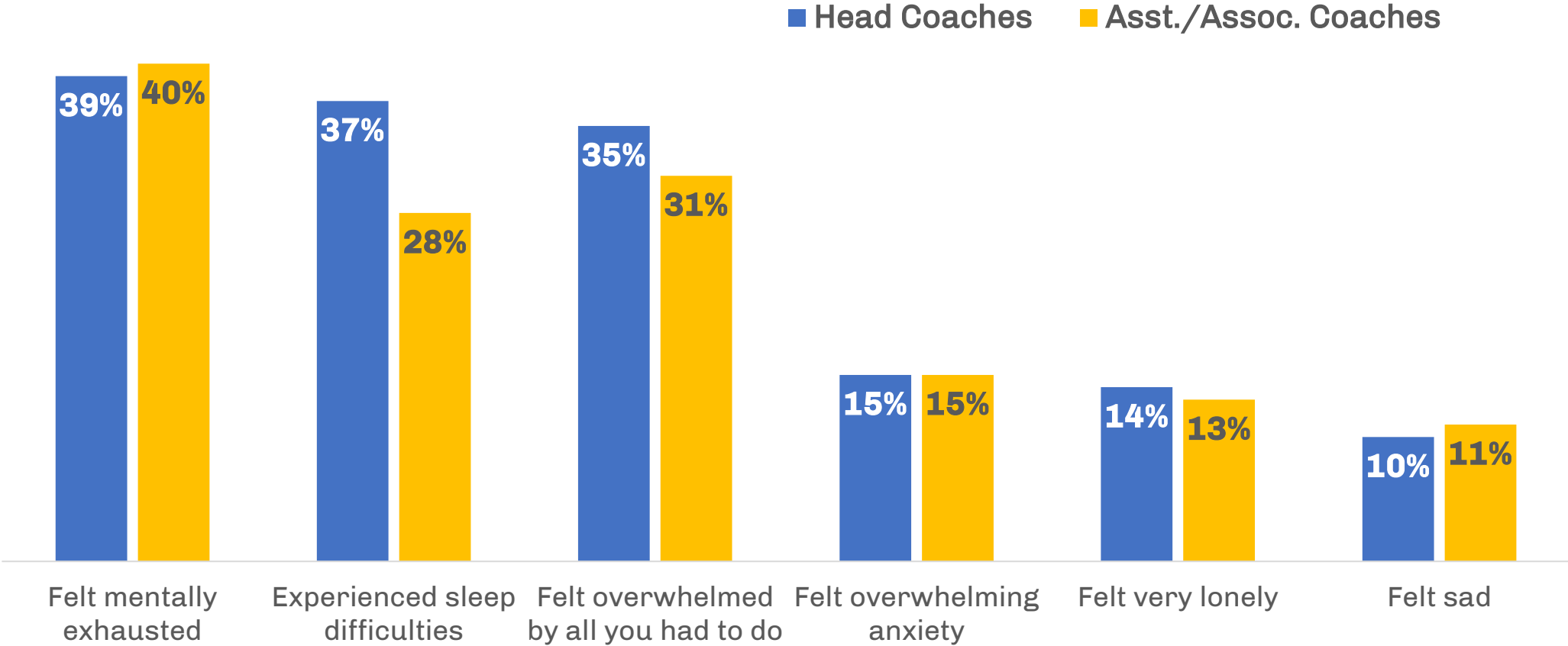
Self-Reported Overall Mental Health (Division I)



Note: The sum of percentages in each bar may not equal 100% due to rounding. The question asked: “In general, how would you rate your mental health, including your mood and your ability to think?” Respondents who selected “another gender identity” are not shown due to low numbers. The survey was in the field March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Coach Mental Health Concerns

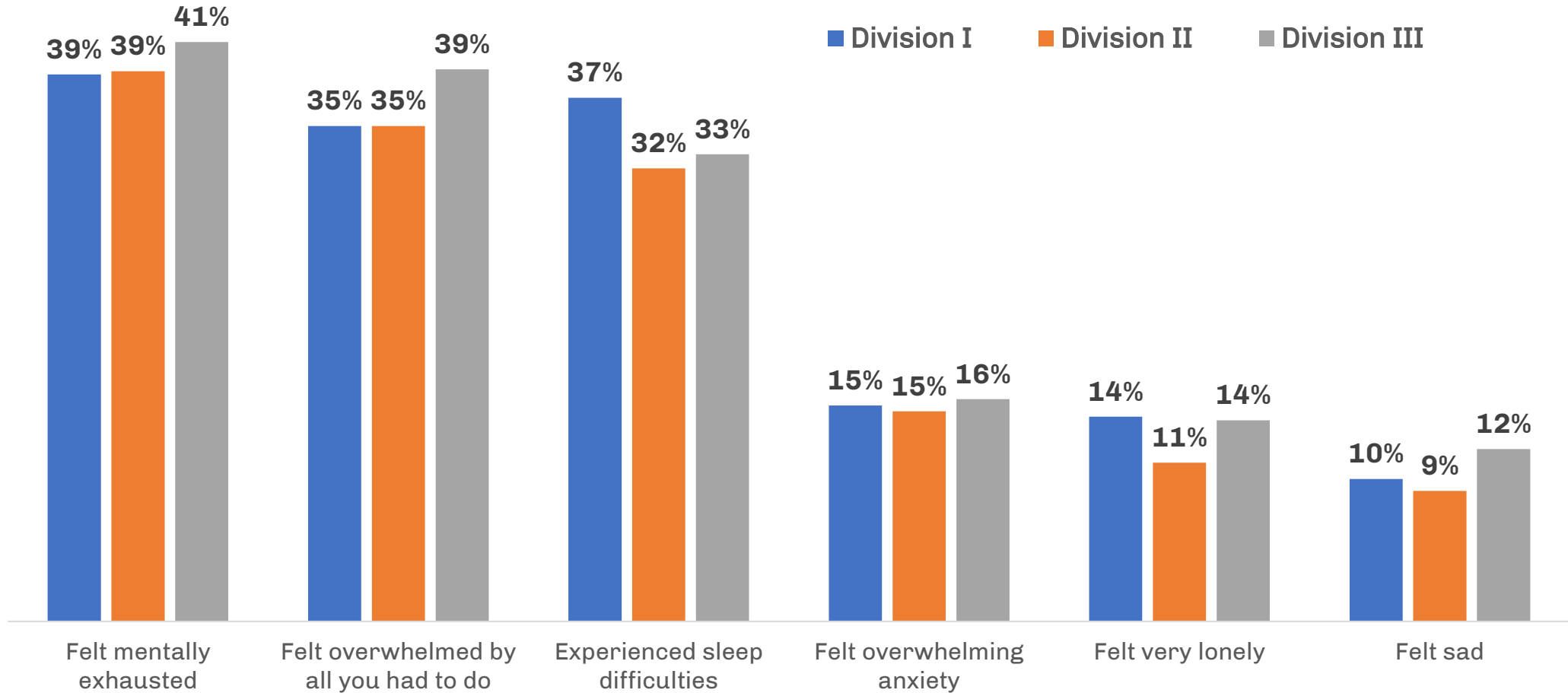
(Percentage of Division I Coaches Responding “Constantly” or “Most Every Day”)



Note: Top 2 points on a 4-point scale. Other concerns endorsed at rates ranging from 4%-8% included a sense of loss, hopelessness, overwhelming anger and depression. The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Head Coach Mental Health Concerns

(Percentage Responding “Constantly” or “Most Every Day”)



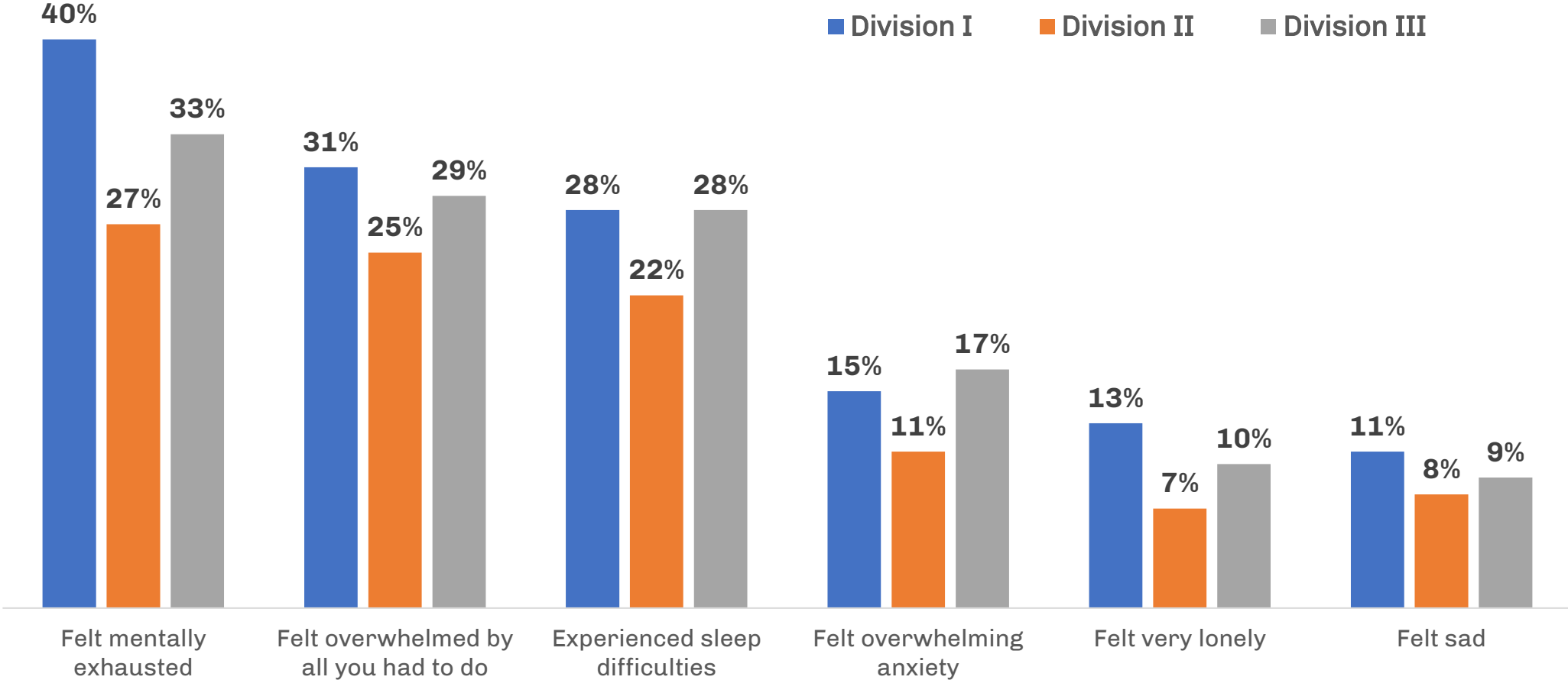
Note: Top 2 points on a 4-point scale. Other concerns endorsed at rates ranging from 4%-8% included a sense of loss, hopelessness, overwhelming anger and depression. The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



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Assistant/Associate Coach Mental Health Concerns

(Percentage Responding “Constantly” or “Most Every Day”)



Note: Top 2 points on a 4-point scale. Other concerns endorsed at rates ranging from 4%-8% included a sense of loss, hopelessness, overwhelming anger and depression. The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



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Coach Mental Health Concerns

(Percentage of Division I Coaches Responding “Constantly” or “Most Every Day” by Gender)

	Head Coaches		Asst./Assoc. Coaches	
	Men (N=781)	Women (N=504)	Men (N=465)	Women (N=347)
Felt mentally exhausted	32%	49%	35%	47%
Felt overwhelmed by all you had to do	29%	46%	26%	41%
Experienced sleep difficulties	36%	39%	28%	29%
Felt overwhelming anxiety	12%	21%	12%	19%
Felt very lonely	12%	18%	9%	18%
Felt sad	8%	13%	8%	14%
Felt a sense of loss	7%	9%	7%	8%
Felt overwhelming anger	8%	7%	9%	7%
Felt things were hopeless	6%	7%	8%	10%
Felt so depressed that it was difficult to function	4%	4%	3%	6%

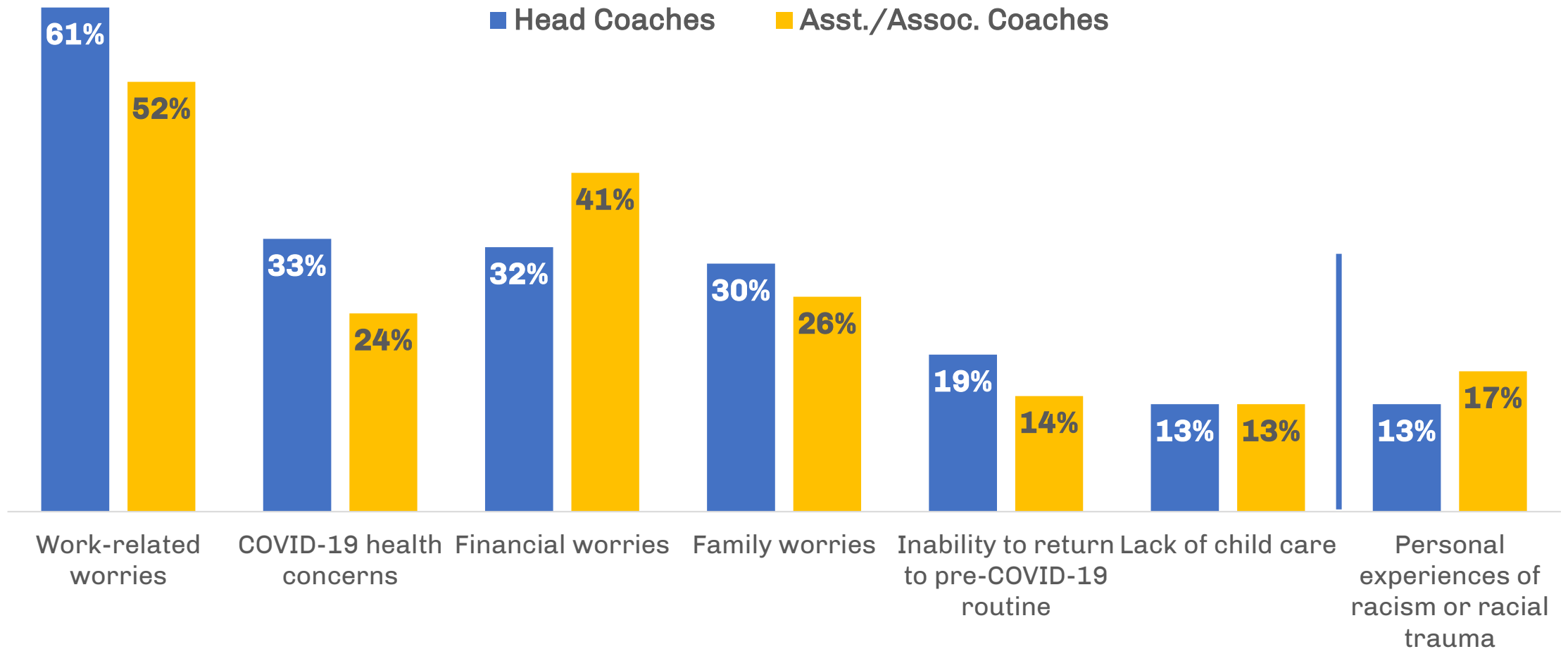
Note: Top 2 points on a 4-point scale. Not all respondents shared their gender identity; those who selected “another gender identity” are not shown due to low numbers. The survey was in the field March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



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Factors Negatively Impacting Coach Mental Health in the 12 Months Before the Survey

(Percentage of Division I Coaches Responding “Agree” or “Strongly Agree”)



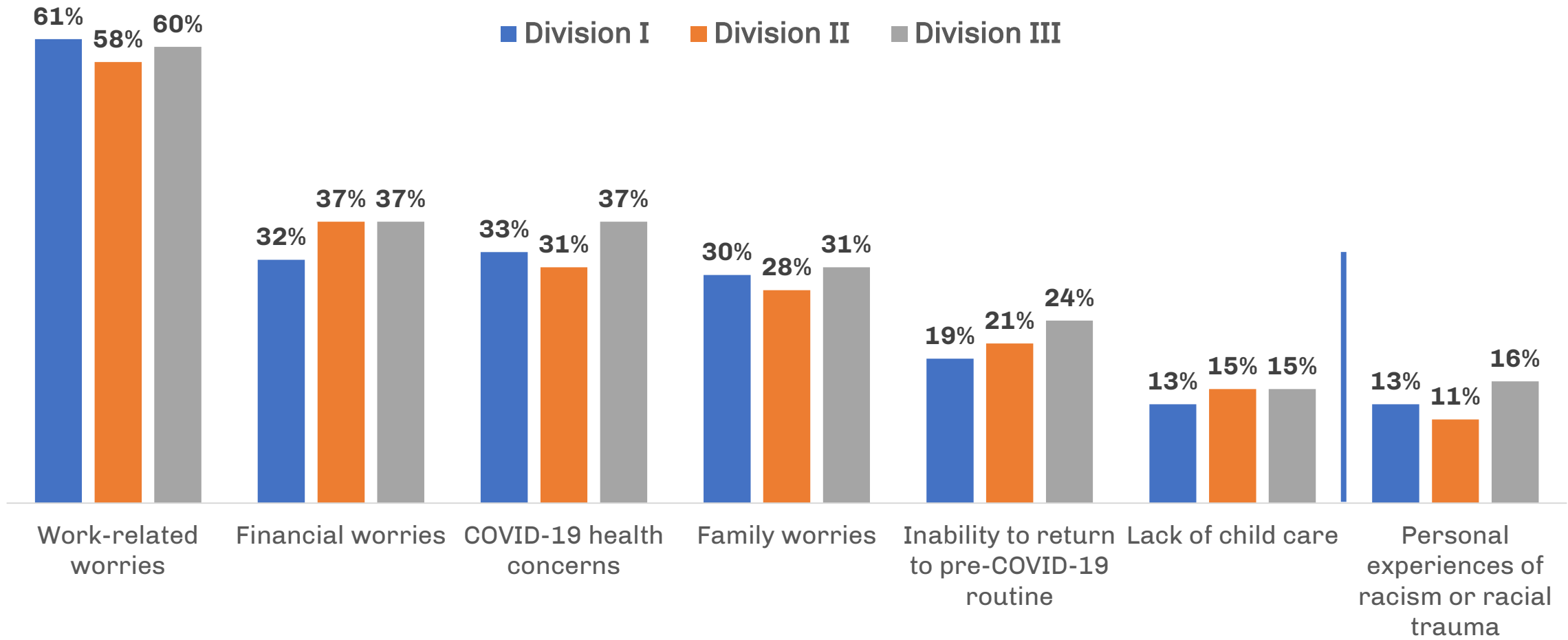
Note: Top 2 points on a 6-point scale. Personal experiences of racism or racial trauma limited to coaches identifying as Black, Indigenous, and people of color only; N=210 head coaches and 201 assistant/associate coaches in sample. All other items apply to every head and assistant/associate coach in the sample. The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



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Factors Negatively Impacting Coach Mental Health in the 12 Months Before the Survey

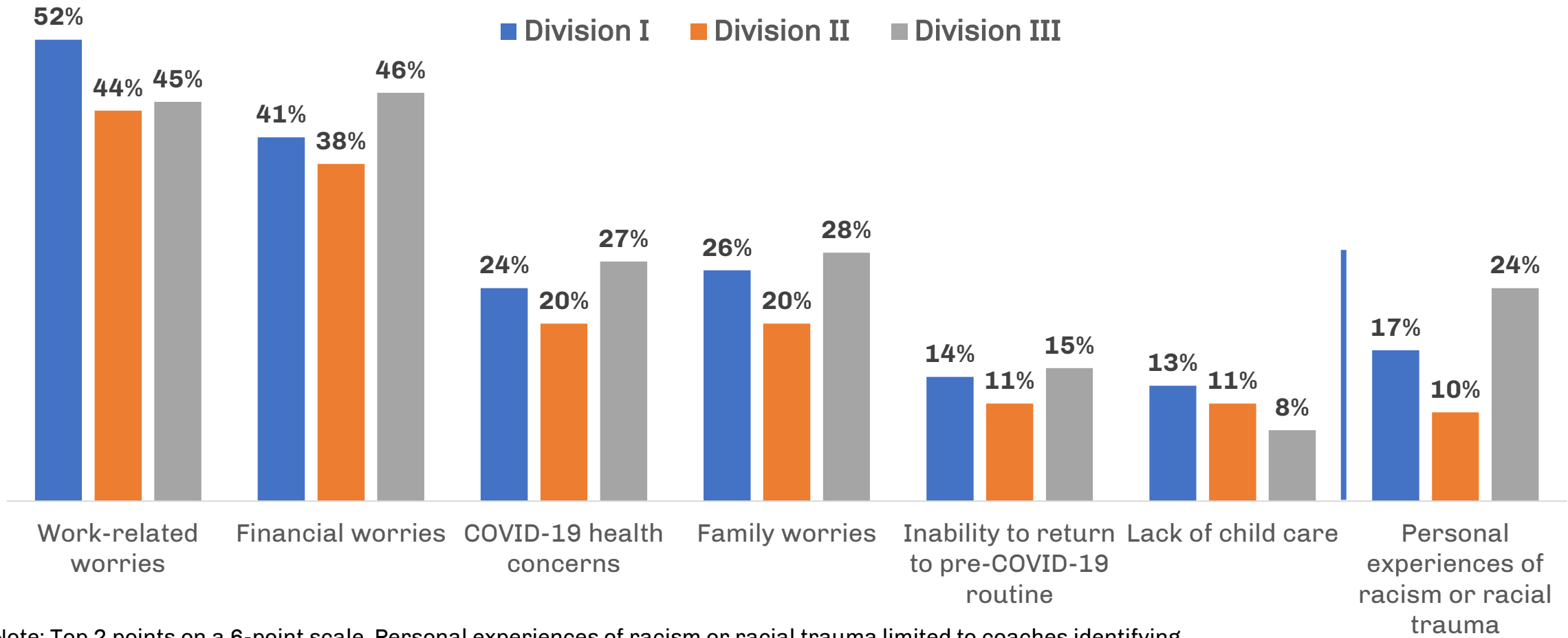
(Percentage of Head Coaches Responding “Agree” or “Strongly Agree” by Division)



Note: Top 2 points on a 6-point scale. Personal experiences of racism or racial trauma limited to coaches identifying as Black, Indigenous, and people of color only; N=210 Division I head coaches, 129 Division II head coaches and 169 Division III head coaches in sample. All other items apply to every head coach in the sample. The survey was in the field March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Factors Negatively Impacting Coach Mental Health in the 12 Months Before the Survey

(Percentage of Assistant/Associate Coaches Responding “Agree” or “Strongly Agree” by Division)



Note: Top 2 points on a 6-point scale. Personal experiences of racism or racial trauma limited to coaches identifying as Black, Indigenous, and people of color only; N=201 Division I assistant/associate coaches, 52 Division II assistant/associate coaches and 50 Division III assistant/associate coaches in sample. All other items apply to every assistant/associate coach in the sample. The survey was in the field March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Factors Negatively Impacting Coach Mental Health in the 12 Months Before the Survey

(Percentage of Division I Coaches Responding “Agree” or “Strongly Agree” by Gender)

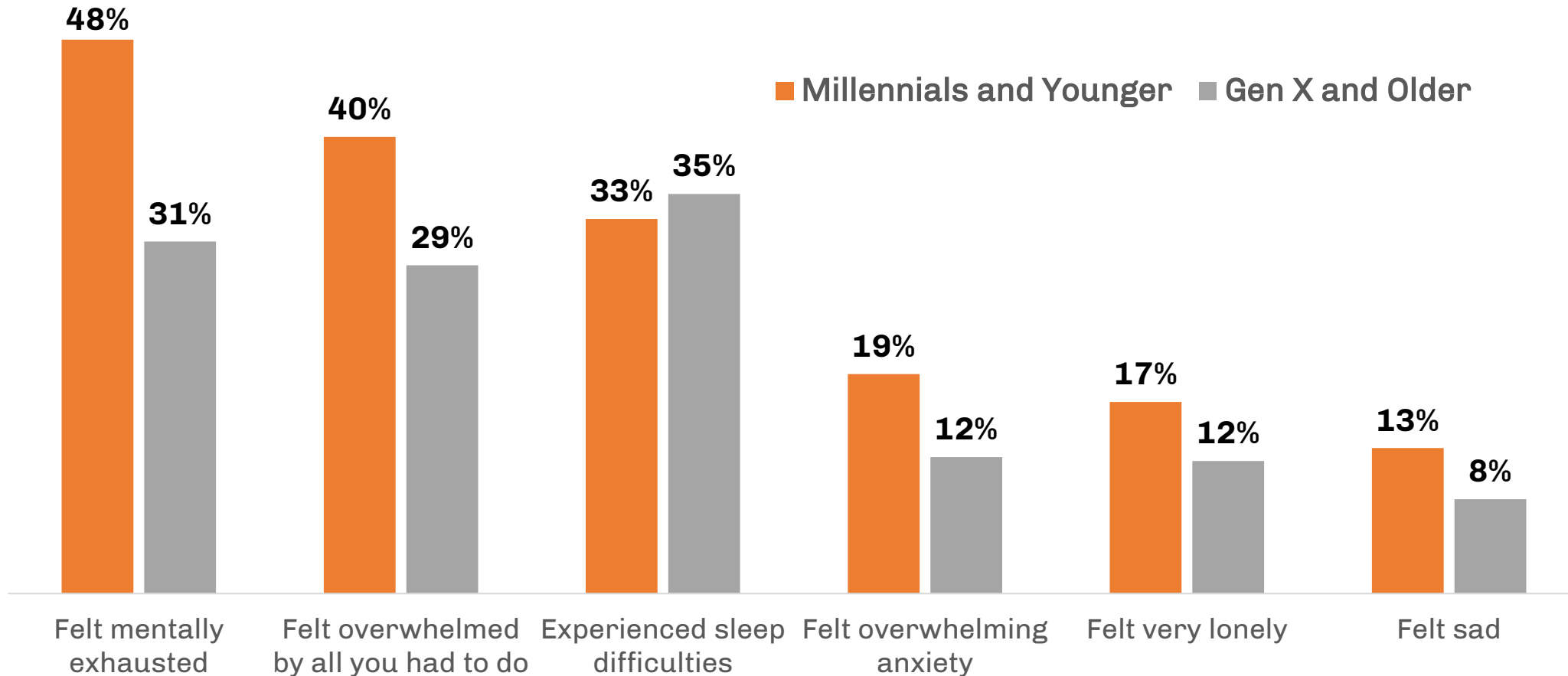
	Head Coaches		Asst./Assoc. Coaches	
	Men (N=781)	Women (N=504)	Men (N=465)	Women (N=347)
Work-related worries	55%	71%	45%	60%
Financial worries	29%	35%	40%	42%
COVID-19 health concerns	29%	39%	20%	27%
Family worries	28%	33%	27%	26%
Inability to return to pre-COVID-19 routine	18%	21%	13%	13%
Lack of child care	9%	18%	15%	12%

Note: Top 2 points on a 6-point scale Not all respondents shared their gender identity; those who selected “another gender identity” are not shown due to low numbers. The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Young coaches in particular reported higher rates of mental health concerns.

Coach Mental Health Concerns by Generational Status

(Percentage of Division I Coaches Responding “Constantly” or “Most Every Day”)



Note: Top 2 points on a 4-point scale. Includes all Division I coaches (head, assistant/associate and other) who shared their age in the sample. Participating in the survey were 79 Gen Z (born 1997-2012) coaches, 1,087 Millennial (born 1981-1996) coaches, 915 Gen X (born 1965-1980) coaches, 226 Baby Boomer (born 1946-1964) and 1 Silent Generation coach (born 1925-1945). The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Coaches are more concerned than ever about student-athlete mental health and how they can provide support.

Head Coaches' Level of Concern About Issues Facing Team

(Percentage Responding "Very Concerned" by Division)

	Division I	Division II	Division III
Supporting SA mental health	55%	50%	58%
Supporting SA physical health	45%	39%	45%
Maintaining a safe environment for team	28%	24%	30%
Advocating for gender equity within athletics dept.	27%	17%	17%
Navigating COVID-19 health restrictions/protocols	25%	25%	33%
Creating an inclusive environment among the team	24%	18%	22%
Navigating changes to the NCAA structure/constitution	18%	9%	6%
Helping SAs navigate NIL opportunities	13%	6%	4%

Note: Participants were asked, "This year (2021-22), what is your level of concern about the following issues in terms of your team and athletics department climate?" The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



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Head Coaches' Level of Concern About Issues Facing Team

(Percentage Responding "Very Concerned" by Division and Gender)

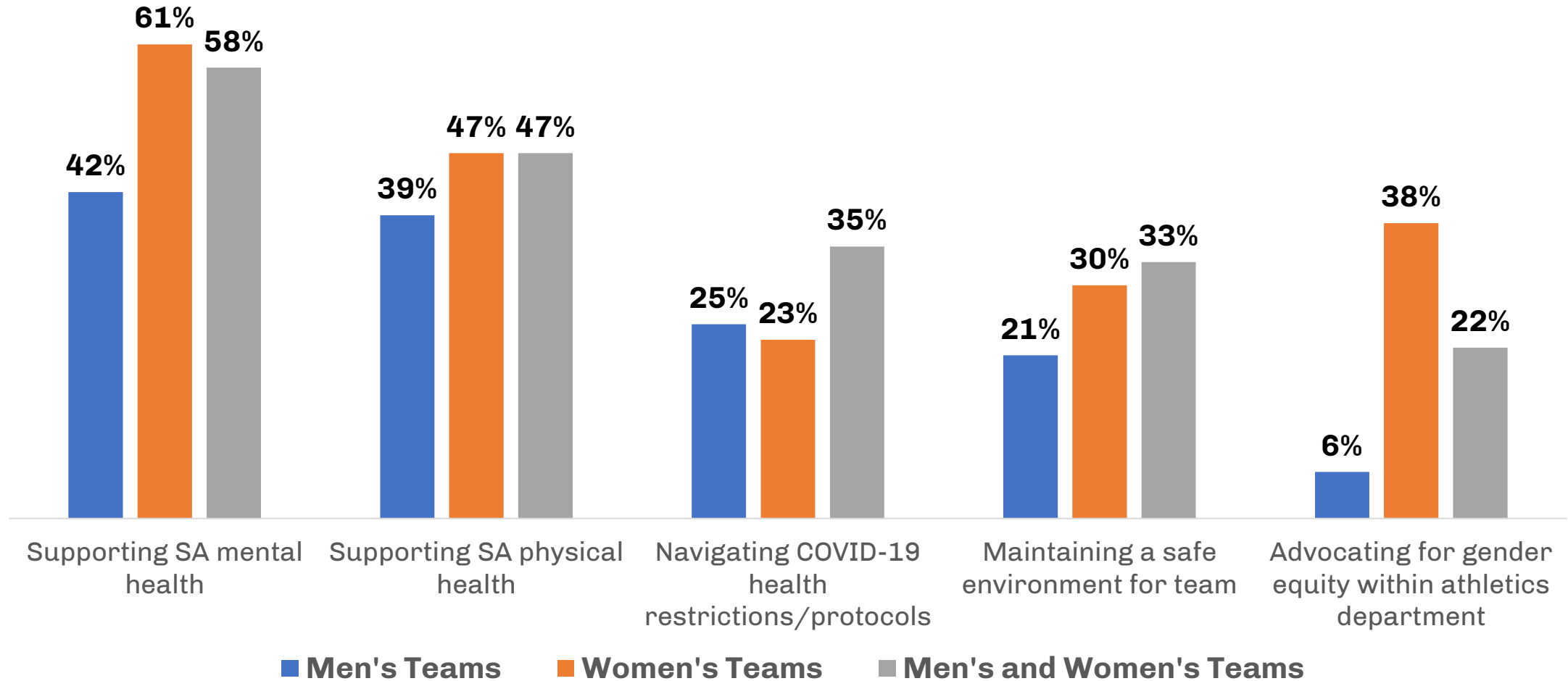
	Division I		Division II		Division III	
	Men	Women	Men	Women	Men	Women
Supporting SA mental health	47%	67%	42%	66%	50%	69%
Supporting SA physical health	40%	50%	32%	55%	40%	54%
Navigating COVID-19 health restrictions/protocols	25%	26%	24%	26%	32%	32%
Maintaining a safe environment for team	24%	33%	22%	29%	27%	35%
Navigating changes to the NCAA structure/constitution	19%	16%	10%	4%	6%	5%
Creating an inclusive environment among the team	19%	34%	15%	25%	18%	29%
Advocating for gender equity within athletics dept	17%	43%	10%	29%	11%	28%
Helping SAs navigate NIL opportunities	13%	14%	6%	6%	4%	3%

Note: Participants were asked, "This year (2021-22), what is your level of concern about the following issues in terms of your team and athletics department climate?" Not all respondents shared their gender identity; those who selected "another gender identity" are not shown due to low numbers. The survey was in the field March 2-April 17, 2022.

Source: NCAA Coach Well-Being Study (Spring 2022).

Head Coaches' Level of Concern About Issues Facing Team

(Percentage of Division I Head Coaches Responding "Very Concerned" by Gender of Team Coached)



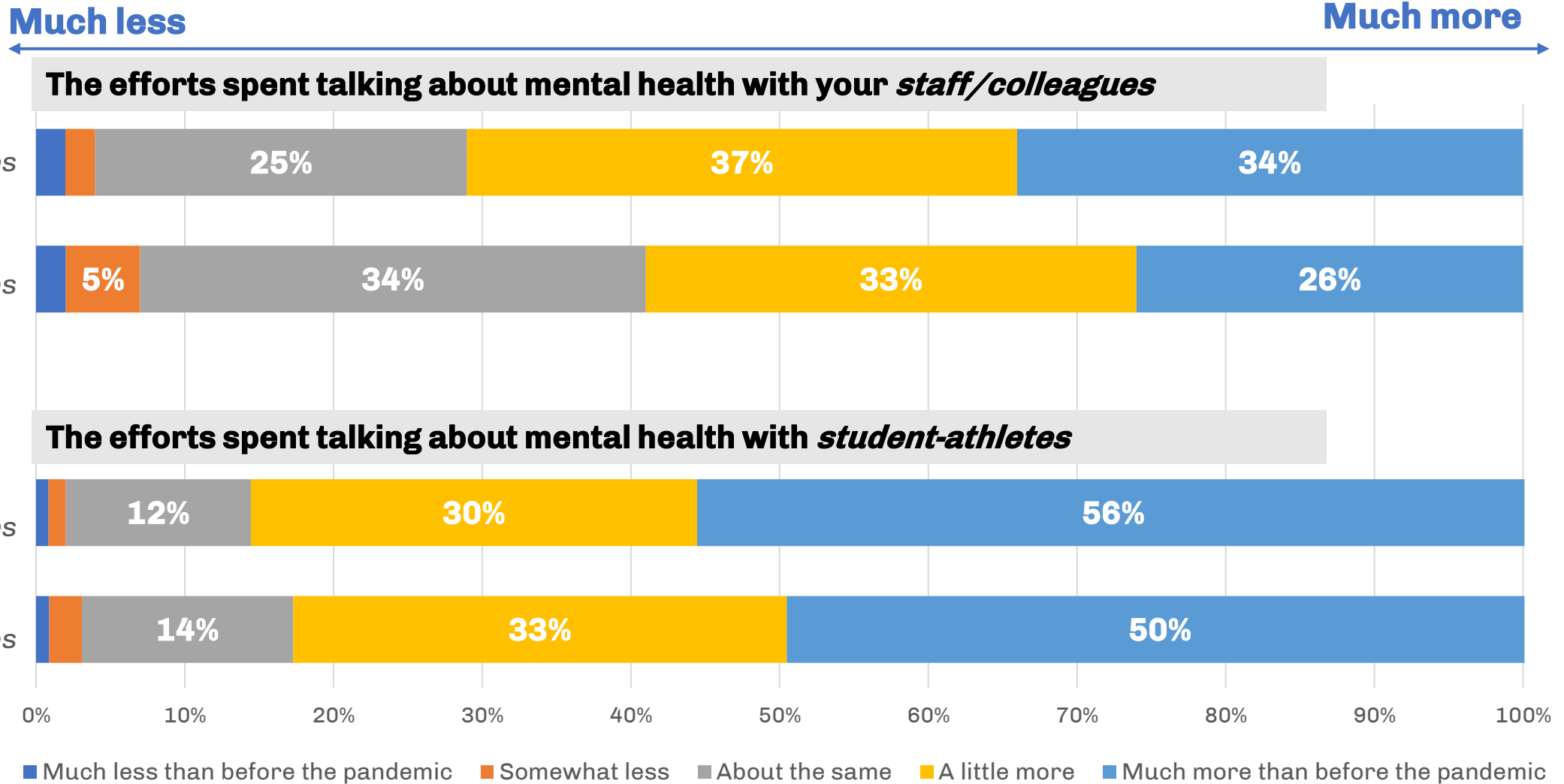
Note: Participants were asked, "This year (2021-22), what is your level of concern about the following issues in terms of your team and athletics department climate?" Items with responses at or above 30% are depicted. The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



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Mental Health Engagement in 2021-22 Compared to Pre-Pandemic Levels

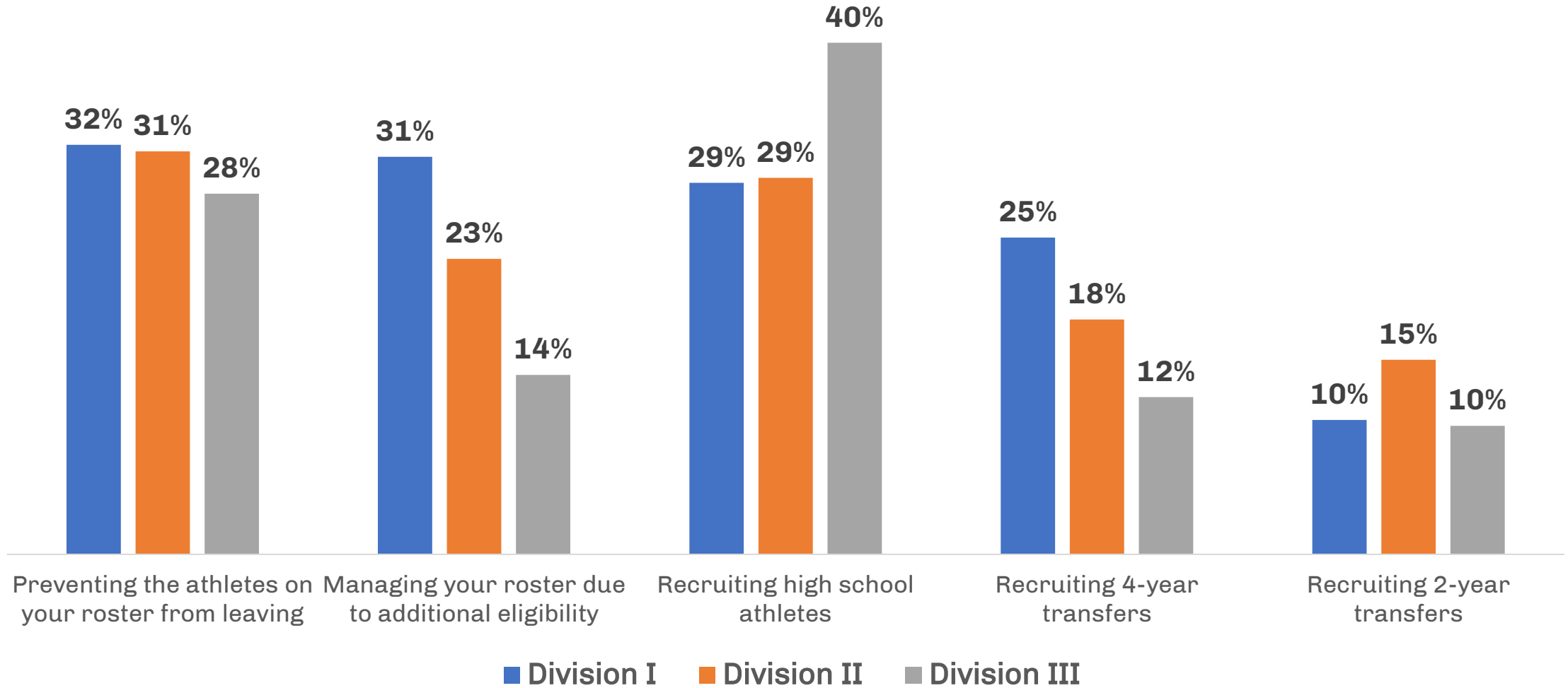
(Division I)



Note: Data labels not shown below 3%. Includes only those respondents who indicated being on a college coaching staff for three or more years. Participants were asked, "Compared to pre-pandemic levels (2019), how much has the following changed during this 2021-22 academic year?" The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

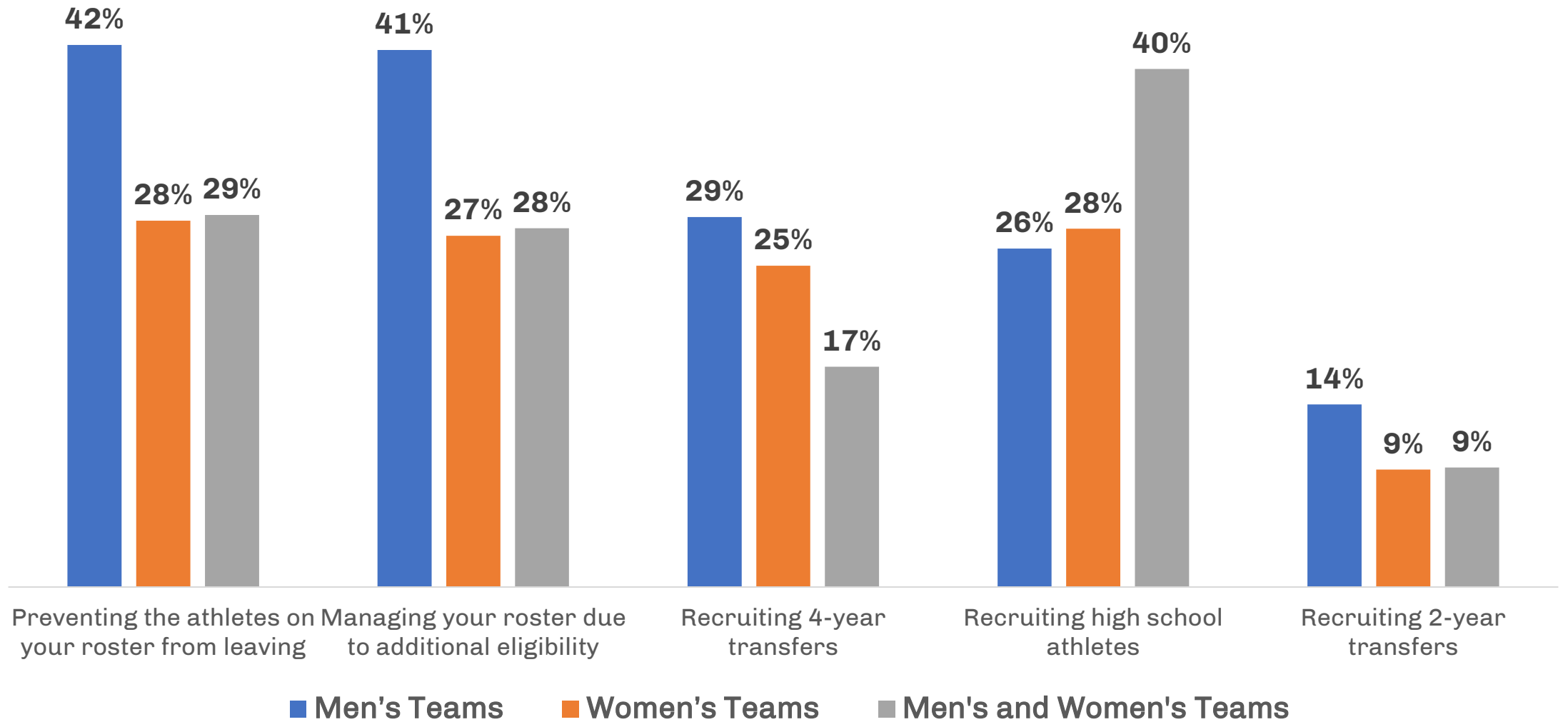
Recruiting and roster management have become especially challenging for coaches in many sports.

Percentage of Head Coaches “Very Concerned” About... (By Division)



Note: Participants were asked, “This year (2021-22), what is your level of concern about balancing the following issues in terms of roster management?” The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Percentage of Division I Head Coaches “Very Concerned” About... (By Gender of Team Coached)

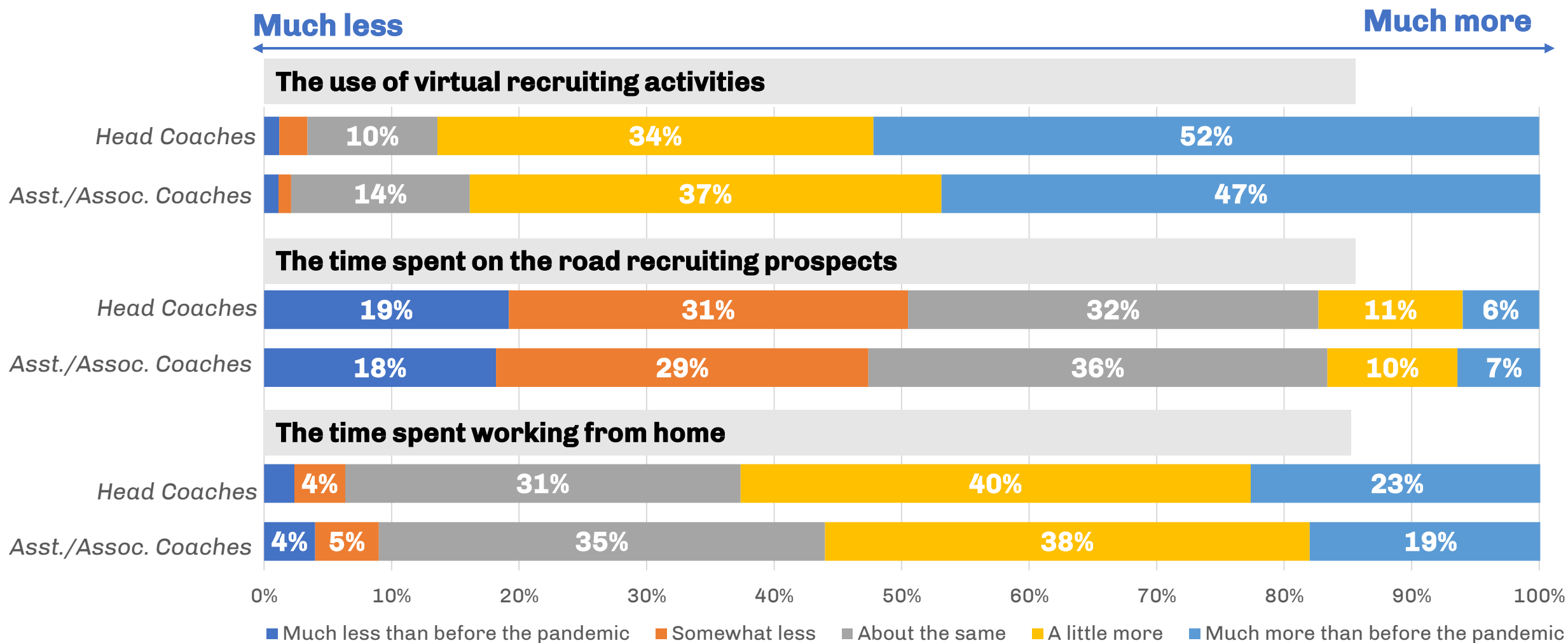


Note: Participants were asked, “This year (2021-22), what is your level of concern about balancing the following issues in terms of roster management?” Those coaching both men’s and women’s teams were primarily in the sports of cross country, golf, track and field, and swimming and diving. The survey was in the field Mar. 2-Apr. 17, 2022.
Source: NCAA Coach Well-Being Study (Spring 2022).

Coaches want their schools to understand the changing nature of their jobs, the personal challenges confronting them and the support mechanisms that they need to be healthy and successful.

Work Behaviors in 2021-22 Compared to Pre-Pandemic Activities

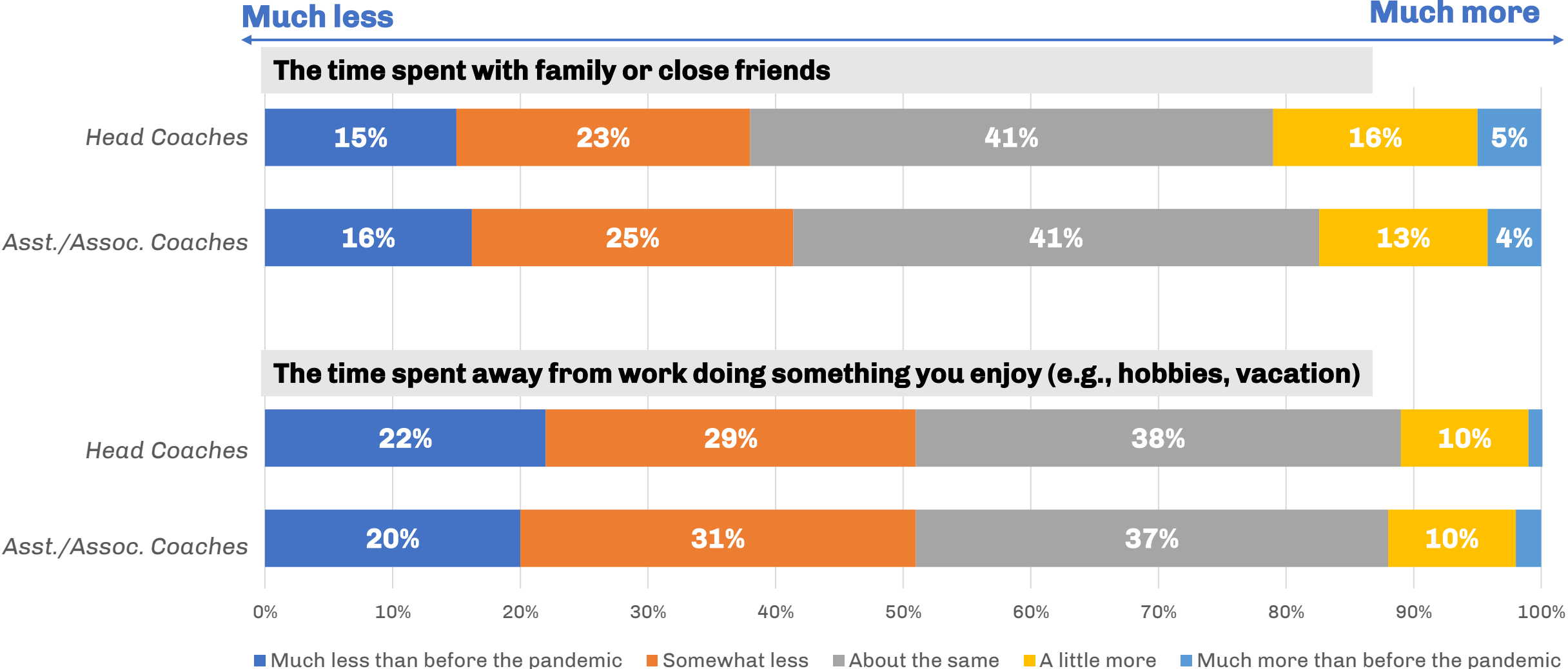
(Division I)



Note: Data labels not shown below 3%. Includes only those respondents who indicated being on a college coaching staff for three or more years. Participants were asked, "Compared to pre-pandemic levels (2019), how much has the following changed during this 2021-22 academic year?" The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Social Behaviors in 2021-22 Compared to Pre-Pandemic Levels

(Division I)

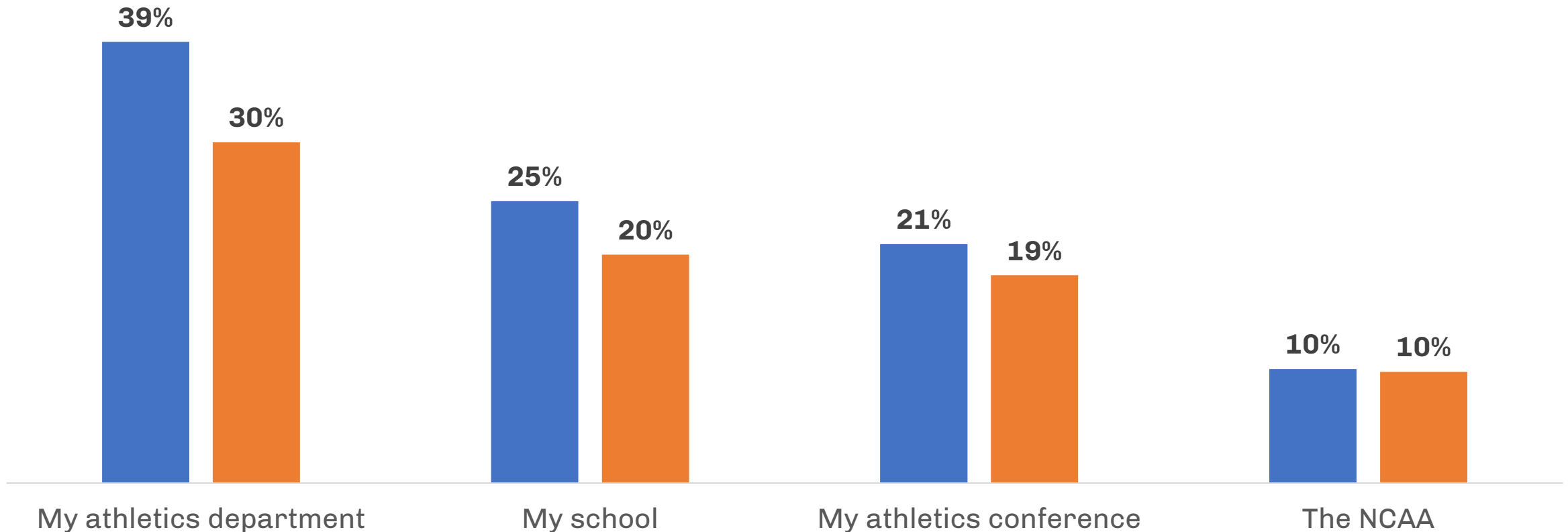


Note: Data labels not shown below 3%. Includes only those respondents who indicated being on a college coaching staff for three or more years. Participants were asked, "Compared to pre-pandemic levels (2019), how much has the following changed during this 2021-22 academic year?" The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



How much do you agree that the following take into account your voice when it comes to important decisions that impact your profession? (Percentage of Division I Coaches Responding “Agree” or “Strongly Agree”)

■ Head Coaches ■ Asst./Assoc. Coaches



Note: Top 2 points on a 6-point scale. The survey was in the field Mar. 2-Apr. 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Open-Ended Responses

(Division I)

- ▶ **Coaches would like access to mental health resources for their own use.**
"I would like the same resources as SAs, in terms of mental well-being." –Men's Soccer Assistant/Associate Coach
- ▶ **The pressure to 'win now' and budget cuts have fueled concerns about job security.**
"Fighting for job and survival every year, despite graduating great individuals and character with zero transferring out. Have good culture yet it is always under scrutiny. Wonder if I should leave and start over somewhere else often. My entire staff feels the same way." –Men's Tennis Head Coach
- ▶ **Coaches want a salary that aligns with a living wage and seek to hire more assistants to help shoulder the increased workload.**
"I have my bachelor's and master's degrees and 7 years of collective softball experience. And yet, a first year school teacher in [my state] is making \$10k more per year than I am." –Softball Assistant/Associate Coach
- ▶ **Addressing gender and racial inequities and bias would improve conditions for women coaches and coaches identifying as Black, Indigenous, and people of color.**
"Being a Black coach in predominately white spaces is hard and is something that I believe that many don't take into consideration. There are no real check ins for coaches of color in white spaces of what their experience is like. It almost just feels that the assumption is that all of our experiences are the same and that is not the case."–[Women's Sport] Assistant/Associate Coach
- ▶ **Athletics departments can support their coaches by appreciating their hard work and seeking their input.**
"Communicate, ask for our opinion and hear us. Include and respect us." –Softball Head Coach

Appendix Tables

Division I

2022 NCAA Coach Well-Being Survey
Division I Head Coach Respondents by Subgroup

	All	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation			
		Men's Team	Women's Team	Men's and Women's Team	Man	Woman	Black	Other	White	Straight	Queer-Spectrum	Gen Z 18-25 yrs	Millennial 26-41 yrs	Gen X 42-57 yrs	Baby Boomer 58-76 yrs
Division I Respondents, N	1,471	386	872	209	781	504	80	130	1,113	1,124	113	3	449	701	188
In general, how would you rate your mental health, including your mood and your ability to think?															
Excellent	16.2	24.2	12.3	18.2	20.8	8.3	16.3	18.5	16.2	17.7	0.9	-	10.5	17.1	28.2
Very Good	30.5	34.0	29.6	27.3	31.8	29.4	33.8	32.3	30.2	31.1	30.1	-	28.8	30.4	34.0
Good	32.1	26.0	35.6	29.2	29.0	36.0	31.3	23.8	32.5	30.5	39.8	-	34.6	31.9	23.9
Fair	17.5	13.8	18.7	18.7	15.1	21.9	16.3	20.0	17.4	17.2	23.0	-	21.2	17.7	10.1
Poor	3.7	2.1	3.8	6.7	3.3	4.4	2.5	5.4	3.7	3.5	6.2	-	4.9	2.9	3.7
Within the last month, have you felt things were hopeless?															
Constantly	0.7	0.3	0.8	1.0	0.8	0.6	0.0	0.8	0.6	0.7	0.0	-	1.4	0.6	0.0
Most every day	6.2	5.2	6.3	7.9	5.4	6.6	8.9	9.2	5.2	5.6	7.1	-	9.2	4.3	3.8
Occasionally	38.3	33.1	40.3	39.4	36.4	40.8	38.0	38.5	38.0	37.1	48.2	-	41.9	37.2	30.6
Never	54.8	61.5	52.7	51.7	57.3	52.0	53.2	51.5	56.2	56.6	44.6	-	47.5	57.9	65.6
Within the last month, have you felt overwhelmed by all you had to do?															
Constantly	10.5	7.0	11.4	13.0	7.3	15.5	7.5	13.8	10.1	9.7	15.0	-	15.9	8.0	5.9
Most every day	24.8	16.9	26.8	30.8	21.4	30.1	18.8	25.4	25.3	24.1	31.0	-	30.0	24.7	14.4
Occasionally	51.4	54.4	52.1	43.3	52.7	49.4	56.3	46.9	51.7	51.9	48.7	-	47.0	52.6	57.8
Never	13.4	21.6	9.8	13.0	18.6	5.0	17.5	13.8	12.9	14.3	5.3	-	7.2	14.7	21.9
Within the last month, have you felt exhausted (not from physical activity)?															
Constantly	10.0	7.0	11.0	10.5	6.9	13.9	6.3	13.1	9.4	8.7	15.0	-	15.8	6.7	5.9
Most every day	28.7	19.3	32.0	32.5	24.7	35.4	26.3	27.7	29.1	28.1	38.1	-	35.9	27.4	18.2
Occasionally	50.4	56.8	48.7	45.9	53.1	46.7	55.0	47.7	50.7	51.2	45.1	-	40.8	55.6	53.5
Never	10.9	16.9	8.3	11.0	15.3	4.0	12.5	11.5	10.8	12.0	1.8	-	7.6	10.3	22.5
Within the last month, have you felt very lonely?															
Constantly	2.8	1.8	3.0	3.8	2.8	2.8	1.3	4.6	2.4	2.7	4.4	-	3.6	2.7	1.1
Most every day	11.7	8.3	13.0	12.0	8.7	15.1	12.7	11.5	11.3	11.0	14.2	-	14.5	10.3	8.6
Occasionally	36.2	34.2	37.3	34.9	35.7	39.6	40.5	37.7	36.5	36.1	40.7	-	37.3	36.9	33.3
Never	49.3	55.7	46.7	49.3	52.8	42.4	45.6	46.2	49.8	50.3	40.7	-	44.6	50.1	57.0
Within the last month, have you felt sad?															
Constantly	1.2	0.8	1.5	1.0	0.8	1.8	0.0	2.3	1.1	1.0	2.7	-	1.8	1.0	0.0
Most every day	8.8	4.9	9.5	13.4	6.9	11.3	6.4	10.8	8.3	8.1	10.8	-	11.4	6.9	9.1
Occasionally	54.0	45.1	57.6	55.5	51.0	62.2	57.7	49.2	55.5	53.6	67.6	-	55.9	54.9	51.1
Never	35.9	49.2	31.4	30.1	41.3	24.7	35.9	37.7	35.1	37.3	18.9	-	30.9	37.2	39.8
Within the last month, have you felt so depressed that it was difficult to function?															
Constantly	0.9	1.0	1.0	0.0	0.5	1.2	0.0	0.8	0.8	0.5	2.7	-	1.1	0.7	0.0
Most every day	3.3	2.1	3.6	4.3	3.3	2.8	2.6	4.6	3.1	3.2	1.8	-	4.5	2.9	1.6
Occasionally	21.3	15.1	23.4	23.4	19.2	25.9	15.4	24.6	21.5	20.6	32.7	-	22.5	21.7	17.7
Never	74.6	81.8	72.0	72.2	77.0	70.1	82.1	70.0	74.6	75.6	62.8	-	71.9	74.7	80.6
Within the last month, have you felt overwhelming anxiety?															
Constantly	3.5	2.6	4.3	2.4	2.6	5.0	2.5	5.4	3.4	3.2	4.4	-	5.6	2.6	2.1
Most every day	11.7	7.8	12.9	13.4	9.2	15.5	10.0	14.6	11.1	10.8	22.1	-	16.5	9.3	8.6
Occasionally	42.2	41.5	42.8	41.1	41.4	44.4	46.3	32.3	43.5	42.0	48.7	-	42.9	43.0	39.0
Never	42.6	48.2	40.0	43.1	46.8	35.1	41.3	47.7	42.0	44.0	24.8	-	35.0	45.1	50.3
Within the last month, have you felt overwhelming anger?															
Constantly	1.7	1.0	1.8	2.4	1.8	2.0	2.5	3.1	1.6	1.7	3.6	-	2.4	1.6	1.1
Most every day	5.9	7.5	4.5	8.6	5.9	5.2	5.0	4.6	6.0	5.3	7.1	-	5.6	6.9	2.7
Occasionally	37.6	32.9	40.0	35.4	35.0	42.4	36.3	33.8	38.2	36.6	50.9	-	40.8	37.0	33.3
Never	54.8	58.5	53.6	53.6	57.3	50.4	56.3	58.5	54.2	56.4	38.4	-	51.2	54.6	62.9
Within the last month, have you felt a sense of loss?															
Constantly	1.2	0.8	1.4	1.0	0.8	1.4	1.3	1.5	0.9	0.9	0.9	-	1.6	0.6	1.6
Most every day	6.9	4.4	7.3	10.1	6.6	7.4	6.3	8.5	6.6	6.8	7.1	-	8.5	6.1	4.8
Occasionally	39.3	37.3	40.3	38.2	39.2	42.1	42.5	40.8	39.7	39.0	49.1	-	37.3	41.6	40.9
Never	52.6	57.4	51.0	50.7	53.5	49.1	50.0	49.2	52.8	53.3	42.9	-	52.7	51.7	52.7
Within the last month, have you experienced sleep difficulties (e.g., trouble falling asleep, waking too early)?															
Constantly	11.8	10.7	12.1	12.6	10.6	12.5	11.4	13.8	10.9	11.1	10.6	-	12.8	11.2	8.6
Most every day	25.3	25.9	25.4	22.7	25.2	26.5	27.8	24.6	25.6	25.3	31.9	-	24.8	26.6	25.1
Occasionally	46.3	42.1	48.3	45.9	44.1	50.4	40.5	45.4	46.7	46.1	51.3	-	45.6	46.5	45.5
Never	16.6	21.2	14.2	18.8	20.2	10.6	20.3	16.2	16.7	17.6	6.2	-	16.8	15.7	20.9

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2022 NCAA Coach Well-Being Survey
Division I Head Coach Respondents by Subgroup

	All	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation			
		Men's Team	Women's Team	Men's and Women's Team	Man	Woman	Black	Other	White	Straight	Queer-Spectrum	Gen Z 18-25 yrs	Millennial 26-41 yrs	Gen X 42-57 yrs	Baby Boomer 58-76 yrs
Division I Respondents, N	1,471	386	872	209	781	504	80	130	1,113	1,124	113	3	449	701	188
How much do you agree or disagree that <u>family worries</u> have negatively impacted your mental health within the last 12 months?															
Strongly agree	10.6	9.4	11.6	9.1	8.5	14.1	10.0	9.2	11.1	10.9	8.9	-	10.5	10.9	10.1
Agree	19.3	17.7	20.0	19.6	19.1	18.9	11.3	20.8	19.1	18.7	17.9	-	20.1	19.6	13.8
Somewhat agree	26.4	27.0	26.3	26.3	25.1	29.5	26.3	27.7	26.7	25.9	33.9	-	27.0	26.8	27.1
Somewhat disagree	7.0	6.0	6.9	9.1	6.8	7.4	7.5	8.5	7.0	6.9	8.0	-	8.0	8.0	2.7
Disagree	20.0	21.3	20.5	15.3	22.6	17.9	23.8	19.2	20.4	21.0	20.5	-	19.0	19.9	26.6
Strongly disagree	16.6	18.7	14.7	20.6	17.9	12.2	21.3	14.6	15.8	16.6	10.7	-	15.4	14.9	19.7
How much do you agree or disagree that <u>work-related worries</u> have negatively impacted your mental health within the last 12 months?															
Strongly agree	29.8	21.8	32.3	34.6	24.3	38.7	29.1	35.4	29.1	28.4	43.4	-	37.0	29.1	15.5
Agree	30.8	29.9	32.2	26.9	30.6	32.5	21.5	27.7	32.6	30.5	37.2	-	29.2	33.1	29.9
Somewhat agree	22.1	24.7	21.2	21.2	22.7	19.6	24.1	20.8	21.4	21.9	15.0	-	20.3	21.4	24.6
Somewhat disagree	5.8	8.1	4.8	5.8	7.4	3.8	5.1	6.9	6.0	6.6	1.8	-	5.8	6.0	7.0
Disagree	7.2	9.1	6.6	6.7	9.6	4.0	12.7	6.9	6.9	8.3	1.8	-	5.1	6.9	13.9
Strongly disagree	4.2	6.5	2.9	4.8	5.4	1.4	7.6	2.3	4.0	4.3	0.9	-	2.7	3.4	9.1
How much do you agree or disagree that <u>COVID-19 health concerns</u> have negatively impacted your mental health within the last 12 months?															
Strongly agree	11.9	10.2	12.4	12.6	9.5	14.5	17.5	9.3	11.3	10.7	18.6	-	13.2	10.4	12.8
Agree	21.1	16.7	23.2	19.9	19.6	24.7	23.8	25.6	20.5	20.4	31.9	-	20.5	21.9	19.8
Somewhat agree	27.6	26.1	28.2	27.7	26.9	28.7	30.0	31.8	27.1	27.3	27.4	-	25.2	29.2	29.4
Somewhat disagree	10.5	10.7	10.4	10.7	11.1	9.6	8.8	6.2	11.0	11.1	5.3	-	11.6	9.6	9.6
Disagree	16.3	18.0	15.5	16.5	18.7	13.5	8.8	13.2	17.5	18.0	6.2	-	17.9	16.0	16.6
Strongly disagree	12.7	18.3	10.2	12.6	14.3	9.0	11.3	14.0	12.6	12.5	10.6	-	11.6	12.9	11.8
How much do you agree or disagree that <u>financial worries</u> have negatively impacted your mental health within the last 12 months?															
Strongly agree	11.7	9.4	12.2	13.9	9.4	13.5	11.4	23.8	9.9	9.7	20.4	-	15.2	11.6	3.2
Agree	19.9	19.7	20.3	19.1	19.9	21.1	16.5	17.7	20.5	20.1	18.6	-	22.8	18.6	16.5
Somewhat agree	21.8	21.3	21.7	22.5	22.6	21.3	21.5	20.0	22.6	21.9	24.8	-	22.3	23.4	18.1
Somewhat disagree	12.1	12.7	11.6	12.9	13.5	10.1	13.9	11.5	11.9	12.9	6.2	-	10.0	12.4	14.4
Disagree	19.6	19.0	20.7	16.3	20.4	18.3	17.7	15.4	20.5	20.1	15.0	-	16.3	21.1	22.9
Strongly disagree	14.9	17.9	13.5	15.3	14.4	15.7	19.0	11.5	14.7	15.2	15.0	-	13.4	12.9	25.0
How much do you agree or disagree that <u>lack of childcare</u> has negatively impacted your mental health within the last 12 months?															
Strongly agree	5.9	2.4	7.3	6.8	3.1	9.8	7.7	6.5	5.6	5.8	4.6	-	13.4	2.6	0.5
Agree	6.9	5.0	7.6	7.7	5.9	8.6	0.0	7.3	7.3	6.3	11.0	-	10.7	6.0	1.6
Somewhat agree	9.6	7.9	10.6	9.2	8.1	11.2	9.0	8.9	9.4	9.4	9.2	-	15.0	7.3	3.8
Somewhat disagree	5.7	4.2	6.1	6.8	5.6	5.3	7.7	8.1	5.0	5.6	4.6	-	6.8	5.4	2.7
Disagree	18.8	21.8	18.4	15.0	21.6	16.9	11.5	13.8	20.7	20.1	13.8	-	16.6	21.5	18.7
Strongly disagree	53.0	58.7	50.0	54.6	55.8	48.3	64.1	55.3	52.0	52.8	56.9	-	37.6	57.3	72.5
How much do you agree or disagree that <u>the inability to return to your pre-COVID routine at work</u> has negatively impacted your mental health within the last 12 months?															
Strongly agree	6.4	6.5	6.1	7.7	5.9	6.4	7.5	10.9	5.6	5.8	7.1	-	8.5	5.2	5.3
Agree	12.3	10.7	12.8	13.4	11.9	14.1	13.8	15.5	12.5	12.0	18.6	-	12.9	12.6	13.4
Somewhat agree	21.1	18.8	21.2	24.9	20.4	21.5	21.3	17.1	21.2	19.9	28.3	-	19.6	22.3	18.2
Somewhat disagree	11.9	9.1	13.2	11.5	11.5	13.3	5.0	15.5	12.3	12.7	9.7	-	14.3	10.6	12.3
Disagree	23.1	25.3	23.0	18.7	22.8	22.9	25.0	18.6	22.9	23.3	18.6	-	22.7	23.1	23.0
Strongly disagree	25.2	29.7	23.7	23.9	27.4	21.7	27.5	22.5	25.6	26.3	17.7	-	22.0	26.2	27.8
How much do you agree or disagree that <u>natural disasters</u> (e.g., flooding, hurricanes, wildfires) impacting your community have negatively impacted your mental health within the last 12 months?															
Strongly agree	0.8	0.0	1.2	0.5	0.3	1.4	2.5	0.8	0.5	0.8	0.0	-	0.9	0.6	0.5
Agree	3.5	2.1	4.1	3.4	2.8	3.8	5.1	2.3	3.2	2.7	6.3	-	4.0	2.6	3.2
Somewhat agree	7.1	6.5	7.5	6.7	6.2	8.2	6.3	11.5	6.5	6.3	8.9	-	6.9	6.3	9.1
Somewhat disagree	6.6	3.6	7.1	9.6	5.1	9.2	5.1	3.1	6.9	6.7	4.5	-	8.5	5.4	4.8
Disagree	25.1	21.6	27.0	23.6	22.7	30.3	25.3	24.6	25.5	25.3	31.3	-	27.0	25.1	23.7
Strongly disagree	57.0	66.1	53.1	56.3	62.9	47.2	55.7	57.7	57.4	58.2	49.1	-	52.7	60.0	58.6

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2022 NCAA Coach Well-Being Survey
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	All	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation			
		Men's Team	Women's Team	Men's and Women's Team	Man	Woman	Black	Other	White	Straight	Queer-Spectrum	Gen Z 18-25 yrs	Millennial 26-41 yrs	Gen X 42-57 yrs	Baby Boomer 58-76 yrs
Division I Respondents, N	1,471	386	872	209	781	504	80	130	1,113	1,124	113	3	449	701	188
How much do you agree or disagree that <u>personal experiences of racism or racial trauma</u> have negatively impacted your mental health within the last 12 months?															
Strongly agree	1.4	0.3	2.0	1.0	0.6	2.6	6.3	3.1	0.9	1.3	2.7	-	2.3	1.0	1.1
Agree	3.0	2.1	3.5	2.9	2.8	3.6	15.2	3.9	2.2	3.2	2.7	-	2.7	3.4	3.3
Somewhat agree	9.5	6.0	11.1	9.6	7.5	11.9	39.2	18.6	5.9	8.9	9.9	-	9.7	8.5	10.9
Somewhat disagree	7.7	5.0	8.8	7.7	6.8	9.3	8.9	11.6	6.9	7.7	6.3	-	7.4	8.9	3.3
Disagree	23.3	22.5	25.1	17.3	19.6	29.8	8.9	18.6	25.2	22.5	33.3	-	25.0	21.2	27.7
Strongly disagree	55.0	64.1	49.5	61.5	62.6	42.9	21.5	44.2	58.9	56.4	45.0	-	52.9	57.0	53.8
How much do you agree or disagree that <u>political disagreements with family or friends</u> have negatively impacted your mental health within the last 12 months?															
Strongly agree	1.9	1.0	2.4	1.4	1.3	3.2	1.3	1.5	2.1	1.5	6.3	-	1.3	1.7	4.3
Agree	7.5	6.3	8.2	6.8	6.8	9.0	6.3	11.5	7.2	6.8	12.5	-	7.9	7.5	7.0
Somewhat agree	15.3	14.6	15.7	15.0	12.9	19.0	2.5	18.5	15.7	13.8	26.8	-	14.4	16.1	15.6
Somewhat disagree	10.8	6.0	12.7	12.1	9.5	12.4	6.3	13.8	10.5	10.8	8.9	-	10.6	11.2	8.1
Disagree	24.5	24.3	24.8	22.7	25.2	24.2	36.7	16.2	24.7	25.7	21.4	-	27.2	22.1	28.5
Strongly disagree	40.1	47.8	36.1	42.0	44.3	32.2	46.8	38.5	39.8	41.3	24.1	-	38.7	41.5	36.6
Compared to pre-pandemic levels (2019), how much have the <u>efforts spent talking about mental health with student-athletes</u> changed during the 2021-22 academic year?															
Much more than before the pandemic	55.5	44.0	59.9	58.2	49.7	64.1	61.1	61.6	54.1	54.1	66.7	-	55.3	57.4	46.9
A little more	30.2	37.2	27.5	28.8	34.2	25.5	27.8	27.2	31.1	31.9	23.1	-	31.3	28.5	35.6
About the same	12.1	17.0	10.3	10.9	14.0	8.1	9.7	10.4	12.3	12.0	8.3	-	12.4	11.4	14.1
Somewhat less	1.1	1.2	1.2	0.5	0.9	1.0	1.4	0.8	1.1	1.0	0.0	-	0.2	1.2	2.8
Much less than before the pandemic	1.1	0.6	1.2	1.6	1.1	1.2	0.0	0.0	1.3	1.0	1.9	-	0.7	1.5	0.6
Compared to pre-pandemic levels (2019), how much have the <u>efforts spent talking about mental health with your staff/colleagues</u> changed during the 2021-22 academic year?															
Much more than before the pandemic	34.1	29.9	35.7	35.5	31.0	38.6	44.3	39.2	32.5	32.8	46.3	-	33.7	36.6	24.4
A little more	36.5	37.8	36.2	35.0	38.3	34.2	28.6	31.2	37.7	37.6	28.7	-	34.9	35.2	46.0
About the same	25.1	28.7	24.1	23.5	26.5	22.5	22.9	28.0	25.1	25.7	16.7	-	28.2	23.3	24.4
Somewhat less	2.3	1.8	2.5	2.2	2.3	2.5	4.3	0.0	2.5	2.2	4.6	-	2.1	2.6	2.3
Much less than before the pandemic	1.9	1.8	1.6	3.8	1.9	2.1	0.0	1.6	2.1	1.8	3.7	-	1.2	2.3	2.8
Compared to pre-pandemic levels (2019), how much has the <u>time spent on the road recruiting prospects</u> changed during the 2021-22 academic year?															
Much more than before the pandemic	6.4	5.3	7.6	3.8	5.3	8.4	5.8	8.9	6.1	5.5	13.9	-	7.4	5.0	8.6
A little more	10.9	11.8	12.3	3.8	9.9	13.8	7.2	8.9	11.7	10.9	11.1	-	9.7	12.2	10.3
About the same	32.1	34.1	32.1	27.9	30.7	34.2	26.1	32.3	32.3	32.0	33.3	-	34.1	31.6	28.0
Somewhat less	31.1	29.4	30.1	38.3	33.3	26.9	29.0	29.8	31.2	31.2	29.6	-	30.2	31.3	33.1
Much less than before the pandemic	19.4	19.4	17.9	26.2	20.8	16.7	31.9	20.2	18.7	20.4	12.0	-	18.7	19.9	20.0
Compared to pre-pandemic levels (2019), how much has the <u>use of virtual recruiting activities</u> changed during the 2021-22 academic year?															
Much more than before the pandemic	52.4	55.3	50.5	56.3	52.2	51.2	51.4	57.6	51.7	52.1	52.3	-	49.5	54.2	52.5
A little more	34.3	30.6	36.7	31.1	33.5	36.3	22.2	35.2	35.0	34.4	32.7	-	36.6	33.1	34.5
About the same	9.6	9.1	9.5	9.8	9.9	9.8	16.7	4.0	9.9	9.8	12.1	-	10.6	8.9	8.5
Somewhat less	2.2	3.2	2.1	1.1	3.0	1.3	6.9	1.6	2.1	2.4	0.9	-	2.1	2.0	4.0
Much less than before the pandemic	1.4	1.8	1.2	1.6	1.5	1.5	2.8	1.6	1.3	1.3	1.9	-	1.2	1.8	0.6
Compared to pre-pandemic levels (2019), how much has the <u>time spent working from home</u> changed during the 2021-22 academic year?															
Much more than before the pandemic	23.1	18.0	24.6	25.7	22.1	25.0	25.4	29.0	22.2	22.3	25.2	-	22.9	22.0	27.3
A little more	39.8	38.1	40.3	41.5	37.3	43.1	29.6	33.9	41.0	38.8	49.5	-	42.4	38.2	38.6
About the same	30.9	36.3	28.9	29.5	34.6	25.0	26.8	32.3	31.0	32.2	20.6	-	30.1	33.0	25.6
Somewhat less	3.8	5.0	3.9	1.1	4.1	3.8	14.1	3.2	3.3	4.0	2.8	-	2.3	4.2	6.3
Much less than before the pandemic	2.4	2.7	2.4	2.2	2.0	3.1	4.2	1.6	2.5	2.6	1.9	-	2.3	2.6	2.3

Notes: Use caution when interpreting data from subgroups with <50 respondents. Percentages for subgroups with <30 are suppressed. Respondents who selected "another gender identity" and "77 or older" are not shown in their respective gender identity and generation groupings due to low numbers. "Other" includes those who selected American Indian/Alaska Native, Asian, Hispanic/Latino/a/x, Native Hawaiian/Pacific Islander, Middle Eastern/North African, other, and multiple identities. "Queer-spectrum" includes those who self-identified as gay, lesbian, bisexual, pansexual, queer, questioning/unsure or another identity.

2022 NCAA Coach Well-Being Survey
Division I Head Coach Respondents by Subgroup

	All	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation			
		Men's Team	Women's Team	Men's and Women's Team	Man	Woman	Black	Other	White	Straight	Queer-Spectrum	Gen Z 18-25 yrs	Millennial 26-41 yrs	Gen X 42-57 yrs	Baby Boomer 58-76 yrs
Division I Respondents, N	1,471	386	872	209	781	504	80	130	1,113	1,124	113	3	449	701	188
Compared to pre-pandemic levels (2019), how much has the time spent with family or close friends changed during the 2021-22 academic year?															
Much more than before the pandemic	4.8	5.9	3.9	6.6	5.4	4.6	6.9	4.9	4.8	5.1	1.9	-	4.4	4.7	6.9
A little more	15.9	20.9	14.3	13.8	18.1	12.1	16.7	16.4	15.9	16.6	7.5	-	14.3	16.1	20.1
About the same	41.1	44.0	39.4	42.0	44.3	35.9	34.7	45.1	41.2	42.7	29.0	-	36.7	43.2	44.3
Somewhat less	23.2	18.0	26.2	19.9	21.1	27.6	20.8	17.2	24.0	22.1	35.5	-	20.8	21.4	20.7
Much less than before the pandemic	15.0	11.2	16.1	17.7	11.1	19.8	20.8	16.4	14.0	13.6	26.2	-	17.6	14.7	8.0
Compared to pre-pandemic levels (2019), how much has the time spent away from work doing something you enjoy (e.g., hobbies, vacation, etc.) changed during the 2021-22 academic year?															
Much more than before the pandemic	2.2	2.1	2.2	2.8	2.4	2.3	2.8	3.3	2.2	2.3	2.8	-	1.9	2.4	2.8
A little more	9.8	8.5	10.6	8.8	9.9	9.6	12.5	10.6	9.6	10.0	7.5	-	9.3	10.2	9.1
About the same	37.7	46.3	34.6	34.8	42.8	29.4	30.6	34.1	38.5	39.4	24.3	-	36.3	36.6	44.9
Somewhat less	28.6	27.6	28.0	32.6	28.3	30.0	29.2	26.0	29.0	27.9	35.5	-	25.7	31.8	24.4
Much less than before the pandemic	21.7	15.5	24.6	21.0	16.6	28.7	25.0	26.0	20.7	20.5	29.9	-	26.9	19.0	18.8
This year (2021-22), what is your level of concern about managing your roster due to additional eligibility?															
Very concerned	31.0	41.5	27.1	27.7	32.6	26.8	25.0	39.2	30.7	30.8	29.2	-	25.8	33.6	33.3
Somewhat concerned	40.6	35.6	43.1	39.5	40.3	41.7	52.5	31.5	40.7	41.3	36.3	-	42.5	39.3	41.9
Not concerned	28.4	23.0	29.8	32.8	27.1	31.4	22.5	29.2	28.6	27.9	34.5	-	31.6	27.1	24.7
This year (2021-22), what is your level of concern about preventing the athletes on your roster from leaving?															
Very concerned	31.9	41.9	28.3	28.7	32.3	30.3	36.7	33.8	31.0	31.1	34.8	-	31.9	30.9	36.0
Somewhat concerned	32.5	30.6	32.8	34.9	32.0	33.9	24.1	27.7	33.7	33.1	24.1	-	31.0	32.5	35.5
Not concerned	35.6	27.5	38.9	36.4	35.7	35.9	39.2	38.5	35.3	35.8	41.1	-	37.1	36.6	28.5
This year (2021-22), what is your level of concern about recruiting high school athletes?															
Very concerned	29.0	26.1	27.7	40.0	28.9	28.8	28.7	32.3	28.2	29.4	23.0	-	28.1	30.2	25.4
Somewhat concerned	43.1	39.0	45.4	40.0	41.2	46.9	42.5	38.5	43.7	42.7	49.6	-	42.3	44.1	41.6
Not concerned	27.9	34.8	26.9	20.0	29.8	24.3	28.7	29.2	28.1	27.9	27.4	-	29.6	25.7	33.0
This year (2021-22), what is your level of concern about recruiting 2-year transfer athletes?															
Very concerned	10.5	14.1	9.1	9.2	11.0	10.0	17.5	12.4	9.6	10.4	9.0	-	8.7	10.8	12.4
Somewhat concerned	26.7	31.0	25.3	24.6	26.3	27.1	36.3	28.7	25.6	26.0	29.7	-	28.4	26.3	25.4
Not concerned	62.8	54.9	65.6	66.2	62.7	62.9	46.3	58.9	64.8	63.6	61.3	-	62.9	62.9	62.2
This year (2021-22), what is your level of concern about recruiting 4-year transfer athletes?															
Very concerned	24.7	28.6	24.8	17.0	23.9	26.3	31.6	30.0	23.7	24.5	24.8	-	23.4	24.9	27.6
Somewhat concerned	39.1	39.5	40.0	35.1	39.2	38.5	34.2	35.4	39.7	38.9	39.8	-	38.8	40.7	34.1
Not concerned	36.2	31.9	35.2	47.9	36.9	35.1	34.2	34.6	36.6	36.6	35.4	-	37.9	34.4	38.4
This year (2021-22), what is your level of concern about advocating for gender equity within your athletics department?															
Very concerned	26.8	5.6	37.5	21.8	17.0	43.3	29.1	31.0	26.6	24.6	49.6	-	33.1	26.0	16.0
Somewhat concerned	33.4	24.2	37.3	34.7	32.3	35.6	39.2	31.0	33.2	33.8	35.4	-	33.6	33.0	33.0
Not concerned	39.9	70.2	25.2	43.5	50.8	21.1	31.6	38.0	40.2	41.6	15.0	-	33.3	41.0	51.1
This year (2021-22), what is your level of concern about creating an inclusive environment among your team?															
Very concerned	24.3	14.5	27.9	27.8	18.8	34.1	27.8	26.4	24.1	24.2	38.4	-	31.1	21.3	19.7
Somewhat concerned	37.8	31.8	39.4	42.8	35.6	40.6	38.0	34.9	37.8	37.9	33.0	-	38.0	39.4	29.3
Not concerned	37.8	53.8	32.7	29.4	45.5	25.3	34.2	38.8	38.0	38.0	28.6	-	30.9	39.3	51.1
This year (2021-22), what is your level of concern about helping student-athletes navigate name, image and likeness opportunities?															
Very concerned	13.3	17.3	12.6	9.3	12.9	14.1	15.2	14.0	12.9	13.6	10.6	-	10.7	15.0	12.2
Somewhat concerned	44.2	43.7	46.1	37.6	44.2	44.4	41.8	48.8	44.6	44.4	44.2	-	42.5	45.3	46.8
Not concerned	42.4	39.0	41.3	53.1	42.8	41.4	43.0	37.2	42.5	42.0	45.1	-	46.8	39.7	41.0
This year (2021-22), what is your level of concern about navigating changes to the NCAA structure/constitution?															
Very concerned	18.3	23.2	15.9	18.6	19.0	16.2	19.0	23.3	17.4	18.1	13.4	-	15.9	18.1	23.1
Somewhat concerned	48.4	48.3	47.9	50.5	48.3	50.3	49.4	50.4	48.4	48.5	51.8	-	48.7	49.1	46.8
Not concerned	33.3	28.5	36.1	30.9	32.7	33.5	31.6	26.4	34.2	33.4	34.8	-	35.4	32.8	30.1

Notes: Use caution when interpreting data from subgroups with <50 respondents. Percentages for subgroups with <30 are suppressed. Respondents who selected "another gender identity" and "77 or older" are not shown in their respective gender identity and generation groupings due to low numbers. "Other" includes those who selected American Indian/Alaska Native, Asian, Hispanic/Latino/a/x, Native Hawaiian/Pacific Islander, Middle Eastern/North African, other, and multiple identities. "Queer-spectrum" includes those who self-identified as gay, lesbian, bisexual, pansexual, queer, questioning/unsure or another identity.

2022 NCAA Coach Well-Being Survey
Division I Head Coach Respondents by Subgroup

	All	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation			
		Men's Team	Women's Team	Men's and Women's Team	Man	Woman	Black	Other	White	Straight	Queer-Spectrum	Gen Z 18-25 yrs	Millennial 26-41 yrs	Gen X 42-57 yrs	Baby Boomer 58-76 yrs
Division I Respondents, N	1,471	386	872	209	781	504	80	130	1,113	1,124	113	3	449	701	188
This year (2021-22), what is your level of concern about navigating COVID-19 health restrictions/protocols?															
Very concerned	25.3	24.8	23.0	35.2	24.6	25.6	27.8	32.6	23.9	24.0	31.9	-	26.9	23.1	28.9
Somewhat concerned	46.7	44.0	49.8	38.9	46.1	48.5	43.0	46.5	47.3	47.2	46.0	-	46.4	46.5	48.7
Not concerned	28.0	31.2	27.2	25.9	29.3	25.8	29.1	20.9	28.8	28.8	22.1	-	26.7	30.4	22.5
This year (2021-22), what is your level of concern about maintaining a safe environment for your team?															
Very concerned	27.6	20.9	29.5	32.6	24.3	32.8	34.2	34.1	26.6	26.9	35.4	-	29.8	25.8	28.2
Somewhat concerned	37.1	32.0	38.8	39.4	36.7	38.0	36.7	38.0	36.9	37.3	33.6	-	35.4	37.1	41.0
Not concerned	35.3	47.1	31.7	28.0	39.0	29.2	29.1	27.9	36.5	35.9	31.0	-	34.8	37.1	30.9
This year (2021-22), what is your level of concern about supporting the mental health of the student-athletes on your team?															
Very concerned	55.3	41.7	60.8	58.0	47.5	66.6	53.8	62.0	54.4	53.9	69.0	-	57.5	55.7	45.7
Somewhat concerned	34.9	40.0	32.5	35.8	39.9	28.2	27.5	30.2	36.1	35.8	24.8	-	33.6	35.2	39.4
Not concerned	9.8	18.3	6.8	6.2	12.6	5.2	18.8	7.8	9.5	10.3	6.2	-	8.9	9.2	14.9
This year (2021-22), what is your level of concern about supporting the physical health of the student-athletes on your team?															
Very concerned	44.7	38.6	46.9	47.2	40.4	50.5	41.8	51.9	43.9	43.9	48.7	-	44.8	45.4	41.9
Somewhat concerned	39.3	39.2	39.8	38.3	40.9	38.0	36.7	35.7	40.1	40.0	36.3	-	39.0	40.1	37.1
Not concerned	15.9	22.3	13.4	14.5	18.7	11.5	21.5	12.4	16.0	16.1	15.0	-	16.2	14.6	21.0
How much do you agree or disagree that your athletics department takes into account your voice (e.g., opinions, perspectives) when it comes to important decisions that impact your profession?															
Strongly agree	10.8	16.2	9.5	6.2	12.7	8.8	8.9	14.0	10.8	11.8	6.2	-	9.4	11.9	10.1
Agree	28.6	32.6	28.2	22.7	30.9	26.7	38.0	22.5	28.6	30.3	22.1	-	26.0	28.4	36.7
Somewhat agree	28.0	23.1	30.3	27.3	25.1	32.1	22.8	27.1	28.7	26.9	38.9	-	30.4	28.5	22.3
Somewhat disagree	10.6	10.0	10.8	10.8	10.6	11.2	8.9	12.4	10.6	10.8	11.5	-	11.6	9.7	10.6
Disagree	11.3	10.0	10.8	15.5	11.0	10.6	11.4	10.9	10.9	10.6	9.7	-	10.5	10.6	13.3
Strongly disagree	10.8	8.1	10.4	17.5	9.6	10.8	10.1	13.2	10.4	9.6	11.5	-	12.1	10.9	6.9
How much do you agree or disagree that your school takes into account your voice (e.g., opinions, perspectives) when it comes to important decisions that impact your profession?															
Strongly agree	6.7	10.0	5.9	3.6	7.5	6.2	6.3	10.9	6.4	7.0	7.1	-	5.8	7.6	4.8
Agree	18.4	22.6	17.6	14.5	20.5	16.8	32.9	13.2	18.0	19.8	11.5	-	14.1	20.4	22.9
Somewhat agree	25.6	24.0	26.6	24.9	26.4	24.0	20.3	24.0	26.3	26.1	22.1	-	25.8	25.5	26.6
Somewhat disagree	16.6	15.6	16.9	16.6	16.0	18.6	11.4	14.7	17.4	16.7	21.2	-	17.3	17.3	13.3
Disagree	17.3	14.8	17.8	20.2	16.1	18.2	15.2	20.2	16.7	16.1	20.4	-	17.5	16.0	19.7
Strongly disagree	15.4	13.1	15.2	20.2	13.6	16.4	13.9	17.1	15.2	14.4	17.7	-	19.5	13.2	12.8
How much do you agree or disagree that your athletics conference takes into account your voice (e.g., opinions, perspectives) when it comes to important decisions that impact your profession?															
Strongly agree	3.4	4.2	3.0	3.6	3.9	3.0	2.5	7.8	2.9	3.4	3.5	-	2.0	4.0	4.3
Agree	17.9	21.3	16.4	18.6	19.9	15.4	26.6	21.1	17.1	18.9	10.6	-	15.9	19.0	19.3
Somewhat agree	29.5	28.9	30.5	26.8	28.8	31.2	29.1	22.7	30.7	30.7	22.1	-	27.6	30.1	33.2
Somewhat disagree	19.8	17.9	20.8	19.6	19.3	21.2	21.5	18.0	19.9	19.9	25.7	-	23.1	18.7	15.5
Disagree	17.0	17.4	16.6	17.0	16.2	17.6	15.2	18.8	16.9	15.4	23.9	-	17.5	16.8	16.6
Strongly disagree	12.4	10.4	12.7	14.4	12.1	11.6	5.1	11.7	12.6	11.7	14.2	-	13.9	11.4	11.2
How much do you agree or disagree that the NCAA takes into account your voice (e.g., opinions, perspectives) when it comes to important decisions that impact your profession?															
Strongly agree	2.0	2.5	1.8	2.1	2.3	1.6	3.8	0.8	2.1	2.0	2.7	-	1.6	2.3	1.6
Agree	8.2	8.1	8.1	8.8	8.9	7.6	11.5	7.8	7.9	8.7	8.0	-	7.2	7.9	12.3
Somewhat agree	26.7	27.1	26.9	25.3	27.1	26.9	38.5	30.5	25.6	28.1	19.5	-	26.9	26.7	26.7
Somewhat disagree	19.3	16.2	20.9	18.6	17.9	22.0	10.3	17.2	20.2	19.4	21.2	-	20.5	19.5	14.4
Disagree	22.8	24.0	22.8	20.6	22.4	22.8	21.8	21.1	23.1	21.5	26.5	-	21.2	24.0	23.0
Strongly disagree	21.0	22.1	19.6	24.7	21.5	19.0	14.1	22.7	21.0	20.3	22.1	-	22.6	19.5	21.9

Notes: Use caution when interpreting data from subgroups with <50 respondents. Percentages for subgroups with <30 are suppressed. Respondents who selected "another gender identity" and "77 or older" are not shown in their respective gender identity and generation groupings due to low numbers. "Other" includes those who selected American Indian/Alaska Native, Asian, Hispanic/Latino/a/x, Native Hawaiian/Pacific Islander, Middle Eastern/North African, other, and multiple identities. "Queer-spectrum" includes those who self-identified as gay, lesbian, bisexual, pansexual, queer, questioning/unsure or another identity.

2022 NCAA Coach Well-Being Survey
Division I Assistant and Associate Coach Respondents by Subgroup

	All	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation				
		Men's Team	Women's Team	Men's and Women's Team	Man	Woman	Black	Other	White	Straight	Queer-Spectrum	Gen Z 18-25 yrs	Millennial 26-41 yrs	Gen X 42-57 yrs	Baby Boomer 58-76 yrs	
Division I Respondents, N	952	240	528	180	465	347	106	95	637	704	91	45	577	195	32	
In general, how would you rate your mental health, including your mood and your ability to think?																
Excellent	13.6	20.1	9.1	17.8	17.8	7.2	20.8	17.9	11.3	13.8	7.7	11.1	11.3	16.5	34.4	
Very Good	34.6	38.9	33.6	31.7	36.3	33.8	31.1	37.9	35.4	35.7	30.8	42.2	33.8	39.2	31.3	
Good	29.5	26.8	33.2	22.2	25.4	35.0	28.3	22.1	30.5	29.7	28.6	20.0	31.7	24.7	21.9	
Fair	17.7	11.3	19.0	22.8	16.3	19.1	15.1	15.8	18.4	16.5	26.4	15.6	19.1	14.9	9.4	
Poor	4.6	2.9	5.1	5.6	4.1	4.9	4.7	6.3	4.4	4.3	6.6	11.1	4.2	4.6	3.1	
Within the last month, have you felt things were hopeless?																
Constantly	1.1	0.0	1.5	1.1	0.4	2.0	2.8	0.0	1.0	1.1	1.1	4.5	0.7	1.6	0.0	
Most every day	7.5	5.0	7.6	10.7	7.6	7.6	6.6	10.5	7.8	7.8	6.6	4.5	8.2	8.3	3.2	
Occasionally	36.7	31.5	38.0	40.1	33.9	40.7	31.1	30.5	39.6	36.4	46.2	31.8	39.7	32.3	32.3	
Never	54.7	63.4	52.8	48.0	58.0	49.7	59.4	58.9	51.7	54.7	46.2	59.1	51.4	57.8	64.5	
Within the last month, have you felt overwhelmed by all you had to do?																
Constantly	7.8	4.2	9.5	7.8	6.5	10.7	8.5	7.4	8.2	7.1	15.4	15.6	9.4	3.1	6.3	
Most every day	23.3	19.2	25.0	24.4	19.8	30.0	20.8	25.5	25.1	23.0	34.1	28.9	26.0	20.1	15.6	
Occasionally	53.0	54.0	52.7	52.2	51.3	53.0	48.1	52.1	52.4	52.9	45.1	53.3	52.9	52.6	31.3	
Never	15.9	22.6	12.9	15.6	22.4	6.3	22.6	14.9	14.3	16.9	5.5	2.2	11.8	24.2	46.9	
Within the last month, have you felt exhausted (not from physical activity)?																
Constantly	10.3	7.9	10.8	11.7	9.7	11.8	12.4	12.8	10.2	9.7	15.4	15.6	12.8	4.1	9.4	
Most every day	29.4	23.8	32.1	29.4	25.2	35.5	26.7	29.8	30.6	28.9	36.3	35.6	32.5	23.7	6.3	
Occasionally	49.6	54.8	48.2	46.7	52.6	46.0	48.6	45.7	49.6	50.0	48.4	40.0	47.0	57.2	53.1	
Never	10.7	13.4	8.9	12.2	12.5	6.6	12.4	11.7	9.6	11.4	0.0	8.9	7.6	14.9	31.3	
Within the last month, have you felt very lonely?																
Constantly	3.0	1.3	4.0	2.8	2.4	4.0	3.8	2.1	3.1	3.0	4.4	4.4	2.9	4.1	0.0	
Most every day	9.8	3.8	11.6	12.8	6.5	13.8	15.1	9.5	8.9	9.1	12.1	13.3	11.1	5.6	3.1	
Occasionally	35.7	28.3	39.6	33.3	32.5	41.2	30.2	31.6	38.3	35.4	47.3	35.6	39.0	29.2	31.3	
Never	51.5	66.7	44.9	51.1	58.7	40.9	50.9	56.8	49.6	52.6	36.3	46.7	47.0	61.0	65.6	
Within the last month, have you felt sad?																
Constantly	1.9	0.4	2.5	2.2	1.1	2.9	4.7	2.1	1.3	1.7	3.3	4.4	1.4	2.6	0.0	
Most every day	8.7	4.2	11.0	8.4	7.1	11.0	8.5	7.4	9.4	8.5	11.0	6.7	10.2	6.2	6.3	
Occasionally	49.2	40.8	52.1	51.1	44.7	54.2	38.7	43.2	52.3	47.3	61.5	48.9	51.9	43.3	43.8	
Never	40.2	54.6	34.5	38.2	47.1	31.9	48.1	47.4	37.0	42.5	24.2	40.0	36.5	47.9	50.0	
Within the last month, have you felt so depressed that it was difficult to function?																
Constantly	1.2	0.8	1.1	1.7	1.3	1.2	2.9	2.1	0.8	1.3	1.1	2.2	1.0	1.6	0.0	
Most every day	3.5	0.8	4.7	3.3	1.9	4.9	2.9	2.1	3.6	3.0	5.5	4.4	3.1	3.6	0.0	
Occasionally	22.3	16.9	23.7	25.6	20.1	25.4	22.3	25.3	22.4	21.7	28.6	17.8	25.5	16.7	15.6	
Never	73.0	81.4	70.5	69.4	76.6	68.6	71.8	70.5	73.2	74.0	64.8	75.6	70.4	78.1	84.4	
Within the last month, have you felt overwhelming anxiety?																
Constantly	3.7	2.1	4.2	4.5	3.7	4.0	4.8	2.1	3.9	3.8	4.4	8.9	3.5	4.1	0.0	
Most every day	11.8	9.6	12.5	12.3	8.6	15.0	10.5	10.5	11.8	9.5	24.4	13.3	11.8	9.2	12.5	
Occasionally	39.4	35.1	43.2	34.6	38.0	42.1	37.1	38.9	40.1	39.8	42.2	33.3	44.0	32.3	18.8	
Never	45.2	53.1	40.2	48.6	49.7	38.9	47.6	48.4	44.2	46.8	28.9	44.4	40.7	54.4	68.8	
Within the last month, have you felt overwhelming anger?																
Constantly	2.7	2.9	2.9	2.2	3.2	2.6	4.8	1.1	2.8	2.9	3.3	8.9	2.6	2.1	3.1	
Most every day	5.8	6.7	5.7	5.0	5.8	4.6	1.0	9.6	6.0	5.7	3.3	0.0	5.6	6.7	6.3	
Occasionally	31.2	26.1	32.9	32.8	29.4	33.9	32.4	34.0	31.3	31.0	36.7	22.2	32.1	33.8	25.0	
Never	60.2	64.3	58.6	60.0	61.6	58.8	61.9	55.3	59.8	60.5	56.7	68.9	59.7	57.4	65.6	
Within the last month, have you felt a sense of loss?																
Constantly	1.3	0.4	1.7	1.1	0.9	1.4	1.9	1.1	1.1	1.3	0.0	4.5	0.9	1.5	0.0	
Most every day	5.9	4.6	5.7	8.4	5.8	6.7	6.6	6.5	6.3	6.0	8.9	4.5	6.2	7.2	0.0	
Occasionally	30.2	25.0	30.7	35.8	28.4	34.2	32.1	30.1	31.0	30.0	40.0	18.2	30.3	31.4	56.7	
Never	62.7	70.0	61.9	54.7	64.9	57.7	59.4	62.4	61.6	62.7	51.1	72.7	62.6	59.8	43.3	
Within the last month, have you experienced sleep difficulties (e.g., trouble falling asleep, waking too early)?																
Constantly	8.8	8.8	9.3	7.2	9.9	8.4	16.2	9.5	8.3	9.0	11.0	6.7	9.2	11.9	3.1	
Most every day	19.3	13.4	20.6	23.9	17.9	20.5	22.9	17.9	18.8	18.2	23.1	8.9	20.6	18.0	12.5	
Occasionally	46.6	45.6	47.7	45.0	44.2	50.7	38.1	36.8	49.3	47.1	49.5	55.6	45.1	48.5	53.1	
Never	25.2	32.2	22.3	23.9	28.0	20.5	22.9	35.8	23.5	25.7	16.5	28.9	25.1	21.6	31.3	

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2022 NCAA Coach Well-Being Survey
Division I Assistant and Associate Coach Respondents by Subgroup

	All	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation				
		Men's Team	Women's Team	Men's and Women's Team	Man	Woman	Black	Other	White	Straight	Queer-Spectrum	Gen Z 18-25 yrs	Millennial 26-41 yrs	Gen X 42-57 yrs	Baby Boomer 58-76 yrs	
Division I Respondents, N	952	240	528	180	465	347	106	95	637	704	91	45	577	195	32	
How much do you agree or disagree that <u>family worries</u> have negatively impacted your mental health within the last 12 months?																
Strongly agree	9.8	7.1	9.3	14.5	9.9	10.4	14.2	10.5	9.3	10.4	8.8	2.2	9.6	13.3	9.4	
Agree	16.4	16.7	17.9	11.7	17.2	15.9	13.2	18.9	16.9	16.2	22.0	15.6	17.0	16.9	6.3	
Somewhat agree	27.8	28.3	27.6	27.4	25.8	30.4	28.3	25.3	27.9	28.2	24.2	22.2	27.1	31.8	25.0	
Somewhat disagree	8.4	10.0	8.4	6.7	8.0	9.6	2.8	10.5	9.4	8.4	11.0	4.4	9.4	7.7	6.3	
Disagree	18.5	17.5	19.0	19.0	20.0	18.0	17.0	17.9	19.4	18.7	18.7	26.7	18.8	16.9	21.9	
Strongly disagree	19.0	20.4	17.9	20.7	19.1	15.7	24.5	16.8	17.2	18.1	15.4	28.9	18.1	13.3	31.3	
How much do you agree or disagree that <u>work-related worries</u> have negatively impacted your mental health within the last 12 months?																
Strongly agree	21.8	15.1	23.5	25.7	18.2	25.4	19.0	26.3	21.8	20.3	29.7	15.6	24.2	18.1	15.6	
Agree	29.9	24.4	33.8	25.7	26.4	34.4	30.5	26.3	30.3	29.3	35.2	22.2	31.3	33.2	3.1	
Somewhat agree	26.6	33.2	24.9	22.9	28.1	25.7	20.0	27.4	27.4	27.9	18.7	37.8	26.4	21.8	37.5	
Somewhat disagree	8.6	8.4	7.0	14.0	10.8	6.1	8.6	8.4	8.8	9.1	6.6	17.8	7.0	10.4	15.6	
Disagree	8.2	12.2	6.5	8.4	10.6	5.8	9.5	8.4	8.4	8.6	7.7	4.4	6.8	13.5	12.5	
Strongly disagree	4.9	6.7	4.4	3.4	5.8	2.6	12.4	3.2	3.3	4.9	2.2	2.2	4.3	3.1	15.6	
How much do you agree or disagree that <u>COVID-19 health concerns</u> have negatively impacted your mental health within the last 12 months?																
Strongly agree	7.6	6.3	7.8	8.9	7.1	6.4	11.3	8.4	6.3	6.7	7.8	2.3	6.1	9.3	18.8	
Agree	16.1	10.0	18.1	19.0	13.2	20.5	14.2	17.9	16.6	15.5	24.4	15.9	15.6	20.1	12.5	
Somewhat agree	22.4	21.3	23.2	20.7	22.0	25.4	32.1	18.9	22.1	22.6	31.1	9.1	23.4	24.7	21.9	
Somewhat disagree	13.2	8.8	14.3	16.2	15.6	12.4	10.4	13.7	14.8	14.8	10.0	9.1	14.8	14.4	6.3	
Disagree	19.4	21.3	18.3	20.7	19.9	19.1	16.0	22.1	19.9	20.2	12.2	27.3	18.9	18.6	28.1	
Strongly disagree	21.3	32.2	18.4	14.5	22.2	16.2	16.0	18.9	20.3	20.1	14.4	36.4	21.2	12.9	12.5	
How much do you agree or disagree that <u>financial worries</u> have negatively impacted your mental health within the last 12 months?																
Strongly agree	19.2	17.6	18.6	23.3	18.8	18.7	27.4	25.3	16.4	17.9	20.9	28.9	19.8	14.9	9.4	
Agree	22.0	24.3	22.6	17.8	20.9	23.6	12.3	22.1	23.7	22.3	20.9	28.9	22.4	20.1	15.6	
Somewhat agree	26.2	25.9	25.2	28.9	26.5	25.6	21.7	25.3	27.0	25.9	30.8	28.9	26.9	24.2	25.0	
Somewhat disagree	11.1	9.6	11.6	11.1	9.3	14.1	8.5	6.3	12.7	11.1	13.2	4.4	11.6	13.4	6.3	
Disagree	13.1	13.4	13.3	12.2	16.2	11.8	17.9	11.6	13.5	14.9	9.9	8.9	11.3	20.1	28.1	
Strongly disagree	8.5	9.2	8.7	6.7	8.4	6.1	12.3	9.5	6.6	7.8	4.4	0.0	8.1	7.2	15.6	
How much do you agree or disagree that <u>lack of childcare</u> has negatively impacted your mental health within the last 12 months?																
Strongly agree	6.0	4.6	5.4	9.6	6.1	6.8	10.4	9.7	5.4	6.8	3.4	0.0	8.2	3.7	0.0	
Agree	7.0	8.4	6.0	7.9	8.5	5.0	5.7	6.5	7.3	7.3	5.7	6.7	8.8	4.2	0.0	
Somewhat agree	7.7	7.1	7.5	9.0	7.6	7.1	8.5	8.6	7.5	7.3	9.1	2.2	8.8	6.3	0.0	
Somewhat disagree	5.7	10.1	3.3	6.2	8.5	2.9	6.6	4.3	6.4	6.5	3.4	2.2	5.4	9.5	3.1	
Disagree	19.1	24.4	18.3	14.6	21.3	19.4	19.8	18.3	19.9	20.7	15.9	6.7	18.2	29.5	9.4	
Strongly disagree	54.6	45.4	59.5	52.8	48.0	58.8	49.1	52.7	53.4	51.4	62.5	82.2	50.5	46.8	87.5	
How much do you agree or disagree that <u>the inability to return to your pre-COVID routine at work</u> has negatively impacted your mental health within the last 12 months?																
Strongly agree	5.2	3.8	5.3	6.7	3.9	4.3	5.7	11.6	3.6	3.8	6.6	2.2	4.7	6.2	6.3	
Agree	8.8	7.1	9.9	7.8	8.6	8.6	6.6	9.5	9.3	8.7	11.0	2.2	9.4	8.8	12.5	
Somewhat agree	16.6	13.0	16.5	22.2	15.1	19.9	16.0	16.8	17.5	16.4	19.8	17.8	17.7	13.9	31.3	
Somewhat disagree	11.2	7.1	12.0	13.9	10.3	13.8	11.3	9.5	11.9	12.1	9.9	11.1	11.3	12.9	6.3	
Disagree	24.6	29.7	23.0	23.3	28.2	22.8	24.5	22.1	26.3	26.2	24.2	22.2	24.4	29.4	25.0	
Strongly disagree	33.6	39.3	33.4	26.1	33.8	30.5	35.8	30.5	31.4	32.9	28.6	44.4	32.6	28.9	18.8	
How much do you agree or disagree that <u>natural disasters</u> (e.g., flooding, hurricanes, wildfires) impacting your community have negatively impacted your mental health within the last 12 months?																
Strongly agree	0.7	0.4	0.6	1.7	0.6	0.9	2.8	2.1	0.2	0.7	0.0	0.0	0.9	0.5	0.0	
Agree	1.1	0.0	1.3	1.7	1.3	1.2	0.0	2.1	1.3	1.3	1.1	2.3	1.0	1.0	3.1	
Somewhat agree	6.5	3.0	6.5	11.1	5.2	8.4	10.4	7.4	5.8	6.6	6.7	6.8	6.1	7.3	9.4	
Somewhat disagree	5.0	3.0	4.6	8.3	4.3	5.5	5.7	1.1	5.4	4.7	4.4	2.3	5.6	4.2	3.1	
Disagree	22.5	25.4	22.7	17.8	21.9	25.8	18.9	21.3	24.5	23.0	27.8	13.6	23.7	25.5	18.8	
Strongly disagree	64.3	68.2	64.3	59.4	66.7	58.3	62.3	66.0	62.9	63.7	60.0	75.0	62.8	61.5	65.6	

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	All	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation				
		Men's Team	Women's Team	Men's and Women's Team	Man	Woman	Black	Other	White	Straight	Queer-Spectrum	Gen Z 18-25 yrs	Millennial 26-41 yrs	Gen X 42-57 yrs	Baby Boomer 58-76 yrs	
Division I Respondents, N	952	240	528	180	465	347	106	95	637	704	91	45	577	195	32	
How much do you agree or disagree that <u>personal experiences of racism or racial trauma</u> have negatively impacted your mental health within the last 12 months?																
Strongly agree	1.7	1.3	1.9	1.7	1.3	1.7	9.4	1.1	0.2	1.7	0.0	0.0	1.4	1.6	3.1	
Agree	3.7	2.5	4.0	4.5	3.5	4.0	14.2	8.4	1.3	4.0	1.1	2.2	3.3	5.2	3.1	
Somewhat agree	8.0	6.3	8.0	10.7	7.6	8.1	17.9	11.6	5.8	7.0	12.1	0.0	7.1	12.6	9.4	
Somewhat disagree	7.8	3.8	8.5	11.2	7.1	10.1	15.1	9.5	6.8	7.9	14.3	4.4	8.0	8.9	9.4	
Disagree	21.7	22.4	23.5	15.2	21.2	25.1	16.0	18.9	24.3	21.4	35.2	17.8	23.3	23.6	9.4	
Strongly disagree	57.1	63.7	54.1	56.7	59.3	50.9	27.4	50.5	61.6	58.0	37.4	75.6	56.9	48.2	65.6	
How much do you agree or disagree that <u>political disagreements with family or friends</u> have negatively impacted your mental health within the last 12 months?																
Strongly agree	2.0	0.8	2.9	1.1	0.6	3.8	0.0	4.3	2.0	1.6	4.4	0.0	2.3	2.1	0.0	
Agree	6.1	4.2	6.5	7.8	4.8	7.2	7.5	11.7	5.0	5.4	9.9	4.4	6.6	5.2	9.4	
Somewhat agree	14.9	14.3	16.5	11.2	13.6	16.5	9.4	11.7	16.2	14.1	24.2	17.8	13.6	17.1	18.8	
Somewhat disagree	9.8	5.9	9.9	15.1	8.9	12.1	10.4	8.5	10.7	11.1	6.6	8.9	10.3	10.4	12.5	
Disagree	25.3	26.1	24.5	25.7	27.6	24.0	29.2	20.2	26.1	26.0	25.3	17.8	25.7	28.0	21.9	
Strongly disagree	41.8	48.7	39.7	39.1	44.5	36.4	43.4	43.6	39.8	41.8	29.7	51.1	41.6	37.3	37.5	
Compared to pre-pandemic levels (2019), how much have the <u>efforts spent talking about mental health with student-athletes</u> changed during the 2021-22 academic year?																
Much more than before the pandemic	49.7	33.7	55.2	54.9	42.6	59.5	45.9	51.7	49.8	48.6	57.9	71.4	50.9	44.6	34.5	
A little more	33.2	42.5	30.7	28.1	37.2	28.4	30.6	32.6	34.4	34.1	28.9	19.0	32.2	38.0	37.9	
About the same	14.3	20.2	11.4	15.0	17.4	9.1	22.4	10.1	13.2	14.8	9.2	4.8	14.2	15.2	20.7	
Somewhat less	2.0	2.6	1.9	1.3	1.9	2.4	1.2	3.4	1.9	1.6	3.9	4.8	2.1	1.1	3.4	
Much less than before the pandemic	0.8	1.0	0.7	0.7	0.9	0.7	0.0	2.2	0.7	1.0	0.0	0.0	0.6	1.1	3.4	
Compared to pre-pandemic levels (2019), how much have the <u>efforts spent talking about mental health with your staff/colleagues</u> changed during the 2021-22 academic year?																
Much more than before the pandemic	26.1	20.3	29.2	24.8	20.8	33.8	21.4	29.2	26.5	25.3	36.0	38.1	27.3	22.4	13.8	
A little more	32.6	32.3	33.8	30.1	34.2	29.4	29.8	31.5	33.2	32.0	32.0	23.8	30.7	41.0	24.1	
About the same	34.1	40.6	29.9	36.6	38.7	28.4	41.7	29.2	33.3	35.1	26.7	19.0	34.7	31.1	51.7	
Somewhat less	5.0	3.6	5.6	5.2	4.0	6.8	4.8	5.6	5.1	5.2	4.0	19.0	5.4	2.2	6.9	
Much less than before the pandemic	2.2	3.1	1.5	3.3	2.4	1.7	2.4	4.5	1.9	2.4	1.3	0.0	1.9	3.3	3.4	
Compared to pre-pandemic levels (2019), how much has the <u>time spent on the road recruiting prospects</u> changed during the 2021-22 academic year?																
Much more than before the pandemic	7.2	7.9	9.0	1.3	5.2	10.5	9.5	7.9	6.9	8.0	1.3	9.5	6.7	9.8	0.0	
A little more	9.7	8.9	11.7	5.9	9.7	9.8	13.1	13.5	8.8	9.6	13.3	23.8	10.0	8.7	3.4	
About the same	36.2	37.7	39.2	27.5	37.4	35.8	27.4	30.3	38.1	36.5	36.0	23.8	38.8	32.2	20.7	
Somewhat less	28.7	27.2	26.5	35.9	31.2	26.7	29.8	24.7	29.5	29.1	30.7	33.3	27.5	27.9	51.7	
Much less than before the pandemic	18.1	18.3	13.6	29.4	16.5	17.2	20.2	23.6	16.7	16.9	18.7	9.5	16.9	21.3	24.1	
Compared to pre-pandemic levels (2019), how much has the <u>use of virtual recruiting activities</u> changed during the 2021-22 academic year?																
Much more than before the pandemic	46.5	43.5	47.0	48.4	45.2	49.0	54.8	46.1	46.1	45.9	57.3	28.6	47.6	46.2	51.7	
A little more	37.1	35.8	37.5	37.9	35.5	38.9	32.1	37.1	37.5	37.6	29.3	52.4	36.5	36.4	31.0	
About the same	14.2	18.1	12.9	13.1	16.9	10.1	11.9	11.2	14.7	14.1	12.0	9.5	13.6	16.3	17.2	
Somewhat less	0.9	1.0	1.0	0.7	1.2	0.3	0.0	2.2	0.7	1.0	0.0	0.0	1.0	0.5	0.0	
Much less than before the pandemic	1.3	1.6	1.7	0.0	1.2	1.7	1.2	3.4	1.1	1.4	1.3	9.5	1.3	0.5	0.0	
Compared to pre-pandemic levels (2019), how much has the <u>time spent working from home</u> changed during the 2021-22 academic year?																
Much more than before the pandemic	18.9	12.4	18.2	28.3	16.0	23.4	20.5	23.6	18.6	18.3	28.0	9.5	19.6	18.5	20.7	
A little more	38.2	34.7	42.1	32.9	38.6	38.0	28.9	34.8	39.8	38.4	33.3	38.1	36.0	42.9	41.4	
About the same	34.7	44.0	30.9	32.9	37.6	30.2	34.9	29.2	35.0	35.4	32.0	28.6	36.3	31.5	31.0	
Somewhat less	4.6	4.1	4.6	5.3	4.0	5.1	13.3	7.9	3.0	4.6	2.7	9.5	4.8	3.8	3.4	
Much less than before the pandemic	3.6	4.7	4.1	0.7	3.8	3.4	2.4	4.5	3.7	3.3	4.0	14.3	3.3	3.3	3.4	

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Division I Respondents, N	952	240	528	180	465	347	106	95	637	704	91	45	577	195	32
Compared to pre-pandemic levels (2019), how much has the time spent with family or close friends changed during the 2021-22 academic year?															
Much more than before the pandemic	4.3	4.2	4.1	4.6	3.3	6.4	6.0	2.3	4.6	4.5	6.7	0.0	4.0	5.4	6.9
A little more	13.4	13.5	13.1	13.7	15.3	11.1	19.0	11.4	13.0	13.5	13.3	0.0	11.9	18.5	13.8
About the same	40.5	46.9	36.5	43.1	43.6	35.8	42.9	38.6	40.5	41.0	37.3	38.1	41.2	41.8	27.6
Somewhat less	25.3	23.4	28.2	20.3	22.9	28.7	21.4	29.5	25.0	24.8	26.7	42.9	25.2	22.3	31.0
Much less than before the pandemic	16.4	12.0	18.0	18.3	14.9	17.9	10.7	18.2	17.0	16.2	16.0	19.0	17.7	12.0	20.7
Compared to pre-pandemic levels (2019), how much has the time spent away from work doing something you enjoy (e.g., hobbies, vacation, etc.) changed during the 2021-22 academic year?															
Much more than before the pandemic	2.4	1.6	3.2	0.7	1.4	4.1	6.0	0.0	2.3	2.1	6.8	0.0	1.7	4.9	0.0
A little more	9.7	6.7	10.0	13.1	10.1	9.8	10.7	7.9	9.8	10.2	8.1	4.8	10.2	8.7	10.3
About the same	36.7	46.6	32.9	34.0	39.5	32.2	40.5	32.6	36.5	37.0	35.1	19.0	37.7	36.4	31.0
Somewhat less	30.8	32.1	31.7	27.5	31.3	30.8	22.6	34.8	31.4	31.3	27.0	47.6	29.4	32.1	34.5
Much less than before the pandemic	20.4	13.0	22.2	24.8	17.6	23.1	20.2	24.7	20.0	19.5	23.0	28.6	21.0	17.9	24.1
This year (2021-22), what is your level of concern about managing your roster due to additional eligibility?															
Very concerned	20.3	22.4	18.2	23.2	20.6	19.2	28.6	15.8	19.5	20.6	20.0	2.2	20.1	25.3	15.6
Somewhat concerned	40.3	40.6	42.0	34.8	41.3	40.2	34.3	38.9	41.5	40.7	38.9	37.8	40.1	40.7	46.9
Not concerned	39.5	37.0	39.8	42.1	38.1	40.5	37.1	45.3	39.0	38.7	41.1	60.0	39.8	34.0	37.5
This year (2021-22), what is your level of concern about preventing the athletes on your roster from leaving?															
Very concerned	27.4	33.3	25.4	25.5	28.7	24.9	37.7	29.5	25.6	27.9	26.7	17.8	27.0	30.4	31.3
Somewhat concerned	35.1	36.5	32.8	38.8	35.2	35.1	29.2	38.9	35.6	35.5	32.2	31.1	33.3	41.2	40.6
Not concerned	37.5	30.1	41.9	35.8	36.1	40.1	33.0	31.6	38.9	36.5	41.1	51.1	39.8	28.4	28.1
This year (2021-22), what is your level of concern about recruiting high school athletes?															
Very concerned	24.7	19.6	23.5	34.8	24.1	25.4	23.6	23.4	25.1	25.4	24.4	17.8	24.6	28.5	15.6
Somewhat concerned	42.0	37.4	43.7	43.3	41.2	43.3	35.8	46.8	42.4	40.9	53.3	40.0	42.3	42.0	46.9
Not concerned	33.3	42.9	32.8	22.0	34.7	31.3	40.6	29.8	32.4	33.6	22.2	42.2	33.2	29.5	37.5
This year (2021-22), what is your level of concern about recruiting 2-year transfer athletes?															
Very concerned	9.6	13.7	7.6	9.8	10.6	7.6	15.1	15.8	7.6	9.2	10.0	2.2	9.3	11.4	12.5
Somewhat concerned	28.5	32.9	24.8	31.7	29.7	26.7	33.0	28.4	28.2	30.2	21.1	37.8	27.7	26.9	37.5
Not concerned	62.0	53.4	67.6	58.5	59.7	65.7	51.9	55.8	64.2	60.6	68.9	60.0	63.0	61.7	50.0
This year (2021-22), what is your level of concern about recruiting 4-year transfer athletes?															
Very concerned	21.1	24.2	21.9	14.6	22.9	18.1	31.1	27.4	18.4	21.4	17.8	2.2	20.7	25.9	21.9
Somewhat concerned	33.1	33.8	31.7	36.0	34.0	31.9	32.1	35.8	33.7	33.7	33.3	42.2	31.0	37.3	37.5
Not concerned	45.8	42.0	46.4	49.4	43.1	50.0	36.8	36.8	47.9	44.9	48.9	55.6	48.3	36.8	40.6
This year (2021-22), what is your level of concern about advocating for gender equity within your athletics department?															
Very concerned	22.8	4.6	29.7	26.7	13.2	34.7	23.8	24.5	22.3	20.3	38.5	24.4	23.8	22.2	6.3
Somewhat concerned	35.6	23.7	42.2	33.3	30.5	44.6	34.3	34.0	36.3	34.7	47.3	44.4	36.4	34.5	21.9
Not concerned	41.5	71.7	28.1	40.0	56.4	20.7	41.9	41.5	41.4	45.0	14.3	31.1	39.9	43.3	71.9
This year (2021-22), what is your level of concern about creating an inclusive environment among your team?															
Very concerned	25.6	14.2	28.9	30.3	20.8	31.9	40.0	28.4	22.9	24.9	36.3	20.0	27.2	25.4	3.1
Somewhat concerned	35.5	31.7	37.6	35.2	34.7	38.3	24.8	31.6	38.0	35.7	36.3	31.1	37.0	33.2	34.4
Not concerned	38.8	54.1	33.5	34.5	44.5	29.9	35.2	40.0	39.1	39.4	27.5	48.9	35.8	41.5	62.5
This year (2021-22), what is your level of concern about helping student-athletes navigate name, image and likeness opportunities?															
Very concerned	16.7	15.5	15.3	20.6	16.2	16.5	24.5	18.9	14.8	15.7	22.0	15.6	15.2	23.2	6.3
Somewhat concerned	41.8	43.4	46.7	26.7	40.2	44.3	46.2	40.0	41.2	42.4	39.6	46.7	41.8	41.8	40.6
Not concerned	41.5	41.1	38.0	52.7	43.6	39.1	29.2	41.1	43.9	41.9	38.5	37.8	43.0	35.1	53.1
This year (2021-22), what is your level of concern about navigating changes to the NCAA structure/constitution?															
Very concerned	19.8	23.7	15.7	25.6	21.2	16.7	24.5	28.4	17.8	19.8	16.5	6.7	19.1	25.4	18.8
Somewhat concerned	43.8	36.5	47.8	42.1	41.8	48.2	40.6	31.6	46.4	44.2	49.5	53.3	42.4	43.0	65.6
Not concerned	36.4	39.7	36.5	32.3	37.0	35.1	34.9	40.0	35.8	36.0	34.1	40.0	38.5	31.6	15.6

Notes: Use caution when interpreting data from subgroups with <50 respondents. Percentages for subgroups with <30 are suppressed. Respondents who selected "another gender identity" and "77 or older" are not shown in their respective gender identity and generation groupings due to low numbers. "Other" includes those who selected American Indian/Alaska Native, Asian, Hispanic/Latino/a/x, Native Hawaiian/Pacific Islander, Middle Eastern/North African, other, and multiple identities. "Queer-spectrum" includes those who self-identified as gay, lesbian, bisexual, pansexual, queer, questioning/unsure or another identity.

2022 NCAA Coach Well-Being Survey
Division I Assistant and Associate Coach Respondents by Subgroup

	All	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation			
		Men's Team	Women's Team	Men's and Women's Team	Man	Woman	Black	Other	White	Straight	Queer-Spectrum	Gen Z 18-25 yrs	Millennial 26-41 yrs	Gen X 42-57 yrs	Baby Boomer 58-76 yrs
Division I Respondents, N	952	240	528	180	465	347	106	95	637	704	91	45	577	195	32
This year (2021-22), what is your level of concern about navigating COVID-19 health restrictions/protocols?															
Very concerned	17.8	13.8	16.4	27.2	17.1	17.8	22.6	21.3	16.2	17.0	20.9	20.0	15.2	23.4	25.0
Somewhat concerned	46.0	42.4	47.9	45.1	44.5	50.1	41.5	39.4	48.2	46.4	49.5	33.3	48.7	42.7	40.6
Not concerned	36.2	43.8	35.6	27.8	38.4	32.1	35.8	39.4	35.6	36.6	29.7	46.7	36.1	33.9	34.4
This year (2021-22), what is your level of concern about maintaining a safe environment for your team?															
Very concerned	27.2	18.8	28.8	33.1	24.7	30.6	36.2	34.0	24.7	25.9	37.8	25.0	28.3	23.8	28.1
Somewhat concerned	34.8	31.7	35.5	36.8	34.4	35.6	29.5	26.6	37.2	36.0	28.9	22.7	33.0	40.9	50.0
Not concerned	38.0	49.5	35.7	30.1	40.9	33.8	34.3	39.4	38.0	38.1	33.3	52.3	38.6	35.2	21.9
This year (2021-22), what is your level of concern about supporting the mental health of the student-athletes on your team?															
Very concerned	52.6	37.4	58.9	54.0	44.5	64.1	57.5	53.2	52.0	51.8	68.9	43.2	56.0	47.2	37.5
Somewhat concerned	33.8	39.7	29.2	39.9	37.8	27.4	25.5	34.0	34.9	34.3	22.2	36.4	30.2	41.5	50.0
Not concerned	13.6	22.8	11.9	6.1	17.7	8.5	17.0	12.8	13.2	13.9	8.9	20.5	13.8	11.4	12.5
This year (2021-22), what is your level of concern about supporting the physical health of the student-athletes on your team?															
Very concerned	43.8	32.9	46.8	49.1	39.7	49.0	54.7	42.6	42.2	43.3	50.0	36.4	46.4	38.3	34.4
Somewhat concerned	35.4	36.1	35.3	35.0	34.6	36.7	24.5	39.4	36.8	35.5	35.6	43.2	33.3	38.9	43.8
Not concerned	20.9	31.1	18.0	16.0	25.7	14.3	20.8	18.1	21.1	21.2	14.4	20.5	20.2	22.8	21.9
How much do you agree or disagree that your athletics department takes into account your voice (e.g., opinions, perspectives) when it comes to important decisions that impact your profession?															
Strongly agree	8.8	11.0	7.8	9.1	10.2	8.1	19.8	8.4	7.3	9.3	11.0	2.2	8.9	10.8	6.3
Agree	21.6	23.3	23.5	14.0	23.6	19.9	22.6	24.2	21.4	21.7	24.2	24.4	21.6	22.2	15.6
Somewhat agree	29.8	32.0	30.2	26.2	28.6	31.8	32.1	30.5	29.1	30.5	27.5	37.8	30.5	26.3	25.0
Somewhat disagree	12.6	8.7	14.7	12.2	9.3	17.6	10.4	10.5	13.3	11.7	22.0	15.6	12.4	12.9	9.4
Disagree	12.6	12.8	12.5	11.6	12.8	11.6	3.8	7.4	14.6	12.3	12.1	15.6	12.0	12.4	15.6
Strongly disagree	14.6	12.3	11.4	26.8	15.4	11.0	11.3	18.9	14.4	14.4	3.3	4.4	14.5	15.5	28.1
How much do you agree or disagree that your school takes into account your voice (e.g., opinions, perspectives) when it comes to important decisions that impact your profession?															
Strongly agree	5.9	6.9	5.4	6.1	7.2	4.9	15.1	5.3	4.6	6.2	6.6	2.2	5.9	6.8	6.3
Agree	14.5	18.8	13.4	11.7	16.6	12.8	21.7	9.5	14.1	14.7	16.5	20.0	12.8	19.3	6.3
Somewhat agree	31.5	29.4	34.3	26.4	29.6	34.5	34.9	40.0	29.7	31.6	34.1	33.3	32.3	27.6	40.6
Somewhat disagree	16.0	14.2	18.6	11.7	13.7	20.0	13.2	11.6	17.0	15.9	20.9	20.0	17.0	13.0	9.4
Disagree	16.3	13.8	15.8	20.2	15.3	16.8	4.7	10.5	19.1	16.2	13.2	20.0	14.9	19.8	12.5
Strongly disagree	15.8	17.0	12.5	23.9	17.6	11.0	10.4	23.2	15.4	15.4	8.8	4.4	17.1	13.5	25.0
How much do you agree or disagree that your athletics conference takes into account your voice (e.g., opinions, perspectives) when it comes to important decisions that impact your profession?															
Strongly agree	3.7	5.6	2.6	4.3	4.6	2.9	7.5	3.2	3.2	4.2	2.2	2.2	3.5	4.7	3.1
Agree	14.9	15.7	15.2	12.8	15.1	15.4	18.9	9.5	15.2	14.6	19.8	26.7	15.1	11.9	9.4
Somewhat agree	32.9	29.2	36.4	28.7	30.6	36.6	38.7	31.6	31.7	33.6	30.8	35.6	33.7	30.1	31.3
Somewhat disagree	19.6	16.7	21.4	18.3	19.0	21.5	14.2	25.3	20.1	19.2	23.1	17.8	20.6	18.1	15.6
Disagree	14.1	14.8	12.3	17.1	14.2	13.4	8.5	8.4	15.9	14.1	15.4	13.3	12.3	20.7	6.3
Strongly disagree	14.9	18.1	12.1	18.9	16.6	10.2	12.3	22.1	13.9	14.4	8.8	4.4	14.8	14.5	34.4
How much do you agree or disagree that the NCAA takes into account your voice (e.g., opinions, perspectives) when it comes to important decisions that impact your profession?															
Strongly agree	2.4	2.3	1.5	4.9	3.1	1.7	6.7	2.1	1.7	2.7	0.0	0.0	1.9	4.1	3.2
Agree	7.6	9.6	6.5	7.4	8.1	7.3	9.5	4.2	7.8	7.6	9.9	20.0	7.0	6.7	3.2
Somewhat agree	26.6	20.6	30.7	23.5	24.0	30.8	37.1	23.2	25.4	26.0	35.2	28.9	28.5	22.8	16.1
Somewhat disagree	20.8	17.9	24.2	14.8	19.2	25.0	14.3	21.1	22.1	21.3	22.0	17.8	21.7	17.6	29.0
Disagree	19.7	19.7	18.0	24.1	19.2	18.6	11.4	16.8	21.6	19.1	20.9	11.1	18.9	23.3	16.1
Strongly disagree	22.9	29.8	19.0	25.3	26.6	16.6	21.0	32.6	21.3	23.2	12.1	22.2	21.9	25.4	32.3

Notes: Use caution when interpreting data from subgroups with <50 respondents. Percentages for subgroups with <30 are suppressed. Respondents who selected "another gender identity" and "77 or older" are not shown in their respective gender identity and generation groupings due to low numbers. "Other" includes those who selected American Indian/Alaska Native, Asian, Hispanic/Latino/a/x, Native Hawaiian/Pacific Islander, Middle Eastern/North African, other, and multiple identities. "Queer-spectrum" includes those who self-identified as gay, lesbian, bisexual, pansexual, queer, questioning/unsure or another identity.

2022 NCAA Coach Well-Being Survey
Division I Head and Assistant/Associate Coach Respondents by Subgroup

	Head Coach				Assistant/Associate Coach			
	Man		Woman		Man		Woman	
	Do you have any children in your household that require childcare?							
	Yes	No	Yes	No	Yes	No	Yes	No
Division I Respondents, N	253	526	199	303	168	296	71	275
In general, how would you rate your mental health, including your mood and your ability to think?								
Excellent	15.0	23.6	8.0	8.0	18.5	17.2	5.6	7.7
Very Good	30.0	32.6	32.7	27.5	38.1	35.5	40.9	31.8
Good	30.0	28.4	30.7	39.7	24.4	26.0	35.2	35.0
Fair	20.6	12.6	25.1	19.9	17.9	15.5	14.1	20.4
Poor	4.4	2.9	3.5	5.0	1.2	5.7	4.2	5.1
Within the last month, have you felt things were hopeless?								
Constantly	2.0	0.2	1.5	0.0	0.0	0.7	2.8	1.8
Most every day	7.6	4.4	7.1	6.4	7.2	7.9	11.3	6.6
Occasionally	41.2	34.1	39.6	41.8	34.1	33.9	28.2	44.1
Never	49.2	61.3	51.8	51.8	58.7	57.5	57.8	47.4
Within the last month, have you felt overwhelmed by all you had to do?								
Constantly	12.7	4.8	16.1	15.3	6.6	6.4	9.9	10.9
Most every day	26.6	18.8	33.2	28.2	23.8	17.6	23.9	31.6
Occasionally	44.4	56.8	45.2	51.8	50.0	52.2	57.8	51.6
Never	16.3	19.6	5.5	4.7	19.6	23.7	8.5	5.8
Within the last month, have you felt exhausted (not from physical activity)?								
Constantly	9.5	5.5	14.1	13.9	10.7	9.2	11.3	12.0
Most every day	34.4	20.1	41.7	31.5	28.6	23.4	35.2	35.4
Occasionally	44.3	57.6	40.2	50.7	50.0	54.2	40.9	47.5
Never	11.9	16.8	4.0	4.0	10.7	13.2	12.7	5.1
Within the last month, have you felt very lonely?								
Constantly	3.6	2.3	3.5	2.3	1.8	2.7	1.4	4.7
Most every day	9.9	8.2	12.6	16.9	3.6	8.1	16.9	13.1
Occasionally	37.7	34.9	38.2	40.9	34.5	31.4	32.4	43.3
Never	48.8	54.7	45.7	39.9	60.1	57.8	49.3	38.9
Within the last month, have you felt sad?								
Constantly	1.6	0.4	2.5	1.4	1.2	1.0	2.8	2.9
Most every day	5.6	7.4	10.6	11.8	6.0	7.8	11.3	11.0
Occasionally	55.2	49.0	60.6	63.3	47.6	43.2	45.1	56.4
Never	37.7	43.2	26.3	23.6	45.2	48.0	40.9	29.7
Within the last month, have you felt so depressed that it was difficult to function?								
Constantly	1.2	0.2	1.5	1.0	0.6	1.7	0.0	1.5
Most every day	3.2	3.4	2.5	3.0	3.0	1.4	5.6	4.7
Occasionally	22.9	17.2	21.1	29.2	22.6	18.8	22.5	26.2
Never	72.7	79.2	74.9	66.8	73.8	78.2	71.8	67.6
Within the last month, have you felt overwhelming anxiety?								
Constantly	3.6	2.1	6.6	4.0	4.2	3.4	2.8	4.4
Most every day	11.1	8.2	14.7	16.2	8.3	8.8	18.3	14.2
Occasionally	47.4	38.7	46.5	43.4	42.3	35.7	29.6	45.5
Never	37.9	51.1	32.3	36.4	45.2	52.0	49.3	36.0
Within the last month, have you felt overwhelming anger?								
Constantly	2.0	1.5	2.5	1.7	4.2	2.7	4.2	2.2
Most every day	5.9	5.9	3.5	6.3	8.4	4.4	2.8	5.1
Occasionally	38.7	33.3	44.2	41.5	31.3	28.4	28.2	35.2
Never	53.4	59.3	49.8	50.5	56.0	64.5	64.8	57.5
Within the last month, have you felt a sense of loss?								
Constantly	1.2	0.6	1.5	1.3	1.2	0.7	2.8	1.1
Most every day	5.6	7.1	7.1	7.7	6.0	5.8	7.0	6.6
Occasionally	39.4	38.8	41.8	42.3	30.4	27.5	28.2	35.5
Never	53.8	53.5	49.5	48.7	62.5	66.1	62.0	56.8
Within the last month, have you experienced sleep difficulties (e.g., trouble falling asleep, waking too early)?								
Constantly	15.9	8.1	14.1	11.6	12.6	8.5	12.7	7.3
Most every day	24.7	25.5	23.6	28.6	19.2	17.2	18.3	20.7
Occasionally	38.7	46.6	51.8	49.5	41.3	45.6	43.7	52.7
Never	20.7	19.8	10.6	10.3	27.0	28.7	25.4	19.3

Notes: Use caution when interpreting data from subgroups with <50 respondents. Percentages for subgroups with <30 are suppressed. Respondents who selected other coaching staff roles (e.g., director of operations, graduate assistant, etc.) and "another gender identity" are not shown due to low numbers.



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