



NCAA Coach Well-Being Study

Comprehensive 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 and 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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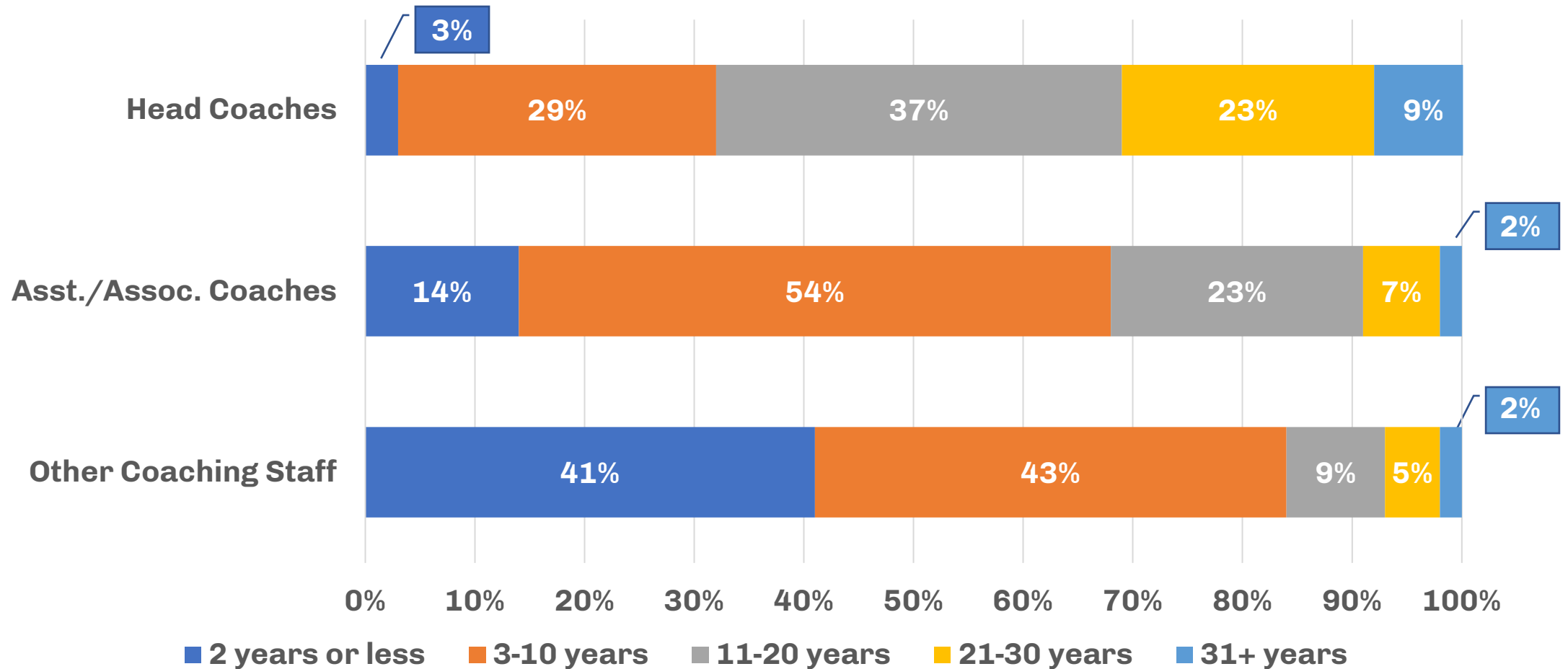
Participant Demographics

Coaching Staff Participant Demographics

	Head Coaches (N=4,258)	Asst./Assoc. Coaches (N=1,627)	Other Staff (N=228)
Gender Identity	Man	61%	49%
	Woman	38%	51%
	Another Gender Identity	<1%	<1%
Race/Ethnicity	Black	4%	10%
	Other	9%	16%
	White	87%	74%
Sexual Orientation	Queer-Spectrum	10%	15%
	Straight	90%	85%

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



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 Coaching Staff Participants by Sport

Men's Teams	N
Baseball	201
Basketball	274
Cross Country	16
Football	322
Golf	124
Ice Hockey	125
Lacrosse	110
Soccer	288
Tennis	34
Track & Field	25
Volleyball	28
Wrestling	132

Women's Teams	N
Basketball	603
Beach Volleyball	36
Bowling	12
Cross Country	59
Equestrian	10
Field Hockey	134
Golf	58
Gymnastics	77
Ice Hockey	120
Lacrosse	468
Rowing	113
Soccer	336
Softball	504
Swim & Dive	45
Tennis	64
Track & Field	81
Volleyball	547

Men's and Women's Teams	N
Basketball	14
Cross Country	436
Fencing	22
Football	13
Golf	95
Lacrosse	10
Rowing	18
Soccer	24
Softball	12
Swim & Dive	208
Tennis	72
Track & Field	665
Volleyball	28
Wrestling	23

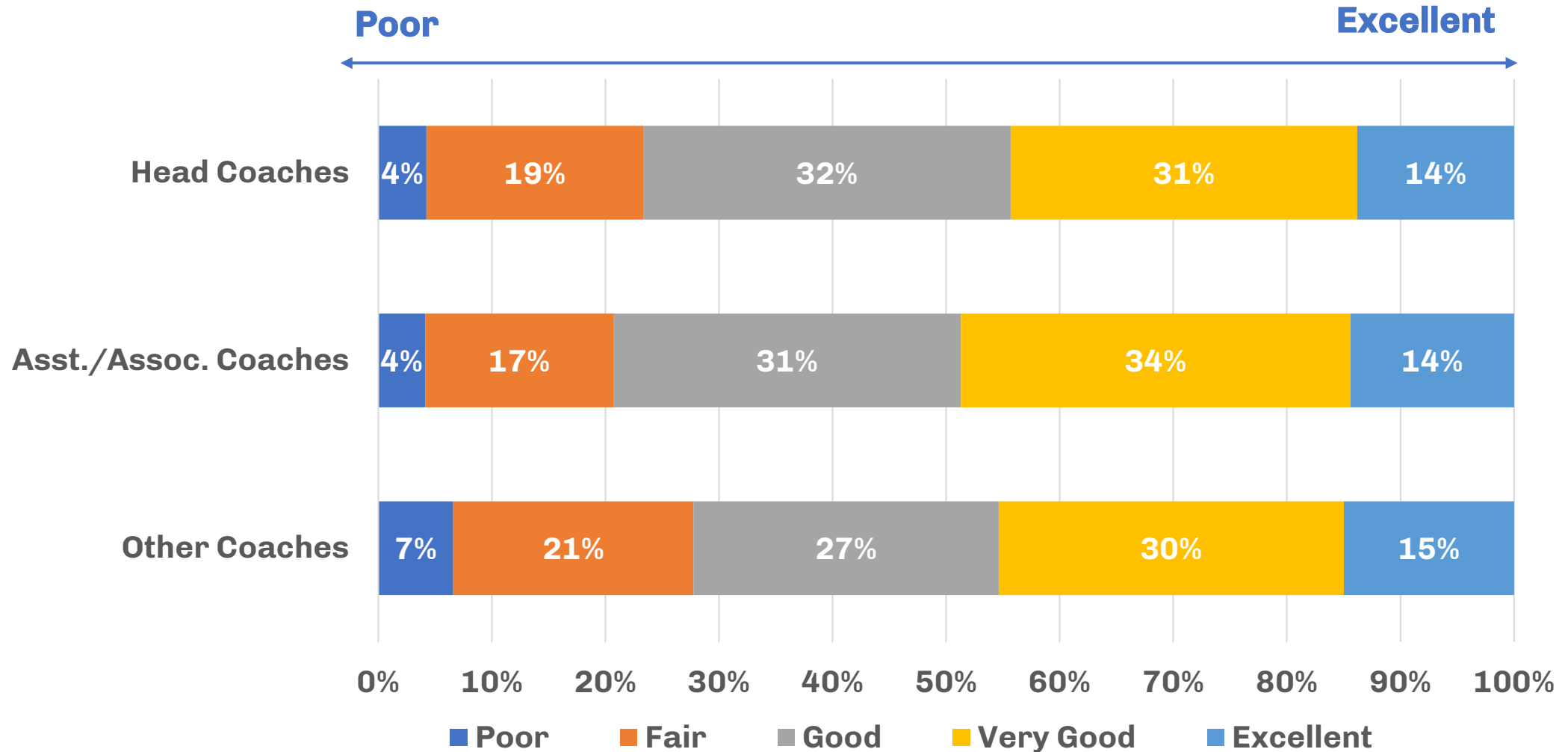
Note: Includes all coaches (head, assistant/associate and other) in the sample. Participants were asked if they coached a men's team, a women's team or both. A majority (65%) of coaches who selected "men and women's teams" selected one sport (e.g., track and field). Some respondents coaching both men's 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).



Summary of Findings

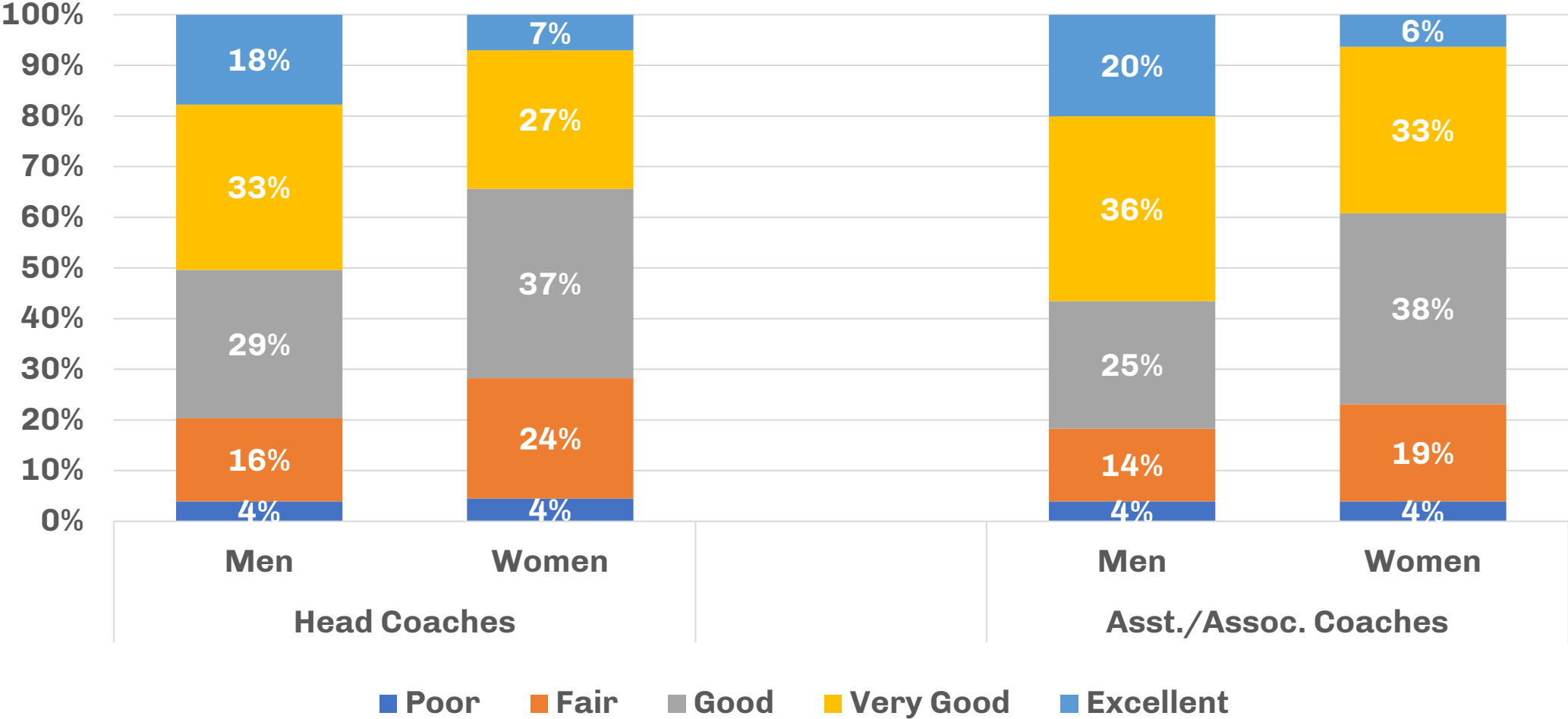
Coaches have felt substantial and unique pressures in their jobs over the past several years, manifesting in high levels of stress and mental exhaustion.

Self-Reported Overall Mental Health



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

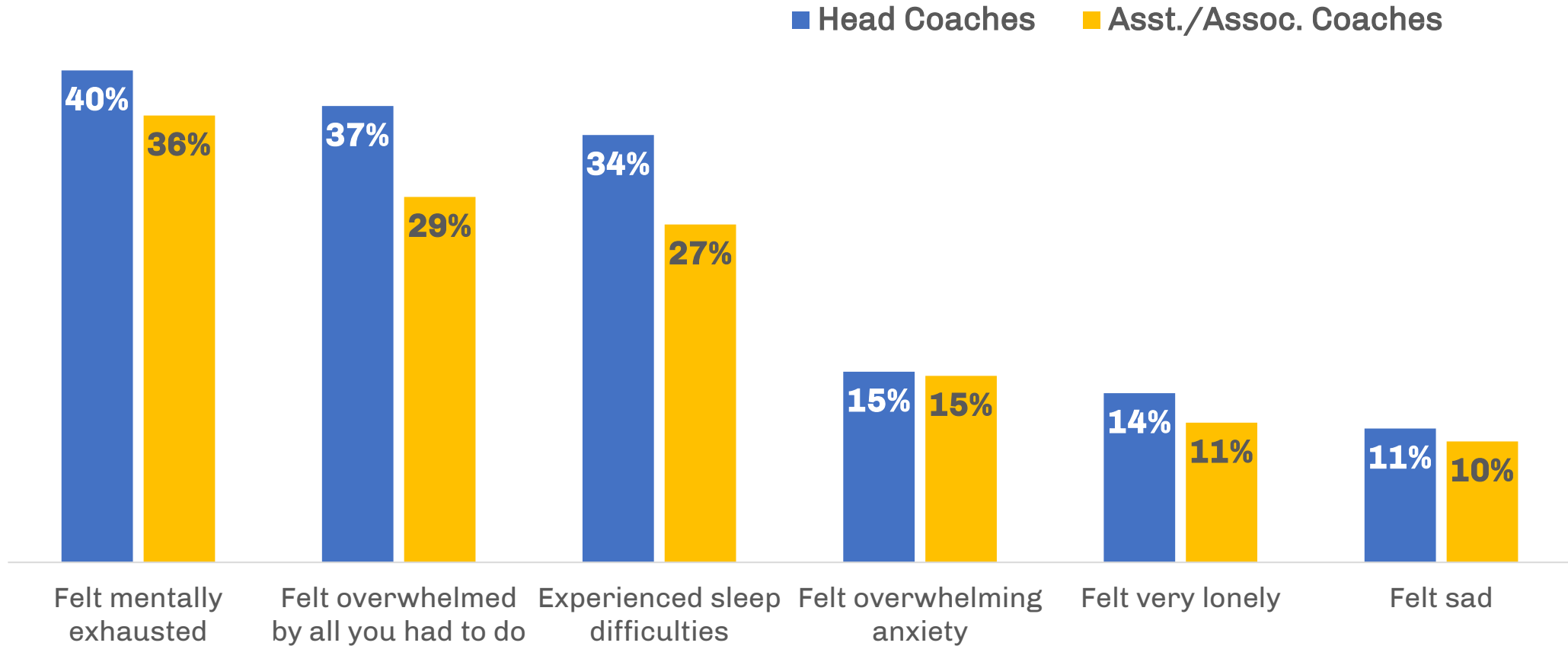


Note: The sum of percentages in each bar may not equal 100% due to rounding. The question asked: “In general, how would you rate your mental health, including your mood and your ability to think?” Respondents who selected “another gender identity” are not shown due to low numbers. The survey was in the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



Coach Mental Health Concerns

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



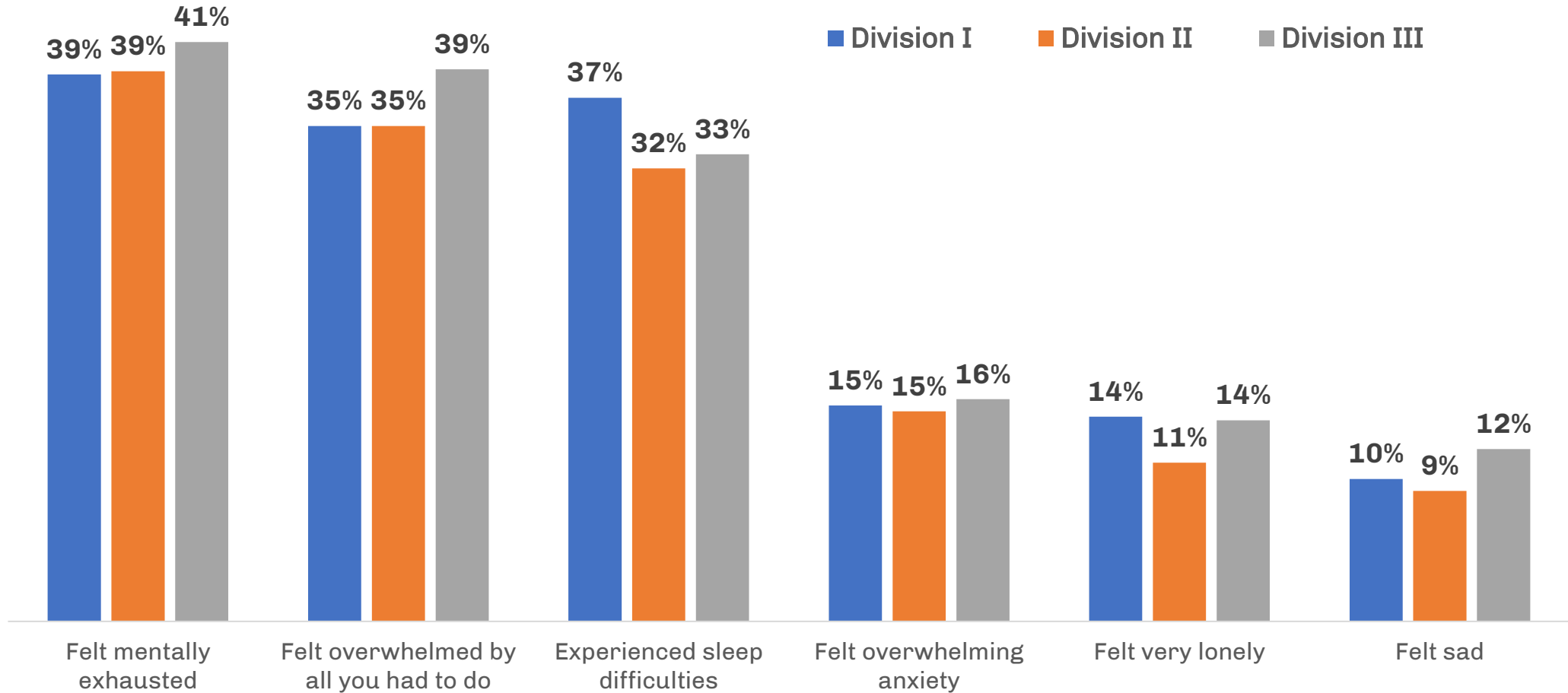
Note: Top 2 points on a 4-point scale. Other concerns endorsed at rates ranging from 4%-8% included a sense of loss, hopelessness, overwhelming anger and depression. The survey was in the field March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



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Head Coach Mental Health Concerns

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



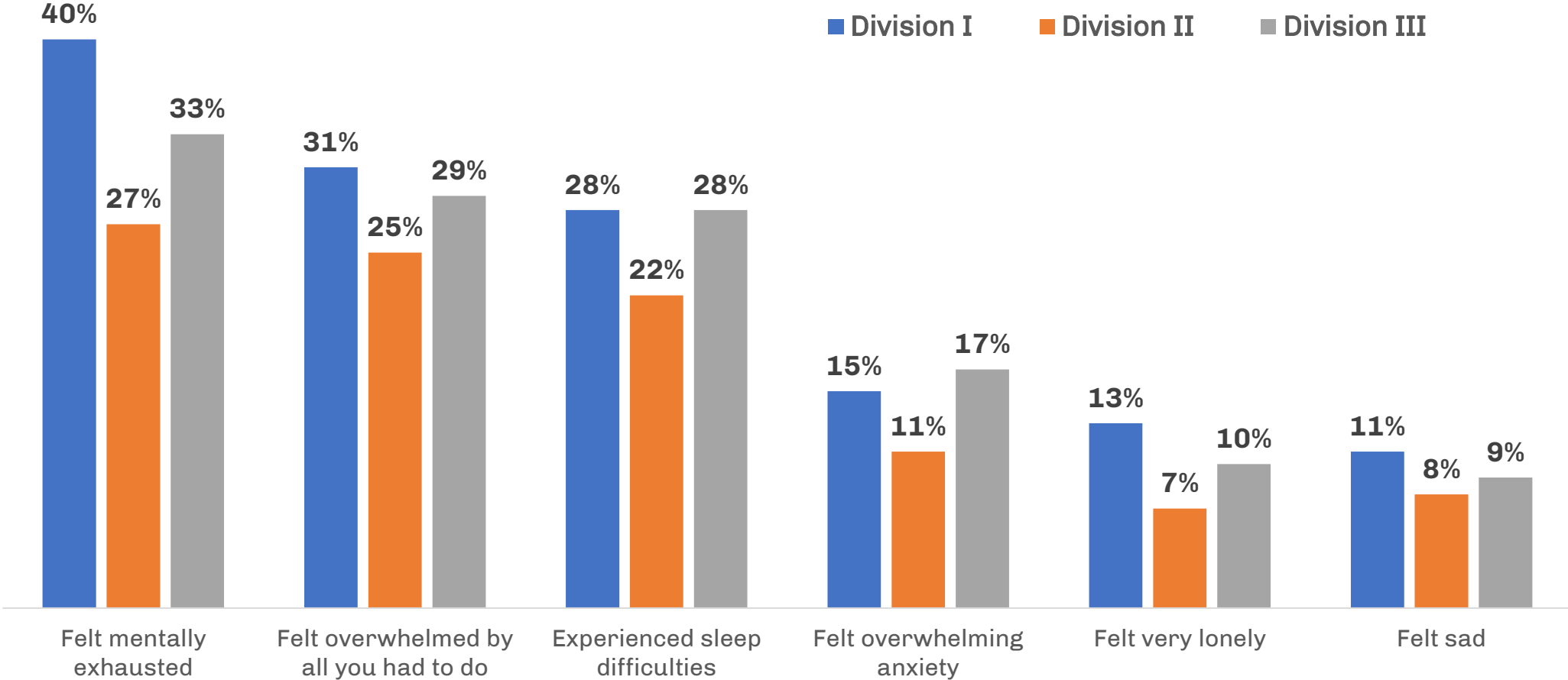
Note: Top 2 points on a 4-point scale. Other concerns endorsed at rates ranging from 4%-8% included a sense of loss, hopelessness, overwhelming anger and depression. The survey was in the field March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



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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 March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



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Coach Mental Health Concerns

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

	Head Coaches		Asst./Assoc. Coaches	
	Men (N=2,324)	Women (N=1,455)	Men (N=818)	Women (N=585)
Felt mentally exhausted	33%	50%	32%	43%
Felt overwhelmed by all you had to do	30%	47%	24%	39%
Experienced sleep difficulties	32%	37%	26%	29%
Felt overwhelming anxiety	13%	19%	12%	19%
Felt very lonely	11%	16%	9%	15%
Felt sad	9%	13%	8%	12%
Felt a sense of loss	7%	10%	7%	7%
Felt overwhelming anger	8%	8%	8%	7%
Felt things were hopeless	7%	8%	8%	8%
Felt so depressed that it was difficult to function	4%	4%	3%	5%

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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Coach Mental Health Concerns

(Percentage of Men Responding “Constantly” or “Most Every Day” by Racial Group)

	Head Coaches			Assistant/Associate Coaches		
	Black (N=95)	Other (N=185)	White (N=2,033)	Black (N=87)	Other (N=86)	White (N=639)
Felt mentally exhausted	21%	34%	33%	26%	34%	32%
Felt overwhelmed by all you had to do	21%	31%	30%	18%	22%	25%
Experienced sleep difficulties	29%	33%	32%	31%	24%	25%
Felt overwhelming anxiety	6%	14%	13%	8%	12%	13%
Felt very lonely	11%	12%	11%	7%	9%	9%
Felt sad	6%	12%	9%	2%	6%	9%
Felt a sense of loss	4%	8%	7%	5%	10%	7%
Felt overwhelming anger	9%	7%	8%	1%	8%	9%
Felt things were hopeless	5%	7%	7%	5%	7%	8%
Felt so depressed that it was difficult to function	4%	5%	4%	1%	6%	3%

Note: Top 2 points on a 4-point scale. Not all respondents shared their gender or racial identity; “other” 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. The survey was in the field March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Coach Mental Health Concerns

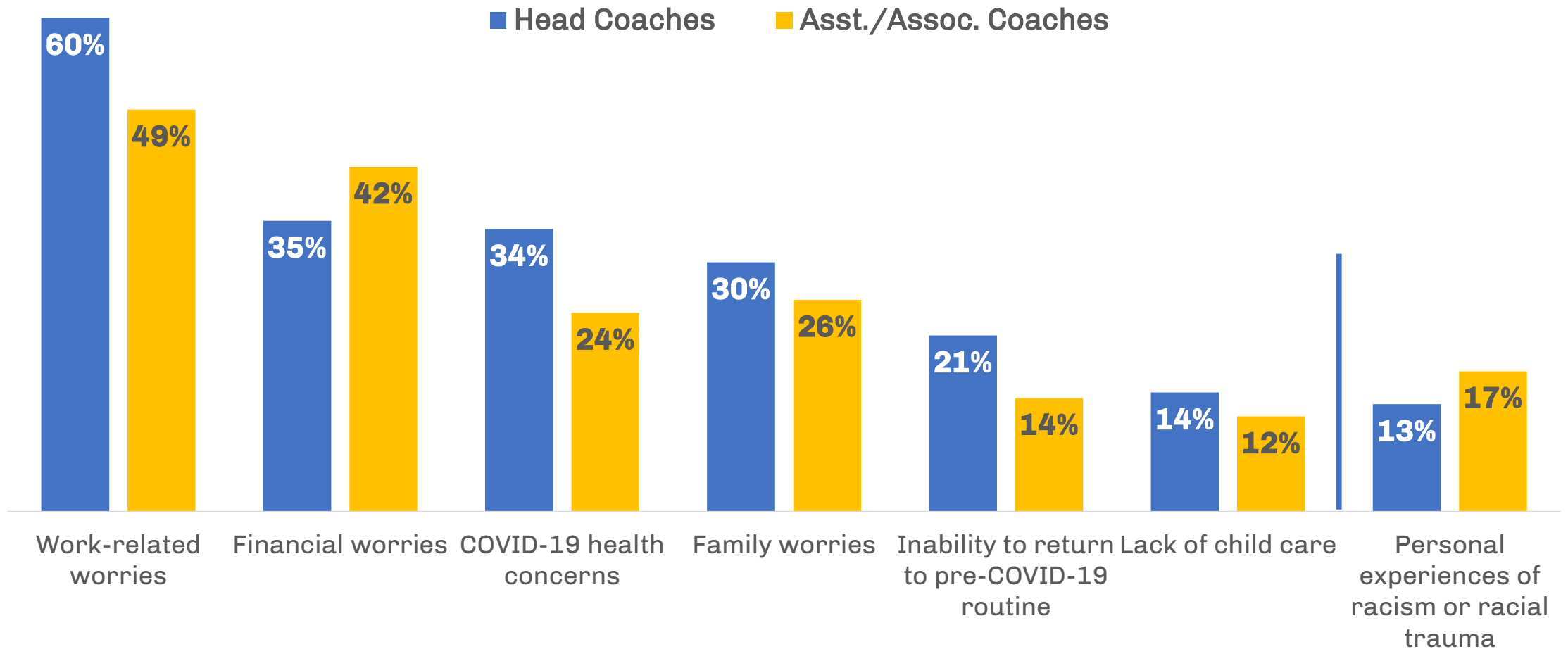
(Percentage of Women Responding “Constantly” or “Most Every Day” by Racial Group)

	Head Coaches			Assistant/Associate Coaches		
	Black (N=59)	Other (N=109)	White (N=1,280)	Black (N=53)	Other (N=52)	White (N=477)
Felt mentally exhausted	49%	50%	50%	40%	44%	43%
Felt overwhelmed by all you had to do	44%	48%	47%	32%	38%	40%
Experienced sleep difficulties	49%	44%	36%	38%	29%	28%
Felt overwhelming anxiety	19%	28%	19%	19%	19%	19%
Felt very lonely	17%	16%	16%	26%	15%	13%
Felt sad	12%	11%	13%	23%	12%	10%
Felt a sense of loss	14%	12%	9%	12%	8%	7%
Felt overwhelming anger	10%	8%	8%	10%	6%	7%
Felt things were hopeless	10%	11%	7%	12%	4%	8%
Felt so depressed that it was difficult to function	2%	3%	4%	10%	6%	5%

Note: Top 2 points on a 4-point scale. Not all respondents shared their gender or racial identity; “other” 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. 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 Responding “Agree” or “Strongly Agree”)



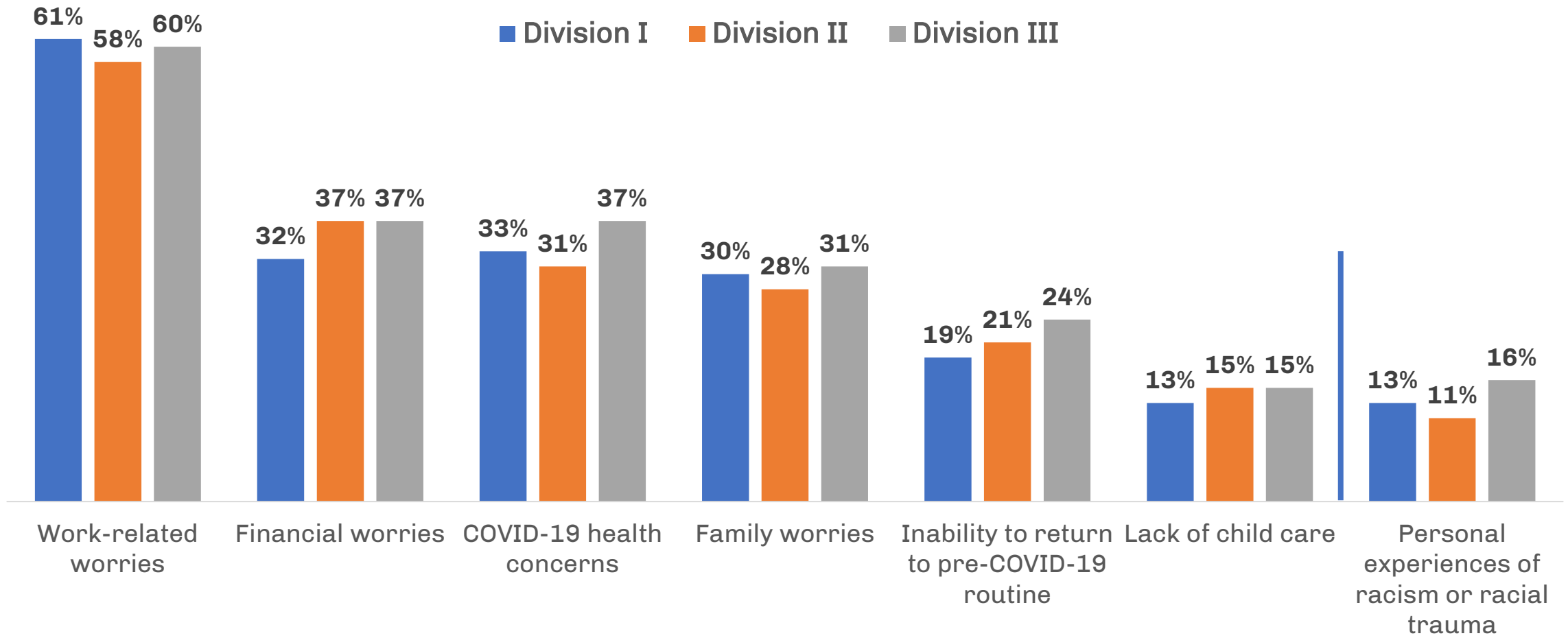
Note: Top 2 points on a 6-point scale. Personal experiences of racism or racial trauma limited to coaches identifying as Black, Indigenous, and people of color only; N=509 head coaches and 306 assistant/associate coaches in sample. All other items apply to every head and assistant/associate coach in the sample. The survey was in the field 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

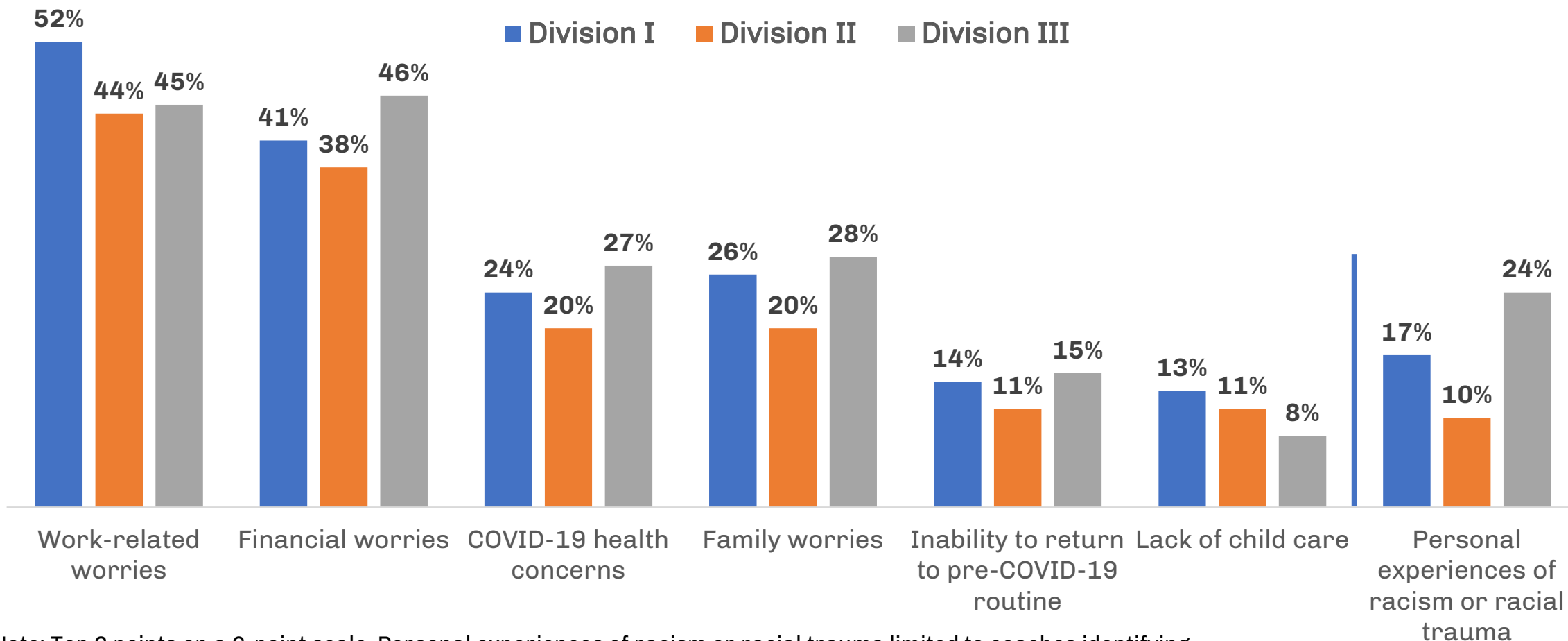
(Percentage of Head Coaches Responding “Agree” or “Strongly Agree” by Division)



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).



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

(Percentage Responding “Agree” or “Strongly Agree” by Gender)

	Head Coaches		Asst./Assoc. Coaches	
	Men (N=2,324)	Women (N=1,455)	Men (N=818)	Women (N=585)
Work-related worries	55%	68%	41%	58%
Financial worries	33%	39%	39%	45%
COVID-19 health concerns	31%	39%	21%	27%
Family worries	28%	33%	26%	26%
Inability to return to pre-COVID-19 routine	21%	22%	13%	12%
Lack of child care	12%	18%	13%	10%
Personal experiences of racism or racial trauma*	14%	17%	17%	19%

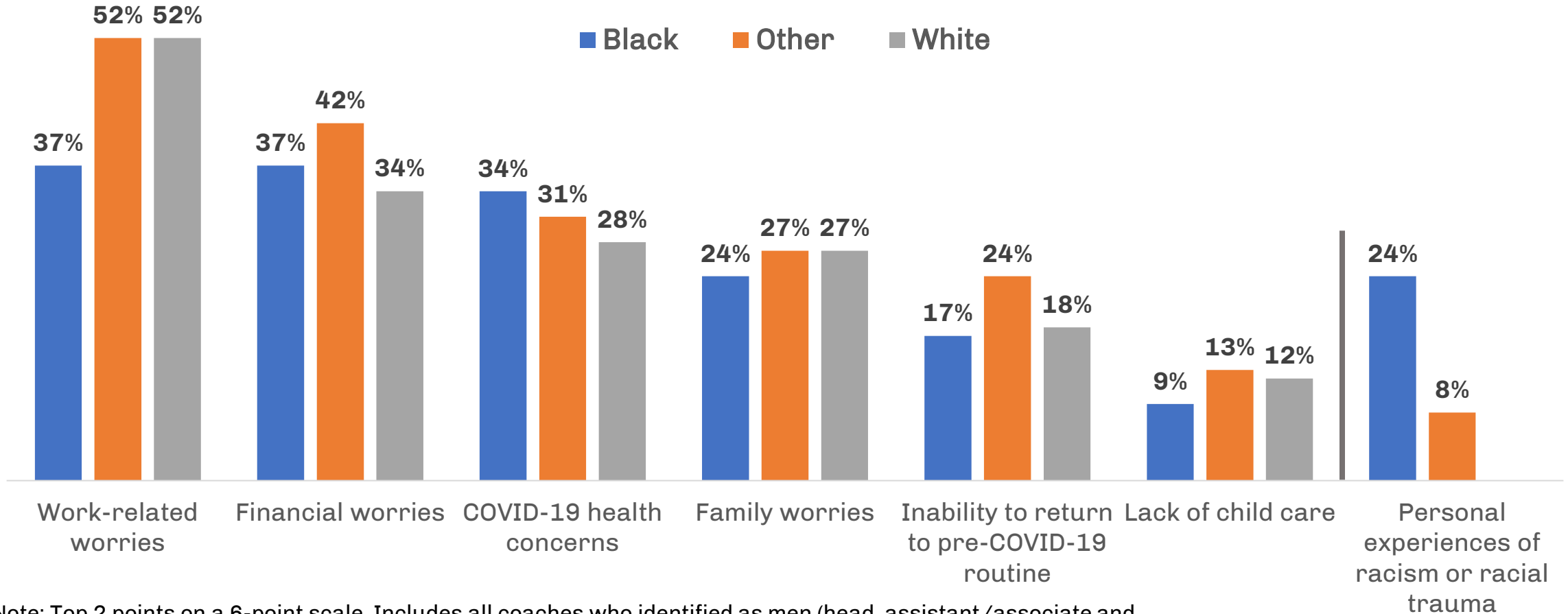
Note: Top 2 points on a 6-point scale. Not all respondents shared their gender or racial identity; those who selected “another gender identity” are not shown due to low numbers. *Personal experiences of racism or racial trauma limited to coaches identifying as Black, Indigenous, and people of color only. All other items apply to every head and 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).



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

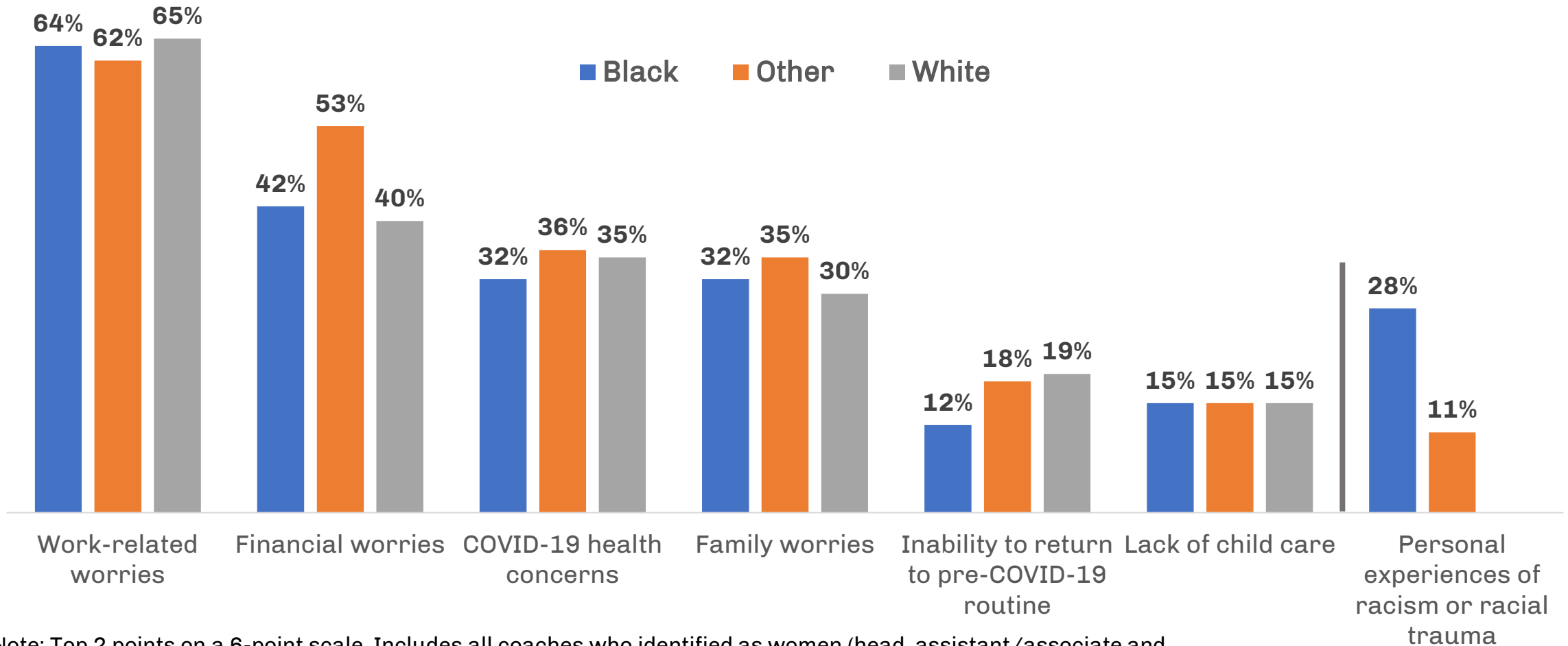
(Percentage of Men Responding “Agree” or “Strongly Agree” by Racial Group)



Note: Top 2 points on a 6-point scale. Includes all coaches who identified as men (head, assistant/associate and other) in the sample. Not all respondents shared their gender or racial identity. Personal experiences of racism or racial trauma limited to coaches identifying as Black, Indigenous, and people of color only. “Other” 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. 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 Women Responding “Agree” or “Strongly Agree” by Racial Group)

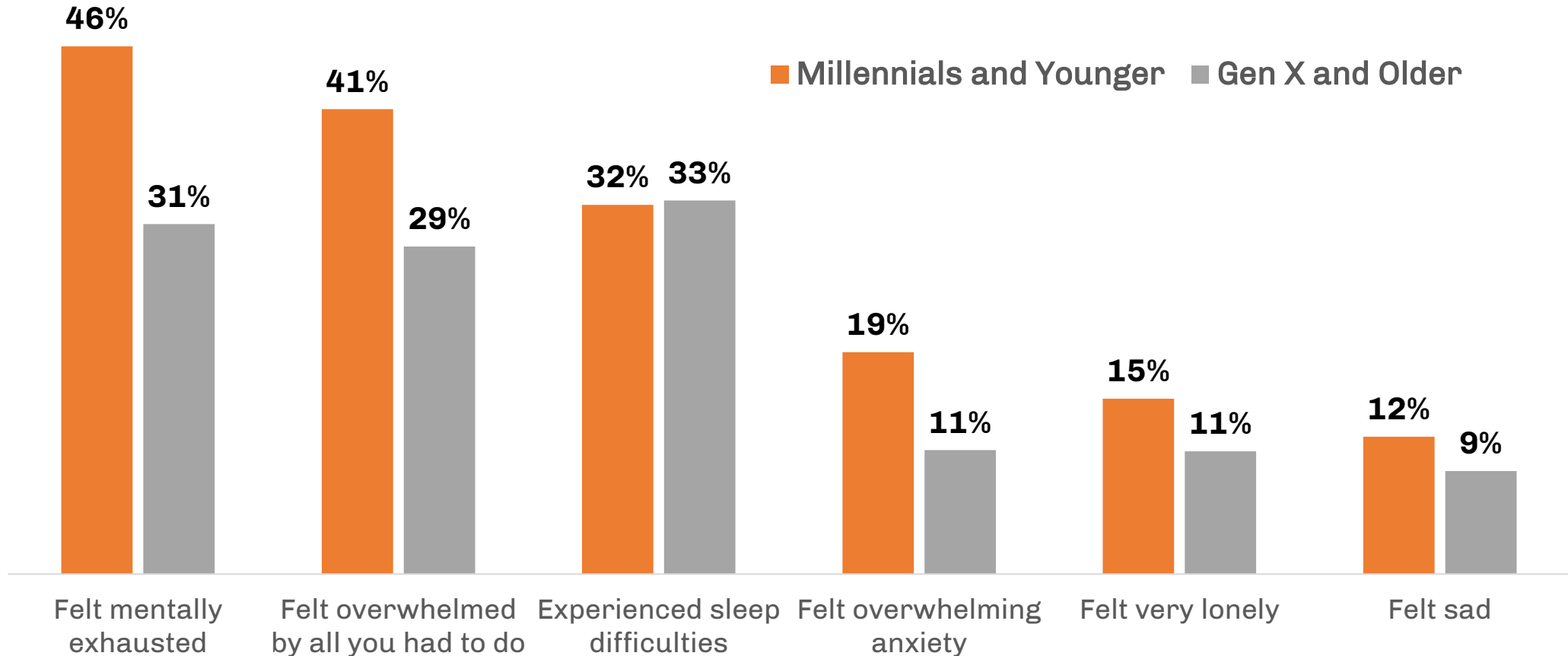


Note: Top 2 points on a 6-point scale. Includes all coaches who identified as women (head, assistant/associate and other) in the sample. Not all respondents shared their gender or racial identity. Personal experiences of racism or racial trauma limited to coaches identifying as Black, Indigenous, and people of color only. “Other” 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. The survey was in the field March 2-April 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 Responding “Constantly” or “Most Every Day”)



Note: Top 2 points on a 4-point scale. Includes all coaches (head, assistant/associate and other) who shared their age in the sample. Participating in the survey were 269 Gen Z (born 1997-2012) coaches, 2,690 millennial (born 1981-1996) coaches, 2,000 Gen X (born 1965-1980) coaches, 624 baby boomer (born 1946-1964) and 13 silent generation coaches (born 1925-1945). The survey was in the field March 2-April 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 student-athlete mental health	55%	50%	58%
Supporting student-athlete physical health	45%	39%	45%
Maintaining a safe environment for the team	28%	24%	30%
Advocating for gender equity within the athletics department	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 student-athletes navigate name, image and likeness 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 March 2-April 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 student-athlete mental health	47%	67%	42%	66%	50%	69%
Supporting student-athlete 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 the 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 the athletics department	17%	43%	10%	29%	11%	28%
Helping student-athletes 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 Responding "Very Concerned" by Gender of Team Coached)

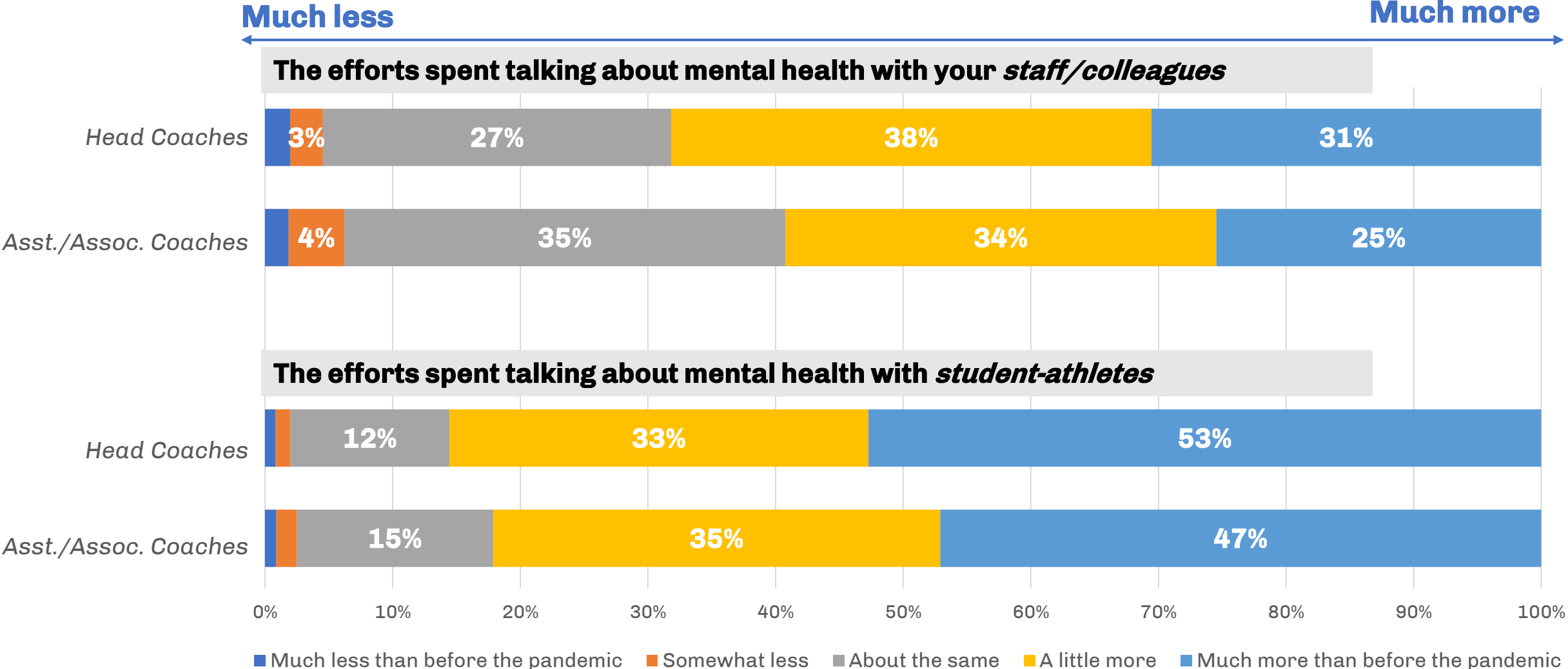
	Men's Teams	Women's Teams	Men's & Women's Teams
Supporting student-athlete mental health	42%	62%	54%
Supporting student-athlete physical health	38%	48%	41%
Navigating COVID-19 health restrictions/protocols	29%	27%	32%
Maintaining a safe environment for the team	23%	30%	29%
Creating an inclusive environment among the team	15%	26%	22%
Navigating changes to the NCAA structure/constitution	13%	10%	9%
Helping student-athletes navigate NIL opportunities	9%	7%	5%
Advocating for gender equity within the athletics department	6%	30%	14%

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 March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).



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

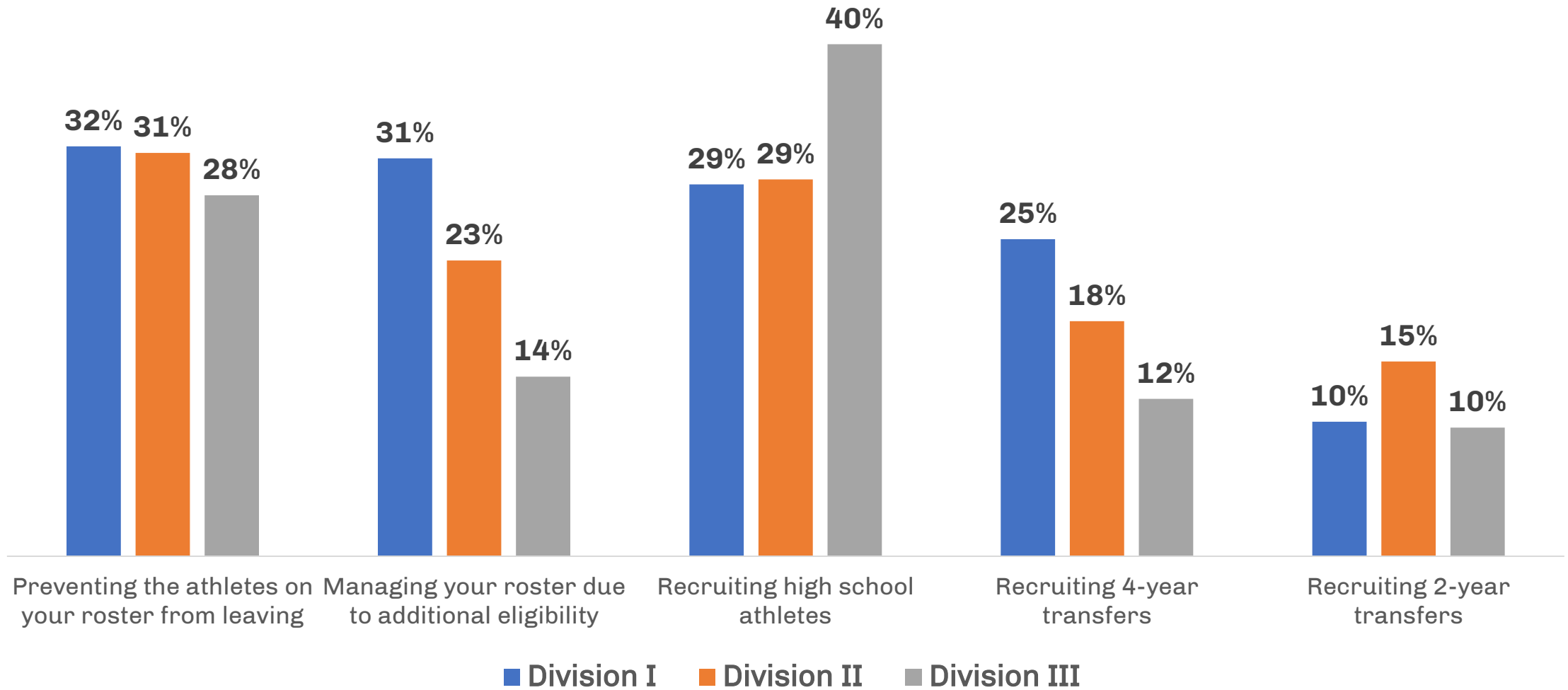


Note: Data labels not shown below 3%. Includes only those respondents who indicated being on a college coaching staff for three or more years. Participants were asked, "Compared to pre-pandemic levels (2019), how much has the following changed during this 2021-22 academic year?" The survey was in the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



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

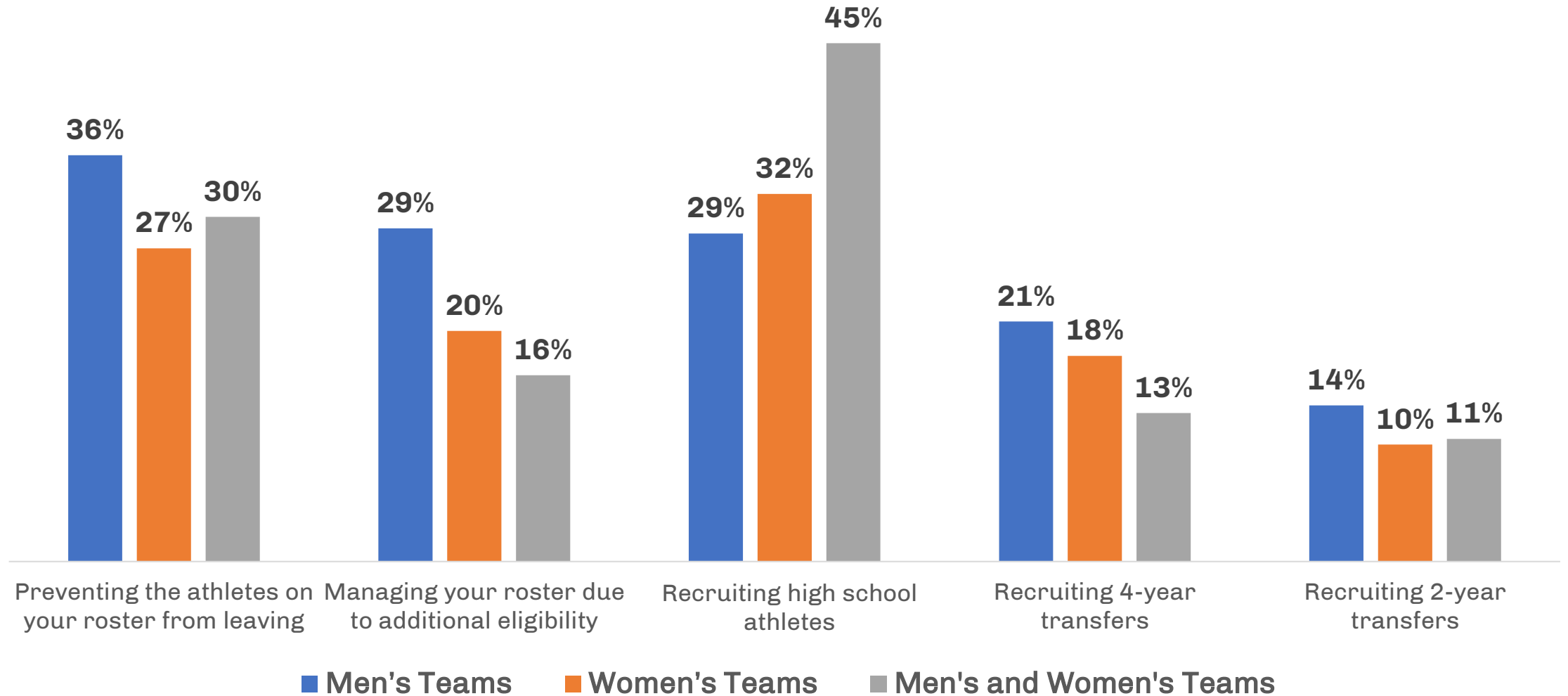
Percentage of Head Coaches “Very Concerned” About... (By Division)



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 March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

Percentage of Head Coaches “Very Concerned” About...

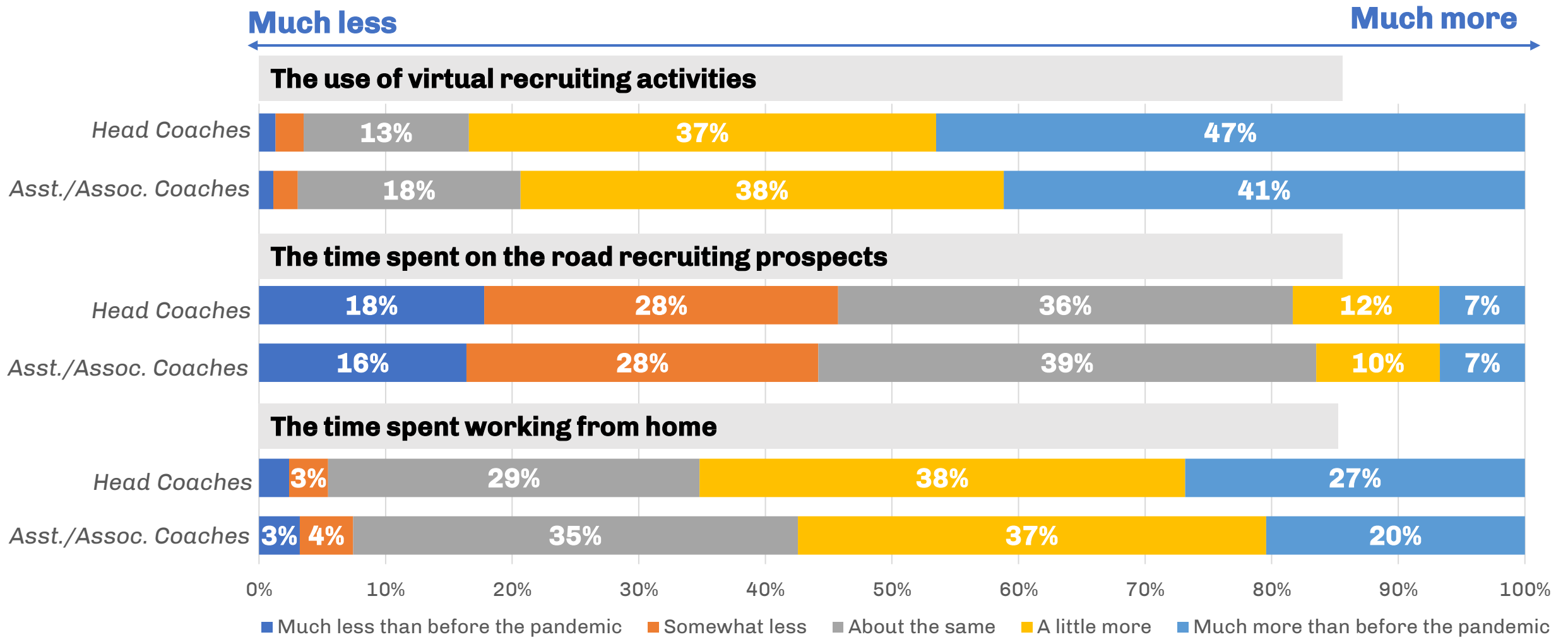
(By Gender of Team Coached)



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 March 2-April 17, 2022. Source: NCAA Coach Well-Being Study (Spring 2022).

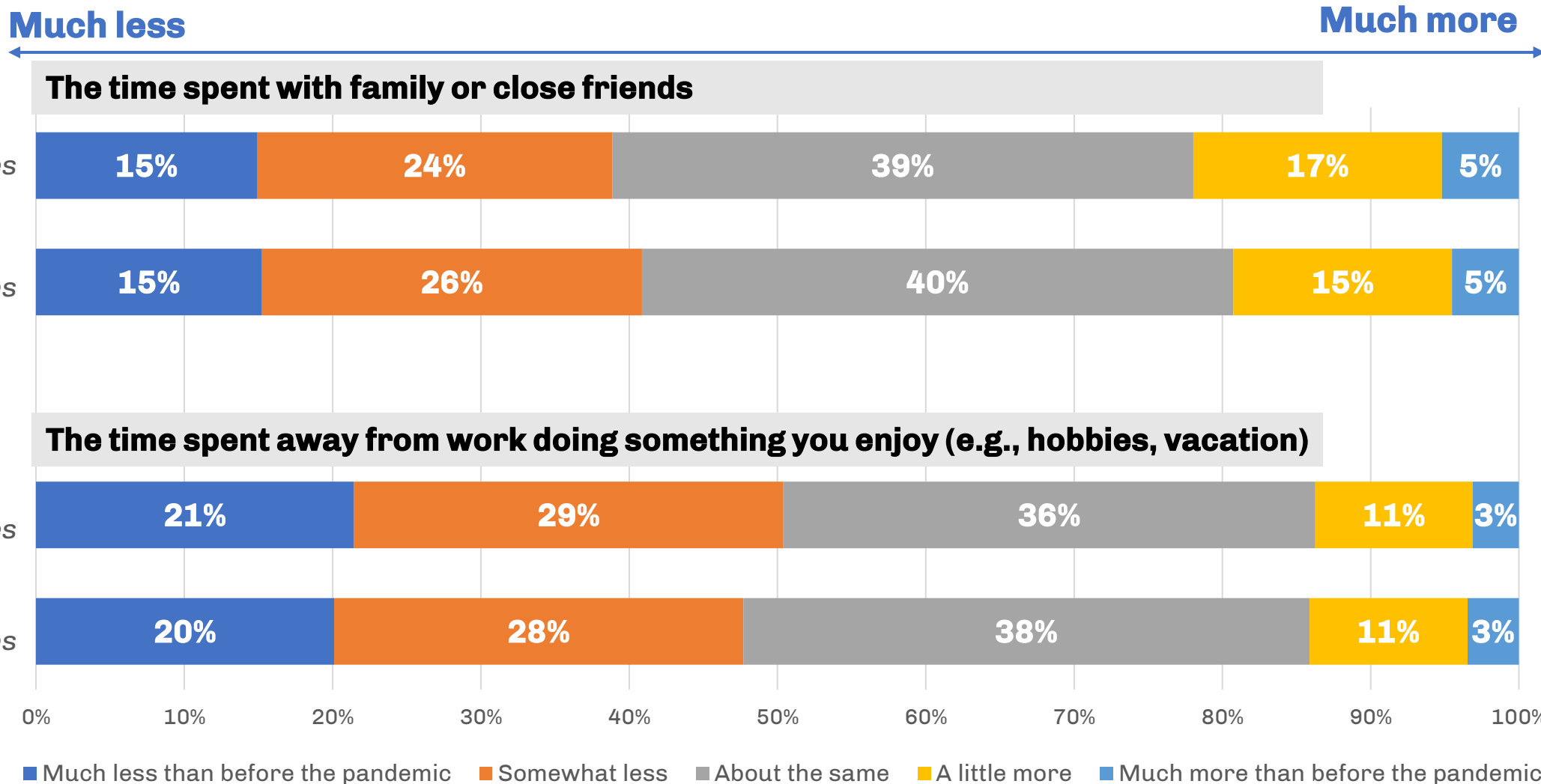
Coaches want their schools to understand the changing nature of their jobs, the personal challenges confronting them and the support mechanisms that they need to be healthy and successful.

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



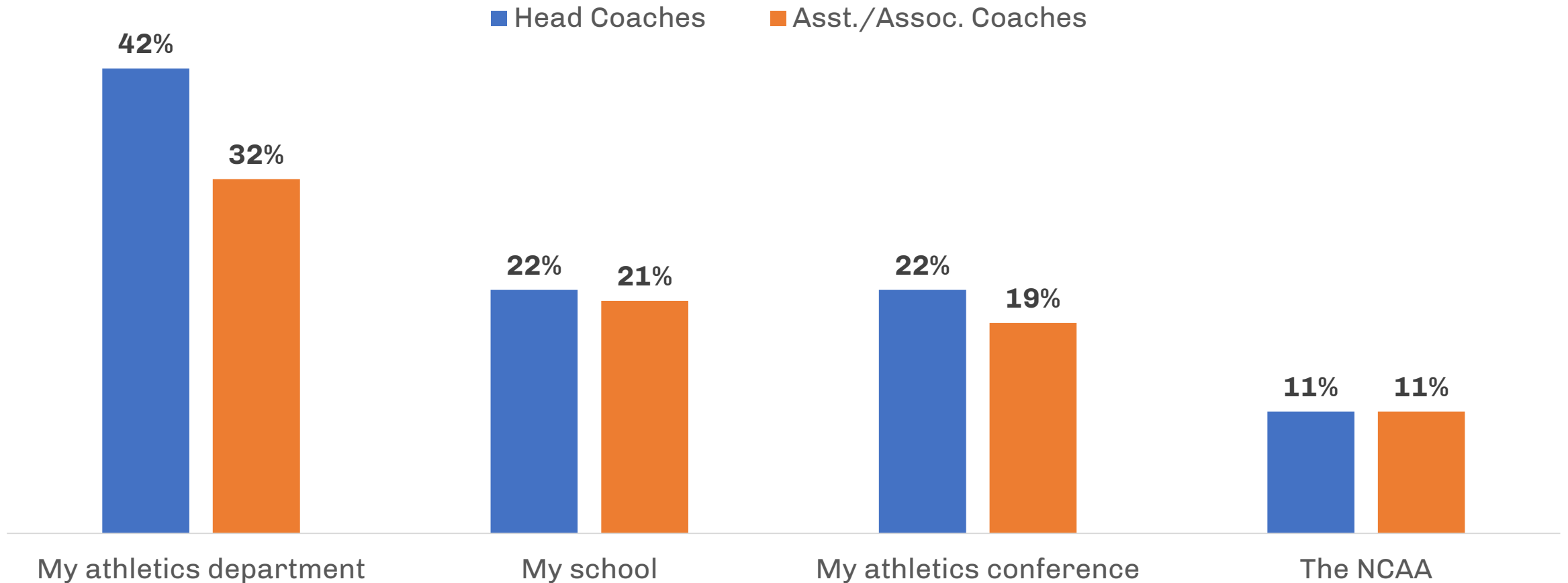
Note: Data labels not shown below 3%. Includes only those respondents who indicated being on a college coaching staff for three or more years. Participants were asked, "Compared to pre-pandemic levels (2019), how much has the following changed during this 2021-22 academic year?" The survey was in the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

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



Note: 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 March 2-April 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 Responding “Agree” or “Strongly Agree”)



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

Open-Ended Responses

- ▶ **Coaches would like access to mental health resources for their own use.**

“Offer a clinical psychologist on staff for our athletes and coaches. The mental health of our staff and student-athletes is so important and going untreated.” –Division II Softball Head 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.” –Division I 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.**

“My biggest issue is living at or below the poverty line and the school couldn’t care less. These jobs are easy to fill and that is used as leverage to exploit the coaches, especially assistants.” – Division III Men’s Lacrosse 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. ... 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.” – Division I (Women’s Sport) Assistant/Associate Coach

- ▶ **Athletics departments can support their coaches by appreciating their hard work and seeking their input.**

“Let us know that as coaches all of our voices are being heard and giving rational for decision making. ... Too many times it feels as if we are being ignored or opinion is irrelevant.” –Division III Men’s Soccer Head Coach

Appendix Tables

2022 NCAA Coach Well-Being Survey

All 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	
All Respondents, N	6,113	1,677	3,220	1,195	3,240	2,139	320	547	4,660	4,687	545	269	2,690	2,000	624	
In general, how would you rate your mental health, including your mood and your ability to think?																
Excellent	14.0	20.2	10.7	14.1	18.6	6.7	18.8	15.4	13.4	14.9	3.1	7.1	9.5	14.8	32.4	
Very Good	31.5	34.7	30.3	30.1	33.4	29.1	33.4	35.3	31.2	32.3	26.8	31.6	29.7	33.3	34.3	
Good	31.7	26.9	34.8	30.4	28.0	37.2	29.7	27.4	32.0	30.6	39.9	35.3	33.9	30.7	22.3	
Fair	18.5	15.1	20.1	19.1	16.0	22.5	14.7	16.3	19.1	18.0	25.0	20.1	21.6	17.7	9.1	
Poor	4.3	3.1	4.2	6.3	4.0	4.5	3.4	5.7	4.3	4.2	5.1	5.9	5.3	3.6	1.8	
Within the last month, have you felt things were hopeless?																
Constantly	1.1	1.0	1.2	1.2	0.9	1.3	2.2	1.1	1.0	1.1	0.9	2.3	1.3	1.0	0.3	
Most every day	6.4	5.4	5.8	9.3	6.2	6.4	4.7	7.7	6.4	6.3	6.3	4.5	7.6	6.1	3.3	
Occasionally	39.2	34.3	41.1	41.0	36.0	43.7	36.6	39.4	39.2	37.9	50.1	43.6	43.3	36.3	27.7	
Never	53.3	59.3	51.9	48.5	56.8	48.6	56.5	51.7	53.5	54.6	42.7	49.6	47.8	56.6	68.7	
Within the last month, have you felt overwhelmed by all you had to do?																
Constantly	9.8	6.3	11.1	10.5	7.2	13.9	9.1	11.0	9.7	9.2	14.2	11.2	12.6	7.8	4.4	
Most every day	24.9	18.9	27.0	27.8	20.9	30.9	17.9	22.7	25.9	24.1	33.9	27.7	28.2	24.1	14.4	
Occasionally	52.1	54.5	51.5	50.4	53.6	49.6	51.1	52.7	51.9	52.8	45.4	53.6	50.0	53.6	54.2	
Never	13.3	20.3	10.3	11.3	18.2	5.6	21.9	13.6	12.5	13.9	6.5	7.5	9.2	14.5	27.1	
Within the last month, have you felt exhausted (not from physical activity)?																
Constantly	10.5	8.5	11.5	10.2	8.4	13.6	9.7	12.3	10.3	10.0	13.8	13.9	13.4	8.3	4.5	
Most every day	28.3	21.8	31.2	29.9	23.9	34.7	22.3	26.6	28.9	27.2	38.4	30.0	33.0	26.2	14.3	
Occasionally	49.9	54.2	48.1	49.0	53.0	45.9	51.9	49.6	49.9	50.8	44.5	47.9	46.0	54.5	53.3	
Never	11.3	15.5	9.2	10.9	14.7	5.8	16.0	11.5	10.8	12.0	3.3	8.2	7.6	11.1	27.9	
Within the last month, have you felt very lonely?																
Constantly	3.0	1.9	3.5	3.3	2.4	3.8	3.1	3.1	2.9	2.9	3.9	4.8	3.3	2.9	1.3	
Most every day	10.3	7.5	11.2	11.6	8.7	12.1	10.7	10.4	10.1	9.7	12.9	13.8	11.7	9.2	5.2	
Occasionally	36.2	32.5	37.9	36.7	34.0	40.5	34.3	37.5	36.6	35.7	44.9	40.5	38.4	35.7	29.4	
Never	50.5	58.2	47.4	48.4	54.9	43.6	51.9	48.9	50.5	51.7	38.4	40.9	46.6	52.2	64.1	
Within the last month, have you felt sad?																
Constantly	1.8	1.2	2.1	2.2	1.4	2.4	2.8	2.2	1.7	1.7	2.6	3.0	2.0	1.8	0.6	
Most every day	8.8	5.8	9.8	10.3	7.5	10.5	7.0	9.6	8.8	8.3	11.7	8.6	10.1	8.1	5.3	
Occasionally	52.5	45.4	55.4	54.9	48.5	59.3	44.9	50.0	53.6	51.6	63.1	57.5	54.6	52.3	46.1	
Never	36.8	47.6	32.8	32.6	42.6	27.8	45.3	38.2	35.9	38.4	22.6	31.0	33.4	37.8	47.9	
Within the last month, have you felt so depressed that it was difficult to function?																
Constantly	1.0	1.0	1.0	1.1	0.7	1.3	1.3	0.9	0.9	0.9	1.7	2.2	1.2	0.8	0.2	
Most every day	3.5	2.2	3.7	4.5	3.2	3.3	2.6	4.6	3.3	3.2	4.1	4.1	3.9	3.1	1.3	
Occasionally	22.5	17.7	24.0	24.8	20.2	26.2	19.2	22.0	22.9	21.7	31.7	21.3	25.2	21.8	14.9	
Never	73.1	79.1	71.2	69.7	75.9	69.2	76.9	72.5	72.9	74.2	62.6	72.4	69.8	74.3	83.6	
Within the last month, have you felt overwhelming anxiety?																
Constantly	4.0	3.0	4.4	4.3	3.0	5.4	3.5	4.0	4.0	3.7	6.3	5.9	5.3	3.0	0.8	
Most every day	11.4	8.5	12.3	13.0	9.6	14.2	9.1	12.8	11.3	10.8	18.3	15.6	13.9	9.0	6.4	
Occasionally	42.0	39.5	43.5	41.5	39.5	46.5	38.5	39.6	42.8	41.4	50.2	43.5	44.7	41.2	34.1	
Never	42.6	48.9	39.8	41.2	48.0	33.9	48.9	43.6	41.9	44.1	25.3	34.9	36.1	46.8	58.7	
Within the last month, have you felt overwhelming anger?																
Constantly	1.9	1.8	1.7	2.3	1.9	1.9	3.5	1.7	1.8	1.8	2.2	3.0	2.1	1.8	0.8	
Most every day	6.1	6.7	5.5	6.9	6.1	5.8	3.5	6.6	6.2	6.0	6.1	4.5	6.2	6.8	4.1	
Occasionally	36.8	35.4	37.3	37.1	35.4	39.5	34.4	36.0	37.4	36.3	44.1	29.0	39.2	37.9	29.8	
Never	55.2	56.2	55.4	53.7	56.5	52.9	58.7	55.8	54.6	55.8	47.6	63.6	52.6	53.5	65.3	
Within the last month, have you felt a sense of loss?																
Constantly	1.5	1.2	1.5	1.7	1.2	1.6	1.6	0.7	1.5	1.3	1.9	1.5	1.6	1.3	1.3	
Most every day	6.6	4.9	6.9	7.8	5.8	7.6	6.3	8.7	6.4	6.6	7.6	6.7	7.2	6.4	3.8	
Occasionally	35.9	32.9	36.8	37.7	34.8	38.8	30.7	37.2	36.6	34.9	46.2	31.0	35.5	39.2	33.7	
Never	56.1	61.0	54.8	52.8	58.1	52.0	61.4	53.4	55.6	57.2	44.3	60.8	55.7	53.2	61.3	
Within the last month, have you experienced sleep difficulties (e.g., trouble falling asleep, waking too early)?																
Constantly	10.0	8.6	11.1	9.0	9.2	10.9	12.3	13.2	9.4	9.7	10.0	8.6	10.6	10.5	6.8	
Most every day	22.3	21.5	23.0	21.5	21.4	24.1	23.1	20.3	22.6	22.1	26.2	16.7	22.4	24.6	18.6	
Occasionally	47.0	46.2	47.6	46.4	45.8	48.8	40.8	41.9	47.9	46.5	52.2	45.4	46.4	47.2	48.6	
Never	20.7	23.6	18.2	23.1	23.7	16.1	23.7	24.7	20.1	21.7	11.6	29.4	20.6	17.8	26.0	

Notes: Use caution when interpreting data from subgroups with <50 respondents. Percentages for subgroups with <30 are suppressed. Includes all coaching staff respondents (head coaches, assistant/associate coaches, directors of operations, graduate assistants, etc.). 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
All 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
All Respondents, N	6,113	1,677	3,220	1,195	3,240	2,139	320	547	4,660	4,687	545	269	2,690	2,000	624
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	10.2	8.5	11.1	10.2	8.7	12.6	11.9	9.4	10.4	10.1	11.8	6.3	9.9	12.3	7.9
Agree	18.5	18.9	19.4	15.5	18.4	18.4	15.0	21.0	18.2	18.4	18.1	10.4	18.7	20.1	14.8
Somewhat agree	27.1	26.0	27.6	27.3	25.7	29.4	28.5	25.6	27.2	26.8	30.1	26.8	27.2	27.7	25.4
Somewhat disagree	8.2	7.4	8.1	9.7	7.7	8.7	4.7	9.7	8.2	7.9	10.0	9.3	8.6	8.3	5.0
Disagree	19.1	20.0	18.8	18.6	20.5	17.8	18.8	18.2	19.5	19.5	17.7	23.8	19.3	18.1	21.7
Strongly disagree	16.9	19.2	15.1	18.6	18.9	13.2	21.0	16.2	16.5	17.3	12.4	23.4	16.3	13.6	25.4
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	24.6	18.8	27.1	25.8	20.4	30.8	22.1	27.6	24.5	23.5	33.7	15.6	28.0	25.1	13.4
Agree	31.9	30.8	32.7	30.8	30.6	34.1	26.2	29.0	32.8	31.2	38.9	29.0	32.1	34.1	26.7
Somewhat agree	24.0	25.4	23.4	23.7	25.0	23.0	23.3	24.6	24.0	24.8	17.6	30.9	24.1	22.4	25.6
Somewhat disagree	6.7	8.5	5.6	7.4	8.0	4.7	5.7	7.2	6.7	7.1	3.7	9.3	6.0	6.8	7.4
Disagree	7.7	9.6	7.1	6.8	9.2	5.2	13.2	6.3	7.4	8.0	4.4	8.9	5.6	7.8	15.1
Strongly disagree	5.2	6.9	4.1	5.6	6.8	2.3	9.5	5.3	4.7	5.4	1.7	6.3	4.1	3.7	11.8
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	10.8	9.5	11.3	11.2	9.1	12.5	12.5	10.1	10.5	9.9	15.3	4.5	10.8	10.9	11.4
Agree	20.3	17.7	21.7	20.4	19.1	22.7	21.3	21.9	20.1	19.8	26.3	14.6	18.7	23.3	20.8
Somewhat agree	25.9	23.1	27.3	26.2	25.4	27.9	28.5	25.2	26.3	26.2	29.8	19.1	25.1	28.4	28.2
Somewhat disagree	10.8	10.0	10.9	11.8	10.8	10.7	9.1	10.3	11.0	11.0	9.0	8.6	11.4	10.1	11.0
Disagree	16.4	17.7	16.3	15.2	16.9	15.6	15.4	16.2	16.6	17.0	10.7	22.8	17.0	15.4	15.1
Strongly disagree	15.7	21.9	12.6	15.2	18.6	10.6	13.2	16.2	15.5	16.1	8.8	30.3	17.0	11.9	13.5
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	16.0	14.6	16.9	15.3	13.9	18.4	22.0	22.1	14.8	14.8	22.6	24.2	19.5	13.2	5.8
Agree	21.4	21.7	21.9	20.2	20.9	22.7	17.3	23.3	21.6	21.4	22.8	26.8	22.9	20.5	16.0
Somewhat agree	23.8	24.4	23.2	24.9	24.5	22.7	22.6	23.2	23.9	24.0	23.2	21.6	25.0	23.8	20.6
Somewhat disagree	11.7	10.7	11.6	12.9	11.2	12.0	9.7	8.1	12.2	11.7	10.5	11.2	10.7	12.7	12.7
Disagree	15.6	15.8	15.5	15.7	16.3	15.1	15.1	13.1	16.2	16.2	13.6	9.7	13.2	18.5	20.3
Strongly disagree	11.5	12.8	10.9	11.1	13.2	9.1	13.2	10.3	11.4	12.0	7.4	6.7	8.8	11.3	24.5
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	5.5	6.1	6.4	5.0	7.6	7.3	6.7	5.8	6.2	5.3	0.4	9.8	3.5	0.8
Agree	7.3	7.2	7.6	6.8	7.3	7.4	4.5	7.3	7.6	7.5	6.9	2.3	10.0	6.4	2.0
Somewhat agree	8.9	8.9	9.0	8.7	8.3	9.2	9.3	9.2	8.6	8.8	7.8	1.9	11.1	8.5	2.2
Somewhat disagree	5.1	5.8	4.3	6.1	5.8	3.8	6.7	4.8	4.9	5.0	3.8	2.6	5.3	5.8	2.2
Disagree	17.6	20.3	16.6	16.8	18.7	16.3	14.7	16.8	18.0	18.0	15.3	13.2	15.9	21.8	15.3
Strongly disagree	55.1	52.4	56.4	55.3	55.0	55.8	57.5	55.3	55.0	54.5	60.9	79.7	48.1	54.0	77.6
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	6.5	7.3	6.2	6.2	6.0	6.0	5.3	10.3	5.9	6.0	6.4	2.2	7.0	6.7	5.0
Agree	12.3	11.9	12.5	12.5	12.4	12.8	10.3	12.7	12.8	12.4	14.5	4.1	12.6	14.2	11.1
Somewhat agree	21.1	18.4	21.5	23.9	20.5	22.3	21.0	18.8	21.5	20.8	23.9	14.2	20.4	22.3	24.5
Somewhat disagree	11.4	9.1	12.4	11.6	10.5	12.8	10.0	9.9	11.7	11.3	12.5	10.8	12.0	11.3	9.7
Disagree	21.5	23.3	21.3	19.7	21.5	21.9	23.5	20.4	21.5	21.8	20.4	19.8	21.5	22.0	20.9
Strongly disagree	27.2	30.1	26.1	26.1	29.0	24.2	29.8	27.8	26.7	27.7	22.2	48.9	26.5	23.6	28.8
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	0.6	0.4	0.7	0.8	0.4	0.9	1.9	0.7	0.5	0.7	0.0	0.7	0.7	0.6	0.7
Agree	2.2	1.4	2.5	2.4	2.1	2.2	1.9	2.6	2.1	1.9	3.7	1.1	2.2	1.8	3.1
Somewhat agree	6.1	4.7	6.6	6.7	5.2	7.5	7.6	8.0	5.8	5.8	8.2	6.0	5.5	6.5	7.7
Somewhat disagree	6.1	4.1	6.4	8.2	5.1	7.9	5.4	6.1	6.2	6.2	5.4	4.1	7.0	5.8	4.4
Disagree	24.1	23.8	25.2	21.7	22.0	27.4	25.8	23.7	24.0	23.6	27.4	16.9	25.5	24.2	20.4
Strongly disagree	60.8	65.5	58.5	60.3	65.1	54.1	57.3	58.8	61.4	61.8	55.2	71.2	59.1	61.2	63.8

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All Respondents, N	6,113	1,677	3,220	1,195	3,240	2,139	320	547	4,660	4,687	545	269	2,690	2,000	624
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	1.2	0.7	1.4	1.3	0.9	1.6	9.2	2.4	0.5	1.3	0.6	0.0	1.4	1.0	1.3
Agree	2.8	2.0	3.4	2.4	2.4	3.6	16.5	5.5	1.5	2.6	5.0	3.0	2.5	3.2	2.4
Somewhat agree	7.9	6.4	9.0	6.9	6.6	9.5	25.9	15.6	5.5	7.5	9.3	5.6	7.7	8.0	7.8
Somewhat disagree	6.8	4.9	7.7	7.3	6.0	7.9	11.7	10.5	5.9	6.6	8.9	5.6	6.7	7.7	4.1
Disagree	23.4	22.4	24.6	21.7	21.0	27.0	14.6	21.7	24.3	22.6	29.2	16.1	24.3	23.8	22.1
Strongly disagree	57.8	63.5	53.9	60.3	63.1	50.4	22.2	44.3	62.3	59.6	46.9	69.7	57.4	56.2	62.3
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	2.5	1.9	1.3	3.0	1.6	2.8	1.9	1.8	3.9	0.7	1.9	2.1	2.8
Agree	6.3	4.9	7.1	6.1	5.3	7.7	5.0	9.6	6.1	5.7	11.3	3.0	6.5	7.3	4.7
Somewhat agree	15.7	14.0	16.6	15.9	13.6	18.8	12.0	16.7	15.8	14.5	24.4	16.8	14.6	16.5	17.2
Somewhat disagree	10.7	7.8	11.8	12.3	9.8	12.2	7.9	11.6	10.8	10.9	10.3	10.4	11.1	10.5	9.9
Disagree	24.4	25.4	23.9	23.9	24.8	24.2	31.9	21.7	24.3	24.7	23.1	15.7	25.3	24.6	24.0
Strongly disagree	40.9	47.0	38.1	39.9	45.0	34.2	41.6	37.7	41.1	42.5	27.1	53.4	40.5	39.1	41.5
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	51.2	39.6	56.7	52.8	45.4	60.4	53.3	55.6	50.5	50.4	61.1	53.3	52.3	52.0	42.9
A little more	33.3	38.8	30.9	31.9	36.3	29.0	29.3	29.1	34.3	33.8	29.8	31.5	33.3	33.3	35.0
About the same	13.4	18.8	10.4	13.7	16.0	8.6	15.6	13.4	13.1	13.7	7.5	14.1	12.7	12.4	18.2
Somewhat less	1.3	1.8	1.2	0.6	1.3	1.2	1.1	1.3	1.3	1.2	1.0	1.1	1.0	1.3	2.4
Much less than before the pandemic	0.9	0.9	0.8	1.0	0.9	0.8	0.7	0.6	0.9	0.8	0.6	0.0	0.6	1.0	1.5
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	29.1	23.5	32.1	29.3	25.7	34.3	32.7	34.4	28.1	28.4	36.3	22.8	29.2	31.1	23.3
A little more	36.5	37.5	35.9	36.8	38.3	33.9	27.8	32.9	37.5	36.8	34.2	34.8	34.2	38.0	42.2
About the same	29.4	34.0	27.0	29.1	31.4	26.4	32.3	28.3	29.4	30.0	23.9	35.9	31.3	26.4	29.5
Somewhat less	3.0	3.2	3.1	2.5	2.8	3.2	4.9	2.3	3.0	3.0	3.1	6.5	3.4	2.6	2.6
Much less than before the pandemic	1.9	1.8	1.9	2.2	1.8	2.2	2.3	2.1	1.9	1.9	2.5	0.0	1.9	2.0	2.4
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	6.6	6.3	7.8	3.8	6.1	7.3	6.4	9.3	6.2	6.5	6.4	6.6	6.0	7.1	7.3
A little more	11.0	11.0	12.6	6.6	10.5	12.1	10.2	13.1	10.9	10.7	11.0	16.5	10.5	11.6	10.7
About the same	37.1	38.5	36.8	35.9	37.0	37.6	29.3	33.0	38.0	37.2	38.8	40.7	38.8	34.5	36.1
Somewhat less	27.9	27.6	27.0	30.6	28.5	26.8	28.9	24.5	28.2	28.1	27.6	29.7	27.9	27.8	28.5
Much less than before the pandemic	17.4	16.6	15.8	23.2	17.9	16.2	25.2	20.1	16.7	17.5	16.2	6.6	16.8	19.0	17.4
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	45.2	42.5	46.6	44.9	43.6	47.7	49.1	46.3	44.7	44.8	48.0	37.0	44.4	47.6	42.7
A little more	37.0	36.6	37.8	36.3	36.3	38.0	30.9	36.0	37.5	37.1	37.6	40.2	38.6	35.7	34.3
About the same	14.3	17.1	12.5	15.2	16.1	11.4	15.2	12.2	14.5	14.6	11.6	19.6	13.6	13.5	18.0
Somewhat less	2.2	2.5	2.0	2.0	2.6	1.7	3.3	2.9	2.1	2.3	1.5	1.1	2.1	1.9	3.8
Much less than before the pandemic	1.3	1.3	1.1	1.6	1.3	1.2	1.5	2.5	1.2	1.3	1.2	2.2	1.2	1.3	1.2
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	25.1	19.1	27.2	28.1	23.2	28.6	24.4	29.1	24.8	24.1	33.0	16.3	24.7	25.1	29.2
A little more	37.7	37.3	38.1	37.1	37.5	37.9	31.2	34.1	38.4	37.5	39.2	37.0	38.0	38.1	35.0
About the same	31.1	37.5	28.1	30.0	33.8	26.5	27.8	29.5	31.4	32.4	22.3	37.0	31.1	30.9	29.7
Somewhat less	3.4	3.2	4.0	2.0	3.0	4.0	11.3	4.6	2.8	3.4	2.9	5.4	3.2	3.6	3.1
Much less than before the pandemic	2.7	2.9	2.6	2.8	2.6	3.0	5.3	2.7	2.6	2.6	2.5	4.3	2.9	2.2	3.1

Notes: Use caution when interpreting data from subgroups with <50 respondents. Percentages for subgroups with <30 are suppressed. Includes all coaching staff respondents (head coaches, assistant/associate coaches, directors of operations, graduate assistants, etc.). 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
All 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
All Respondents, N	6,113	1,677	3,220	1,195	3,240	2,139	320	547	4,660	4,687	545	269	2,690	2,000	624
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	4.9	5.4	4.5	5.1	5.3	4.8	7.1	4.7	4.9	5.2	4.6	1.1	4.1	5.7	7.1
A little more	16.2	18.6	15.3	15.1	17.3	14.6	17.1	15.5	16.3	16.5	14.4	10.9	15.6	17.4	16.8
About the same	39.4	44.2	37.9	36.8	41.3	36.2	35.3	40.9	39.5	40.1	33.8	38.0	38.0	40.5	41.3
Somewhat less	24.4	20.4	26.1	25.7	23.3	26.7	23.8	21.8	24.8	24.0	29.0	38.0	25.4	23.1	23.0
Much less than before the pandemic	15.0	11.4	16.1	17.3	12.7	17.7	16.7	17.2	14.4	14.3	18.3	12.0	16.9	13.4	11.8
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	3.2	3.0	3.1	3.6	3.2	3.5	4.1	4.9	3.0	3.2	4.8	4.3	2.8	3.7	3.3
A little more	10.6	9.3	10.8	11.6	10.4	11.1	13.8	9.1	10.6	10.6	11.5	10.9	10.8	10.0	11.7
About the same	36.5	43.9	33.8	33.5	39.8	31.0	31.0	33.2	37.1	37.4	30.0	28.3	35.1	36.8	41.2
Somewhat less	28.7	28.1	29.3	28.0	28.2	29.9	27.2	28.8	28.8	28.7	29.8	33.7	28.1	30.6	24.7
Much less than before the pandemic	21.0	15.7	23.0	23.2	18.4	24.5	23.9	24.1	20.5	20.2	24.0	22.8	23.1	18.9	19.1
This year (2021-22), what is your level of concern about managing your roster due to additional eligibility?															
Very concerned	20.0	25.7	18.5	16.1	21.0	17.7	22.4	22.6	19.5	20.0	18.4	7.1	17.5	24.4	21.9
Somewhat concerned	36.5	38.2	37.4	31.5	37.1	35.4	38.8	33.6	36.6	36.5	33.5	33.0	35.4	37.5	39.1
Not concerned	43.5	36.1	44.1	52.4	41.8	47.0	38.8	43.8	44.0	43.4	48.1	59.9	47.1	38.1	39.0
This year (2021-22), what is your level of concern about preventing the athletes on your roster from leaving?															
Very concerned	28.5	33.9	25.9	27.8	29.5	26.3	35.1	32.2	27.6	28.8	26.1	17.2	29.0	30.6	25.3
Somewhat concerned	35.0	34.2	34.7	36.4	35.5	34.6	30.1	33.5	35.5	35.1	33.3	34.1	34.6	35.1	37.0
Not concerned	36.5	31.9	39.4	35.8	35.0	39.0	34.8	34.4	36.9	36.1	40.6	48.7	36.4	34.3	37.7
This year (2021-22), what is your level of concern about recruiting high school athletes?															
Very concerned	30.8	26.4	28.9	41.8	30.9	30.3	29.3	31.5	30.8	31.0	30.3	21.0	31.8	32.2	26.8
Somewhat concerned	39.8	36.4	42.4	37.5	38.6	42.2	38.2	38.7	40.0	39.5	44.4	39.7	38.3	40.9	42.8
Not concerned	29.4	37.2	28.7	20.6	30.5	27.5	32.5	29.8	29.2	29.5	25.3	39.3	29.9	26.9	30.4
This year (2021-22), what is your level of concern about recruiting 2-year transfer athletes?															
Very concerned	10.5	13.4	9.2	10.0	11.0	9.9	17.1	14.6	9.6	10.6	10.1	6.0	10.8	10.9	10.1
Somewhat concerned	27.4	29.8	25.7	28.1	28.3	26.0	35.4	30.1	26.6	27.6	25.7	29.2	28.2	26.9	25.5
Not concerned	62.1	56.8	65.2	61.9	60.7	64.2	47.5	55.4	63.8	61.7	64.2	64.8	61.0	62.2	64.4
This year (2021-22), what is your level of concern about recruiting 4-year transfer athletes?															
Very concerned	17.3	20.4	17.6	12.0	17.4	16.9	25.9	21.7	16.3	17.2	17.9	7.9	17.3	19.2	15.7
Somewhat concerned	32.4	33.2	33.2	29.0	32.8	31.6	33.5	33.6	32.2	32.5	31.0	29.6	31.4	34.5	31.6
Not concerned	50.3	46.4	49.2	59.0	49.8	51.5	40.5	44.7	51.5	50.3	51.1	62.5	51.4	46.3	52.7
This year (2021-22), what is your level of concern about advocating for gender equity within your athletics department?															
Very concerned	20.3	5.4	29.3	16.7	12.1	33.0	21.1	24.8	19.8	18.3	36.6	21.6	22.1	20.2	12.5
Somewhat concerned	33.6	23.3	38.8	34.1	30.5	39.1	35.6	31.3	33.9	33.2	41.4	36.9	34.3	33.1	31.7
Not concerned	46.1	71.2	31.9	49.2	57.4	27.9	43.2	43.9	46.3	48.6	21.9	41.4	43.6	46.7	55.8
This year (2021-22), what is your level of concern about creating an inclusive environment among your team?															
Very concerned	22.8	14.7	26.8	23.1	18.1	30.9	28.5	24.6	22.4	22.1	35.9	24.7	26.5	20.5	13.7
Somewhat concerned	36.3	31.7	38.9	36.1	34.7	39.4	33.9	32.9	37.0	36.2	37.9	31.8	36.0	38.1	34.8
Not concerned	40.8	53.6	34.2	40.8	47.2	29.7	37.7	42.5	40.6	41.8	26.2	43.4	37.6	41.4	51.5
This year (2021-22), what is your level of concern about helping student-athletes navigate name, image and likeness opportunities?															
Very concerned	8.8	10.1	8.3	8.0	8.5	8.9	14.8	11.0	8.0	8.4	10.3	9.0	8.3	10.4	5.6
Somewhat concerned	32.4	33.0	34.8	25.4	32.0	33.4	40.1	34.6	31.8	32.6	32.7	34.0	32.1	33.3	31.6
Not concerned	58.8	56.9	56.9	66.6	59.5	57.7	45.1	54.3	60.2	59.0	57.0	57.1	59.6	56.3	62.8
This year (2021-22), what is your level of concern about navigating changes to the NCAA structure/constitution?															
Very concerned	11.7	14.4	10.3	11.2	12.4	9.6	16.7	15.4	10.7	11.4	10.0	8.2	10.4	13.1	13.2
Somewhat concerned	40.1	38.7	42.4	35.9	38.4	43.9	43.2	40.2	40.1	39.9	43.7	38.8	39.9	41.3	39.5
Not concerned	48.2	46.9	47.3	52.9	49.2	46.6	40.1	44.4	49.2	48.7	46.3	53.0	49.7	45.6	47.3

Notes: Use caution when interpreting data from subgroups with <50 respondents. Percentages for subgroups with <30 are suppressed. Includes all coaching staff respondents (head coaches, assistant/associate coaches, directors of operations, graduate assistants, etc.). 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
All 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
All Respondents, N	6,113	1,677	3,220	1,195	3,240	2,139	320	547	4,660	4,687	545	269	2,690	2,000	624
This year (2021-22), what is your level of concern about navigating COVID-19 health restrictions/protocols?															
Very concerned	26.1	25.5	24.6	30.9	25.6	26.1	27.3	27.6	25.6	25.3	29.9	17.9	24.8	27.5	29.8
Somewhat concerned	46.0	43.4	48.4	42.9	44.9	48.6	41.0	44.6	46.8	46.1	48.2	39.9	46.1	46.5	48.1
Not concerned	27.9	31.1	27.0	26.2	29.6	25.3	31.7	27.8	27.6	28.7	22.0	42.2	29.1	26.1	22.1
This year (2021-22), what is your level of concern about maintaining a safe environment for your team?															
Very concerned	27.5	21.3	29.9	30.1	24.4	32.4	34.8	28.9	26.9	26.6	36.5	25.5	28.9	25.6	27.5
Somewhat concerned	36.4	32.6	38.0	36.8	35.7	37.9	33.9	35.7	36.8	36.6	36.0	31.8	34.3	38.9	40.3
Not concerned	36.1	46.0	32.1	33.0	39.9	29.7	31.3	35.4	36.4	36.8	27.5	42.7	36.8	35.6	32.2
This year (2021-22), what is your level of concern about supporting the mental health of the student-athletes on your team?															
Very concerned	53.2	40.0	60.1	53.3	45.2	65.4	54.1	51.6	53.5	51.9	69.7	48.3	55.3	53.8	44.2
Somewhat concerned	34.4	40.2	30.9	35.4	39.0	27.3	29.2	33.1	34.7	35.3	22.6	32.2	32.4	35.8	39.4
Not concerned	12.4	19.8	8.9	11.4	15.8	7.3	16.7	15.3	11.8	12.9	7.8	19.5	12.3	10.3	16.4
This year (2021-22), what is your level of concern about supporting the physical health of the student-athletes on your team?															
Very concerned	43.0	35.6	47.0	42.5	37.7	51.1	46.7	40.3	43.1	42.1	51.9	40.6	44.9	42.1	38.5
Somewhat concerned	37.5	36.9	37.7	37.9	38.9	35.5	31.9	38.2	37.8	37.8	34.9	33.1	35.6	40.6	38.2
Not concerned	19.5	27.5	15.3	19.5	23.4	13.4	21.5	21.5	19.1	20.1	13.1	26.3	19.5	17.3	23.3
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	11.8	14.1	11.2	10.2	13.0	10.9	16.5	13.3	11.4	12.2	12.2	7.9	11.4	12.1	14.3
Agree	27.2	28.8	27.6	23.9	28.0	26.9	28.2	25.8	27.4	28.1	24.9	25.1	26.2	28.5	28.7
Somewhat agree	27.8	26.5	29.0	26.6	26.5	29.4	29.4	27.7	27.7	27.3	31.0	32.6	29.2	26.5	23.7
Somewhat disagree	10.8	10.0	11.2	11.0	10.5	11.5	9.5	7.7	11.3	10.7	11.3	12.7	11.1	10.0	11.1
Disagree	11.6	10.4	11.2	13.9	11.6	10.9	7.0	11.6	11.7	11.3	11.1	12.4	11.0	11.3	13.8
Strongly disagree	10.9	10.2	9.9	14.5	10.4	10.4	9.5	13.8	10.5	10.3	9.6	9.4	11.1	11.6	8.4
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	6.2	8.2	5.5	5.5	7.0	5.7	12.4	7.4	5.8	6.5	5.9	6.4	5.9	6.5	6.8
Agree	15.8	17.2	15.6	14.6	16.8	15.2	23.6	14.0	15.5	16.4	14.9	18.0	13.5	17.1	20.5
Somewhat agree	26.6	25.0	28.0	25.4	25.7	28.2	29.0	29.3	26.3	26.9	26.4	27.4	27.4	25.7	27.1
Somewhat disagree	17.2	15.3	18.6	15.8	15.8	19.4	12.7	14.6	17.8	16.9	20.3	18.4	17.9	17.2	14.4
Disagree	16.9	16.1	16.4	19.3	17.1	15.8	10.8	16.2	17.2	16.3	17.5	16.2	16.2	17.8	16.6
Strongly disagree	17.2	18.3	15.9	19.4	17.6	15.7	11.5	18.5	17.4	17.0	14.9	13.5	19.2	15.9	14.5
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	4.4	4.7	3.8	5.7	4.7	4.1	6.7	5.6	4.1	4.4	4.2	4.9	3.9	4.4	5.7
Agree	17.2	15.9	17.7	17.4	17.2	17.9	22.0	16.5	17.1	17.6	16.8	18.8	16.2	17.7	19.1
Somewhat agree	33.8	32.4	34.2	34.9	32.4	36.4	34.5	29.1	34.4	34.1	33.4	37.2	35.0	31.7	34.0
Somewhat disagree	18.7	17.4	19.8	17.4	17.9	19.5	17.3	19.5	18.7	18.6	19.2	15.4	19.0	19.1	17.0
Disagree	14.2	16.1	13.7	12.9	15.1	12.7	9.9	14.8	14.5	13.9	15.9	12.4	13.7	15.6	13.3
Strongly disagree	11.7	13.4	10.8	11.8	12.6	9.4	9.6	14.5	11.3	11.3	10.5	11.3	12.1	11.5	11.0
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	2.7	3.0	2.3	3.4	3.0	2.5	7.1	3.1	2.4	2.7	2.4	4.5	2.3	3.0	2.8
Agree	8.6	7.3	8.8	10.1	8.6	9.3	12.5	7.6	8.5	9.0	9.0	11.6	7.9	8.0	13.1
Somewhat agree	28.1	24.4	29.3	29.8	26.6	31.2	36.0	26.6	27.8	28.3	30.8	33.7	27.4	27.7	30.5
Somewhat disagree	21.3	18.2	23.6	19.5	19.8	23.7	11.3	18.9	22.3	21.4	20.7	19.5	22.5	20.8	18.5
Disagree	19.5	21.3	19.3	17.1	19.7	18.7	15.1	20.5	19.7	19.0	20.3	14.2	19.0	21.4	17.5
Strongly disagree	19.9	25.9	16.7	20.0	22.4	14.6	18.0	23.3	19.3	19.5	16.8	16.5	21.0	19.2	17.7

Notes: Use caution when interpreting data from subgroups with <50 respondents. Percentages for subgroups with <30 are suppressed. Includes all coaching staff respondents (head coaches, assistant/associate coaches, directors of operations, graduate assistants, etc.). 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 Head Coach Respondents by Subgroup

	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation				
	All	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
All Respondents, N	4,258	1,159	2,295	786	2,324	1,455	158	351	3,378	3,305	366	35	1,672	1,683	536
In general, how would you rate your mental health, including your mood and your ability to think?															
Excellent	13.8	19.7	11.2	12.6	17.7	7.0	17.1	15.4	13.4	14.8	2.5	2.9	8.1	14.4	29.5
Very Good	30.5	33.9	29.1	29.4	32.7	27.3	33.5	33.3	30.2	31.1	26.6	31.4	27.2	31.9	36.1
Good	32.4	27.2	34.9	33.0	29.3	37.4	29.7	28.8	32.7	31.3	41.4	40.0	35.7	31.9	22.6
Fair	19.1	16.3	20.7	18.2	16.4	23.8	16.5	16.5	19.6	18.7	24.4	17.1	23.4	18.4	9.9
Poor	4.2	2.8	4.1	6.8	3.9	4.5	3.2	6.0	4.2	4.1	5.2	8.6	5.6	3.5	1.9
Within the last month, have you felt things were hopeless?															
Constantly	1.0	0.9	1.0	1.4	1.0	1.0	1.9	1.1	0.9	1.0	0.6	3.0	1.3	0.9	0.4
Most every day	6.3	5.1	5.9	9.1	5.9	6.5	5.1	8.0	6.1	6.1	6.6	6.1	7.7	5.8	3.2
Occasionally	40.5	35.7	42.6	41.6	37.4	45.0	41.0	41.7	40.0	39.2	50.1	42.4	46.4	37.8	28.3
Never	52.2	58.2	50.6	47.9	55.7	47.5	51.9	49.1	53.0	53.6	42.7	48.5	44.6	55.5	68.1
Within the last month, have you felt overwhelmed by all you had to do?															
Constantly	10.8	7.2	12.1	11.7	7.8	15.7	11.5	13.4	10.5	10.3	14.9	26.5	14.8	8.6	4.7
Most every day	26.0	19.2	28.2	29.6	22.1	31.7	19.1	23.9	26.5	25.0	34.4	23.5	30.9	24.9	14.8
Occasionally	51.6	55.2	50.7	49.0	54.0	48.0	50.3	50.4	51.8	52.3	46.0	47.1	47.9	53.5	57.1
Never	11.7	18.4	9.0	9.6	16.2	4.6	19.1	12.3	11.2	12.3	4.7	2.9	6.4	12.9	23.4
Within the last month, have you felt exhausted (not from physical activity)?															
Constantly	10.8	8.8	11.9	10.1	8.1	14.7	8.9	13.4	10.5	10.2	14.0	20.0	14.5	8.9	4.5
Most every day	28.9	21.3	31.9	31.3	24.4	35.7	23.6	25.6	29.4	27.9	39.2	22.9	35.6	26.7	15.5
Occasionally	49.5	54.5	47.5	47.8	52.8	44.5	52.2	49.0	49.5	50.3	43.0	48.6	43.3	54.1	53.5
Never	10.9	15.3	8.7	10.8	14.6	5.1	15.3	12.0	10.6	11.6	3.8	8.6	6.7	10.2	26.5
Within the last month, have you felt very lonely?															
Constantly	3.0	1.8	3.4	3.6	2.4	3.5	3.8	3.4	2.7	2.7	3.8	2.9	3.5	2.8	1.3
Most every day	10.7	8.3	11.5	11.5	9.1	12.3	9.6	10.5	10.4	10.0	13.7	11.4	12.6	10.0	5.6
Occasionally	36.8	34.1	38.1	37.2	35.3	40.3	38.5	37.9	37.0	36.5	42.7	48.6	38.7	37.2	30.7
Never	49.5	55.8	47.1	47.8	53.2	43.9	48.1	48.1	49.9	50.8	39.7	37.1	45.2	50.0	62.3
Within the last month, have you felt sad?															
Constantly	1.7	1.2	1.9	2.2	1.4	2.1	2.6	2.3	1.6	1.6	2.2	2.9	2.0	1.7	0.6
Most every day	9.0	5.9	10.0	10.8	7.6	10.9	6.5	10.3	8.9	8.4	12.4	11.4	10.6	8.4	5.6
Occasionally	54.3	48.2	56.8	56.0	50.6	61.3	53.5	52.9	54.7	53.7	64.1	60.0	57.5	53.7	48.7
Never	34.9	44.7	31.4	31.0	40.4	25.7	37.4	34.6	34.7	36.3	21.3	25.7	29.9	36.2	45.1
Within the last month, have you felt so depressed that it was difficult to function?															
Constantly	1.0	1.0	0.9	1.0	0.7	1.2	0.6	0.9	0.9	0.8	1.6	5.7	1.1	0.8	0.2
Most every day	3.4	2.2	3.4	4.8	3.3	2.9	2.6	4.3	3.2	3.2	3.6	2.9	4.2	2.9	1.5
Occasionally	23.3	18.4	25.4	24.2	20.7	27.7	19.5	22.8	23.6	22.5	33.7	22.9	26.3	23.1	15.7
Never	72.3	78.4	70.2	69.9	75.3	68.2	77.3	72.1	72.3	73.6	61.1	68.6	68.4	73.3	82.6
Within the last month, have you felt overwhelming anxiety?															
Constantly	3.9	3.3	4.2	3.9	2.8	5.1	2.5	4.8	3.8	3.6	5.8	8.6	5.6	3.0	0.9
Most every day	11.5	8.0	12.5	13.5	9.8	14.3	9.6	13.4	11.3	11.0	18.1	22.9	15.4	9.0	6.5
Occasionally	43.4	42.1	43.9	44.0	41.5	48.0	40.8	39.6	44.5	43.1	52.1	45.7	46.6	43.1	36.6
Never	41.2	46.7	39.4	38.5	45.9	32.6	47.1	42.2	40.4	42.3	24.1	22.9	32.4	44.9	55.9
Within the last month, have you felt overwhelming anger?															
Constantly	1.7	1.6	1.5	2.7	1.8	1.8	3.8	2.0	1.7	1.7	2.2	0.0	2.0	1.9	0.8
Most every day	6.3	6.8	5.5	7.5	6.2	6.2	5.7	6.0	6.3	6.2	6.9	0.0	6.7	6.9	3.6
Occasionally	39.2	37.8	40.1	38.3	37.8	42.0	38.2	38.6	39.6	38.6	46.6	20.0	43.3	39.0	30.7
Never	52.8	53.8	52.9	51.5	54.2	50.0	52.2	53.4	52.5	53.5	44.4	80.0	48.0	52.2	65.0
Within the last month, have you felt a sense of loss?															
Constantly	1.6	1.4	1.5	1.9	1.3	1.7	1.9	0.6	1.6	1.3	2.5	0.0	1.8	1.3	1.5
Most every day	6.8	5.1	7.3	7.9	5.8	7.9	6.4	9.1	6.5	6.7	7.5	2.9	8.1	6.2	4.2
Occasionally	38.1	36.1	39.0	38.7	37.3	40.5	34.0	39.1	38.6	36.9	48.3	37.1	37.9	40.7	33.3
Never	53.5	57.5	52.2	51.5	55.5	49.9	57.7	51.1	53.4	55.1	41.7	60.0	52.3	51.7	61.0
Within the last month, have you experienced sleep difficulties (e.g., trouble falling asleep, waking too early)?															
Constantly	10.7	9.5	11.8	9.4	9.6	11.7	12.8	15.4	9.9	10.4	9.1	2.9	11.9	10.6	7.1
Most every day	23.7	23.5	24.2	22.6	22.8	25.8	25.0	21.9	23.9	23.5	29.1	22.9	23.3	25.7	20.2
Occasionally	47.7	47.3	47.9	47.3	46.7	49.2	40.4	41.9	48.5	47.2	52.7	62.9	47.4	47.0	48.5
Never	17.9	19.7	16.1	20.7	20.9	13.4	21.8	20.8	17.6	18.9	9.1	11.4	17.3	16.8	24.2

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 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
All Respondents, N	4,258	1,159	2,295	786	2,324	1,455	158	351	3,378	3,305	366	35	1,672	1,683	536
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	10.8	9.4	11.7	10.1	8.8	13.6	11.4	9.2	10.9	10.5	11.3	5.7	10.8	12.0	7.9
Agree	19.4	19.8	20.3	16.2	18.9	19.4	13.9	21.2	19.0	19.0	18.1	5.7	19.2	20.3	15.5
Somewhat agree	26.7	25.4	27.1	27.3	26.0	28.7	26.6	26.1	27.0	26.6	29.9	28.6	27.5	27.0	24.7
Somewhat disagree	7.8	6.8	7.6	10.0	7.5	8.3	6.3	10.0	7.7	7.6	9.9	14.3	8.3	8.4	4.5
Disagree	19.2	20.5	18.6	19.0	20.7	17.4	22.8	18.3	19.4	19.7	17.3	14.3	19.0	18.7	23.0
Strongly disagree	16.1	18.2	14.6	17.4	18.2	12.6	19.0	15.2	16.0	16.5	13.5	31.4	15.2	13.5	24.5
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	27.0	19.9	29.9	28.7	22.0	34.6	28.7	30.7	26.4	25.8	36.3	17.1	31.7	26.7	13.9
Agree	32.8	33.6	32.7	32.0	32.5	33.8	21.7	29.9	33.9	32.3	40.1	45.7	32.6	34.7	28.7
Somewhat agree	22.8	23.5	22.4	23.2	24.1	21.2	25.5	23.9	22.6	23.5	16.2	20.0	22.7	22.0	26.0
Somewhat disagree	6.0	8.3	4.9	5.8	7.2	3.9	3.2	6.0	6.1	6.4	2.7	5.7	5.5	6.3	6.6
Disagree	7.0	8.6	6.7	5.6	8.2	4.5	13.4	5.7	6.5	7.3	3.0	2.9	4.2	6.8	15.0
Strongly disagree	4.5	6.1	3.5	4.7	5.9	2.0	7.6	3.7	4.4	4.6	1.6	8.6	3.2	3.5	9.9
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	12.1	10.9	12.7	11.9	9.9	14.7	13.9	12.0	11.7	11.2	17.5	0.0	13.2	11.2	11.1
Agree	22.1	20.6	23.1	21.6	21.3	24.0	27.2	23.7	21.7	21.6	27.9	25.7	20.4	23.8	21.6
Somewhat agree	27.1	24.5	28.2	28.0	26.7	28.7	25.9	28.0	27.5	27.3	29.8	20.0	25.9	29.0	28.3
Somewhat disagree	10.5	10.3	10.6	10.6	10.3	10.5	8.2	9.7	10.6	10.6	8.2	11.4	10.9	9.3	11.8
Disagree	15.2	16.4	15.0	13.9	15.9	14.0	13.9	14.6	15.4	15.8	9.8	25.7	15.9	14.9	13.9
Strongly disagree	12.9	17.3	10.4	13.9	15.8	8.1	10.8	12.0	13.1	13.5	6.8	17.1	13.7	11.8	13.3
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	14.2	12.7	15.4	12.4	12.0	16.9	16.6	20.6	13.4	13.1	20.5	14.3	18.0	13.1	6.2
Agree	21.0	21.0	21.5	19.8	20.9	21.9	17.2	22.6	21.2	20.8	24.0	31.4	23.4	20.2	15.8
Somewhat agree	23.7	24.6	22.8	25.0	25.0	22.0	25.5	24.0	23.8	24.1	22.7	25.7	25.1	23.7	20.6
Somewhat disagree	12.1	11.6	11.7	13.7	11.8	11.8	10.8	8.9	12.2	12.2	8.7	17.1	10.7	12.6	13.3
Disagree	16.9	16.7	17.0	17.0	16.6	16.9	15.3	14.0	17.2	17.1	15.0	8.6	14.0	18.7	20.1
Strongly disagree	12.2	13.3	11.6	12.1	13.7	10.4	14.6	10.0	12.3	12.7	9.0	2.9	8.8	11.7	24.0
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	6.6	6.2	7.1	6.0	5.0	9.0	5.9	7.2	6.4	6.7	6.3	0.0	11.4	3.7	1.0
Agree	7.8	7.0	8.6	6.9	7.3	8.8	2.6	9.0	8.1	7.9	8.5	0.0	11.3	6.7	1.9
Somewhat agree	9.7	9.3	9.9	9.5	8.8	10.7	9.9	10.5	9.3	9.7	8.5	5.9	12.9	8.6	2.3
Somewhat disagree	5.2	5.1	4.8	6.6	5.5	4.3	8.6	5.7	4.8	5.0	4.0	5.9	5.5	5.4	2.3
Disagree	18.1	21.1	16.6	18.4	19.3	15.8	11.8	18.0	18.4	18.2	15.1	5.9	15.8	21.3	16.0
Strongly disagree	52.6	51.4	53.0	52.7	54.1	51.4	61.2	49.5	53.0	52.5	57.7	82.4	43.1	54.3	76.5
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	7.2	7.9	7.2	6.1	6.6	7.0	7.0	10.6	6.7	6.8	7.4	2.9	8.4	6.7	5.1
Agree	14.2	13.8	14.0	15.0	14.0	15.2	14.6	16.6	14.2	14.0	18.3	8.6	14.9	15.2	10.7
Somewhat agree	22.4	20.2	22.9	24.4	21.7	23.7	23.4	19.8	22.7	22.1	24.0	17.1	21.4	23.3	23.3
Somewhat disagree	11.6	9.6	12.7	11.1	10.9	12.7	8.2	12.0	11.7	11.6	11.2	5.7	12.6	11.1	10.5
Disagree	21.4	23.2	21.3	19.3	21.0	21.7	20.9	18.9	21.3	21.4	20.5	28.6	20.8	21.4	21.2
Strongly disagree	23.2	25.3	22.0	24.0	25.8	19.7	25.9	22.1	23.4	24.1	18.6	37.1	21.9	22.3	29.3
How much do you agree or disagree that <u>natural disasters</u> (e.g., flooding, hurricanes, wildfires) impacting your <u>community</u> have negatively impacted your mental health within the last 12 months?															
Strongly agree	0.6	0.4	0.7	0.6	0.4	0.9	2.0	0.3	0.6	0.7	0.0	0.0	0.6	0.6	0.8
Agree	2.5	1.7	2.9	2.3	2.2	2.6	3.9	3.5	2.2	2.1	4.4	2.9	2.6	2.0	2.7
Somewhat agree	6.1	5.1	6.9	5.0	5.2	7.6	7.2	8.4	5.8	5.6	8.6	2.9	5.2	6.5	7.4
Somewhat disagree	6.7	4.5	7.2	8.5	5.4	8.8	5.2	8.4	6.5	6.7	6.1	5.7	8.0	6.1	4.4
Disagree	25.3	24.4	25.8	25.1	23.2	28.3	28.1	24.8	24.8	24.8	26.7	17.1	26.6	24.4	21.4
Strongly disagree	58.9	64.0	56.4	58.5	63.6	51.8	53.6	54.8	60.1	60.2	54.2	71.4	57.0	60.4	63.4

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
Head Coach Respondents by Subgroup

	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation				
	All	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
All Respondents, N	4,258	1,159	2,295	786	2,324	1,455	158	351	3,378	3,305	366	35	1,672	1,683	536
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	1.1	0.6	1.4	1.3	0.8	1.6	9.7	2.3	0.6	1.1	0.8	0.0	1.3	1.0	0.9
Agree	2.6	1.7	3.3	2.0	2.1	3.5	16.8	5.1	1.7	2.3	5.8	2.9	2.3	3.0	2.5
Somewhat agree	8.0	6.4	9.4	6.5	6.7	9.8	32.3	16.0	5.8	7.8	7.8	5.7	8.0	7.6	8.0
Somewhat disagree	6.7	5.0	7.8	6.3	5.9	7.9	8.4	11.1	6.0	6.5	7.2	11.4	6.5	7.5	3.6
Disagree	24.4	23.5	25.2	23.4	21.6	28.2	12.9	24.6	24.7	23.3	28.1	8.6	25.1	24.1	22.9
Strongly disagree	57.1	62.8	53.0	60.5	62.9	49.0	20.0	40.9	61.2	58.9	50.1	71.4	56.8	56.8	62.1
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	0.8	2.5	1.9	1.3	3.1	2.6	2.0	2.0	1.7	4.4	0.0	1.7	2.1	2.8
Agree	6.6	5.7	7.5	5.4	5.5	8.4	4.5	10.8	6.4	6.0	11.5	0.0	6.5	7.8	4.3
Somewhat agree	15.6	14.2	16.2	16.0	13.6	18.5	10.9	18.2	15.4	14.2	24.5	17.1	14.3	16.2	17.0
Somewhat disagree	11.1	8.2	12.2	12.3	10.4	12.6	5.8	13.4	11.0	11.1	11.5	20.0	12.0	10.5	9.6
Disagree	24.5	25.8	24.1	23.7	24.8	24.0	35.3	21.9	24.2	24.7	22.5	5.7	25.0	24.2	24.7
Strongly disagree	40.3	45.3	37.4	40.7	44.5	33.3	41.0	33.6	41.0	42.2	25.5	57.1	40.5	39.3	41.5
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	52.7	41.8	57.7	54.4	47.1	62.0	59.0	59.0	51.8	52.0	62.3	68.8	54.3	53.6	44.6
A little more	32.8	38.7	30.3	31.3	36.2	27.8	27.1	27.2	33.7	33.4	29.2	31.3	32.7	32.7	34.5
About the same	12.5	17.0	10.1	12.8	14.6	8.3	11.8	13.0	12.4	12.6	7.4	0.0	11.7	11.5	17.5
Somewhat less	1.2	1.7	1.1	0.6	1.2	1.1	0.7	0.9	1.2	1.2	0.3	0.0	0.7	1.3	2.4
Much less than before the pandemic	0.8	0.9	0.8	0.9	0.9	0.8	1.4	0.0	0.9	0.8	0.8	0.0	0.6	1.0	1.0
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	30.5	24.7	33.2	31.6	27.3	35.5	39.0	35.5	29.5	29.6	38.0	25.0	30.9	32.4	24.0
A little more	37.6	40.1	35.8	39.2	40.1	34.1	27.0	34.0	38.4	38.2	33.4	31.3	35.6	38.1	42.9
About the same	27.3	31.0	26.2	25.1	28.5	25.4	27.0	27.5	27.5	27.8	22.4	43.8	29.0	24.9	28.5
Somewhat less	2.6	2.6	2.7	1.8	2.4	2.6	5.0	1.5	2.6	2.4	3.4	0.0	2.6	2.6	2.2
Much less than before the pandemic	2.0	1.7	2.0	2.3	1.8	2.4	2.1	1.5	2.0	1.9	2.8	0.0	1.9	2.0	2.4
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	6.8	5.7	8.1	4.4	6.2	7.4	6.4	10.6	6.3	6.5	7.6	6.3	6.3	6.8	7.8
A little more	11.6	11.8	13.1	6.6	10.9	13.1	9.9	14.0	11.5	11.3	10.8	18.8	11.1	12.2	11.2
About the same	35.9	37.6	35.2	35.4	35.5	36.7	24.8	31.4	36.8	35.9	38.2	50.0	37.0	34.4	35.9
Somewhat less	28.0	28.4	27.0	30.2	28.8	26.2	28.4	23.9	28.3	28.2	26.9	18.8	28.3	27.8	28.3
Much less than before the pandemic	17.8	16.6	16.6	23.3	18.7	16.6	30.5	20.2	17.1	18.1	16.4	6.3	17.3	18.8	16.8
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	43.3	47.7	47.7	44.8	49.2	50.0	48.6	45.9	46.3	47.7	43.8	45.9	48.1	43.5
A little more	36.9	37.4	37.1	36.3	36.6	37.4	28.5	35.0	37.6	36.9	38.4	37.5	39.2	35.8	34.3
About the same	13.1	15.5	12.0	12.3	14.7	10.4	14.6	11.5	13.2	13.2	11.6	18.8	11.8	12.6	17.3
Somewhat less	2.2	2.4	2.1	1.9	2.5	1.9	5.6	2.8	2.1	2.3	1.4	0.0	1.9	2.0	3.8
Much less than before the pandemic	1.3	1.4	1.1	1.9	1.4	1.2	1.4	2.2	1.3	1.3	0.9	0.0	1.2	1.5	1.2
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	26.8	20.7	29.1	29.2	24.8	30.6	29.4	30.3	26.4	25.9	34.5	25.0	27.2	26.0	29.2
A little more	38.4	38.5	38.0	39.1	38.1	38.6	30.8	35.6	38.9	37.8	43.0	37.5	40.1	37.8	34.6
About the same	29.3	35.5	26.9	27.6	32.2	24.2	23.1	28.2	29.6	30.8	17.9	37.5	27.4	30.6	30.2
Somewhat less	3.1	3.0	3.8	1.2	2.7	3.8	10.5	3.4	2.8	3.2	2.6	0.0	2.7	3.5	3.4
Much less than before the pandemic	2.4	2.2	2.3	2.9	2.2	2.8	6.3	2.5	2.3	2.3	2.0	0.0	2.7	2.0	2.6

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 Head Coach Respondents by Subgroup

	Sport Gender			Gender Identity		Race/Ethnicity			Sexual Orientation		Generation				
	All	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
All Respondents, N	4,258	1,159	2,295	786	2,324	1,455	158	351	3,378	3,305	366	35	1,672	1,683	536
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	5.2	5.8	4.7	5.3	5.9	4.5	9.7	5.3	5.1	5.5	4.3	0.0	4.2	6.0	6.6
A little more	16.8	20.4	15.6	15.0	18.0	14.9	16.0	16.3	16.9	17.1	15.1	12.5	16.9	17.1	16.3
About the same	39.2	43.0	38.3	36.2	40.4	36.8	29.9	39.7	39.5	39.7	33.0	37.5	36.4	40.3	43.4
Somewhat less	24.0	19.6	25.1	27.1	23.4	25.6	23.6	20.9	24.4	23.6	28.5	43.8	25.2	23.1	22.7
Much less than before the pandemic	14.9	11.2	16.3	16.4	12.4	18.2	20.8	17.8	14.1	14.1	19.1	6.3	17.3	13.6	11.0
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	3.1	3.1	2.9	3.4	3.1	3.2	4.2	5.9	2.8	3.1	4.3	0.0	3.1	3.5	2.4
A little more	10.6	9.5	10.9	11.3	10.6	11.0	13.3	9.7	10.7	10.6	11.4	6.3	10.8	10.5	11.0
About the same	35.9	43.6	33.4	32.1	39.2	30.2	26.6	31.5	36.6	36.7	28.7	31.3	33.0	36.1	42.4
Somewhat less	29.0	28.3	29.0	29.8	28.4	30.2	27.3	27.7	29.2	28.9	30.1	31.3	28.4	31.0	24.7
Much less than before the pandemic	21.4	15.6	23.8	23.5	18.7	25.3	28.7	25.2	20.6	20.6	25.6	31.3	24.6	18.9	19.5
This year (2021-22), what is your level of concern about managing your roster due to additional eligibility?															
Very concerned	21.9	29.2	20.2	16.3	22.9	19.4	22.2	28.9	21.1	21.8	19.7	17.1	18.1	25.6	22.4
Somewhat concerned	36.0	36.6	37.4	31.4	36.3	35.2	43.7	32.6	36.0	36.1	32.7	14.3	34.4	37.0	38.8
Not concerned	42.1	34.2	42.4	52.3	40.7	45.5	34.2	38.6	42.9	42.1	47.6	68.6	47.5	37.4	38.8
This year (2021-22), what is your level of concern about preventing the athletes on your roster from leaving?															
Very concerned	30.2	35.6	27.4	30.2	30.8	28.8	37.8	36.0	29.2	30.5	27.5	22.9	31.6	30.9	24.7
Somewhat concerned	35.2	33.1	35.7	36.8	35.5	35.0	25.6	33.7	35.9	35.2	33.1	45.7	35.6	33.7	37.7
Not concerned	34.6	31.4	36.9	33.0	33.7	36.1	36.5	30.3	34.9	34.3	39.4	31.4	32.8	35.3	37.5
This year (2021-22), what is your level of concern about recruiting high school athletes?															
Very concerned	33.7	28.7	32.2	45.4	33.1	34.4	33.1	36.0	33.4	33.8	33.8	34.3	36.1	33.4	27.5
Somewhat concerned	39.8	37.0	42.5	35.9	39.0	42.1	40.8	37.7	40.1	39.7	41.8	54.3	37.8	40.8	41.9
Not concerned	26.5	34.3	25.3	18.8	28.0	23.5	26.1	26.3	26.5	26.5	24.4	11.4	26.1	25.9	30.6
This year (2021-22), what is your level of concern about recruiting 2-year transfer athletes?															
Very concerned	11.3	13.7	10.2	10.7	11.3	11.6	17.9	16.1	10.6	11.5	11.2	14.3	11.8	11.0	10.5
Somewhat concerned	26.9	29.2	25.5	27.6	28.1	25.1	35.9	31.3	26.2	27.1	23.5	40.0	27.9	26.7	24.7
Not concerned	61.8	57.1	64.3	61.7	60.7	63.3	46.2	52.6	63.3	61.3	65.3	45.7	60.2	62.3	64.8
This year (2021-22), what is your level of concern about recruiting 4-year transfer athletes?															
Very concerned	17.9	21.0	18.0	12.7	17.3	18.6	24.4	22.9	17.1	17.8	18.7	14.3	17.7	18.9	16.0
Somewhat concerned	33.0	33.6	34.3	28.2	33.3	32.0	35.3	35.5	32.6	33.1	30.1	34.3	31.9	34.3	32.1
Not concerned	49.2	45.4	47.7	59.2	49.3	49.4	40.4	41.5	50.3	49.1	51.3	51.4	50.4	46.9	51.9
This year (2021-22), what is your level of concern about advocating for gender equity within your athletics department?															
Very concerned	20.4	6.0	29.8	14.4	12.6	33.6	21.7	25.4	20.1	18.7	35.6	14.3	22.9	20.4	13.6
Somewhat concerned	33.2	23.4	37.7	34.7	30.9	37.4	39.5	30.3	33.4	32.9	41.1	34.3	33.8	33.3	31.4
Not concerned	46.3	70.5	32.6	50.9	56.4	29.0	38.9	44.3	46.5	48.4	23.3	51.4	43.2	46.3	55.0
This year (2021-22), what is your level of concern about creating an inclusive environment among your team?															
Very concerned	22.1	14.8	25.8	21.7	17.7	30.2	24.8	24.0	22.0	21.7	32.7	20.0	26.4	20.4	14.2
Somewhat concerned	37.7	32.3	40.4	38.0	35.4	41.7	39.5	34.3	38.0	37.2	41.5	37.1	37.8	38.8	33.8
Not concerned	40.2	52.9	33.8	40.2	46.9	28.2	35.7	41.7	40.0	41.1	25.8	42.9	35.8	40.7	52.0
This year (2021-22), what is your level of concern about helping student-athletes navigate name, image and likeness opportunities?															
Very concerned	7.4	9.5	7.1	5.2	7.2	7.5	10.8	9.2	6.9	7.3	7.1	8.6	6.0	9.1	5.8
Somewhat concerned	31.5	32.9	32.6	26.4	31.8	31.1	35.7	33.8	31.4	31.8	30.4	31.4	30.4	33.0	32.0
Not concerned	61.1	57.7	60.3	68.5	60.9	61.4	53.5	57.0	61.7	60.9	62.5	60.0	63.6	57.8	62.2
This year (2021-22), what is your level of concern about navigating changes to the NCAA structure/constitution?															
Very concerned	10.8	13.5	9.8	9.4	11.2	8.8	12.1	14.0	10.2	10.5	8.0	8.6	8.4	12.2	13.1
Somewhat concerned	40.3	40.0	42.1	35.8	38.9	44.1	43.9	43.1	40.2	40.3	42.7	40.0	40.5	41.4	38.2
Not concerned	48.9	46.6	48.1	54.8	49.9	47.1	43.9	42.9	49.7	49.3	49.3	51.4	51.1	46.4	48.7

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 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
All Respondents, N	4,258	1,159	2,295	786	2,324	1,455	158	351	3,378	3,305	366	35	1,672	1,683	536
This year (2021-22), what is your level of concern about navigating COVID-19 health restrictions/protocols?															
Very concerned	28.4	28.9	26.9	32.4	27.7	28.8	31.0	32.0	27.8	27.6	31.8	20.0	29.1	27.6	29.4
Somewhat concerned	46.7	44.7	48.5	44.1	46.1	48.8	41.3	48.0	47.2	47.0	48.8	37.1	46.5	46.8	49.1
Not concerned	24.8	26.4	24.6	23.4	26.1	22.4	27.7	20.0	25.1	25.4	19.5	42.9	24.4	25.6	21.5
This year (2021-22), what is your level of concern about maintaining a safe environment for your team?															
Very concerned	27.9	22.6	30.2	29.3	24.8	32.9	36.9	28.6	27.3	27.2	34.9	20.0	29.7	26.1	27.3
Somewhat concerned	37.2	33.3	38.9	37.7	36.3	39.3	36.3	38.3	37.3	37.1	39.6	45.7	35.5	38.5	39.0
Not concerned	34.9	44.1	30.9	33.0	38.9	27.8	26.8	33.1	35.4	35.7	25.5	34.3	34.8	35.4	33.7
This year (2021-22), what is your level of concern about supporting the mental health of the student-athletes on your team?															
Very concerned	55.0	42.4	61.7	54.5	47.2	67.5	56.3	53.1	55.2	53.6	71.2	48.6	58.1	55.1	45.3
Somewhat concerned	34.7	41.0	31.1	35.8	39.6	27.1	29.7	34.6	34.9	35.6	23.3	40.0	32.9	35.2	39.0
Not concerned	10.3	16.7	7.3	9.7	13.2	5.4	13.9	12.3	9.9	10.8	5.5	11.4	9.0	9.7	15.7
This year (2021-22), what is your level of concern about supporting the physical health of the student-athletes on your team?															
Very concerned	43.7	37.5	47.9	40.8	38.0	52.8	45.2	41.1	43.9	42.8	52.3	37.1	46.2	42.9	38.9
Somewhat concerned	38.9	37.7	38.8	41.2	40.8	36.3	36.9	38.9	39.0	39.3	36.7	37.1	37.4	40.9	38.0
Not concerned	17.3	24.8	13.3	18.0	21.1	10.9	17.8	20.0	17.1	17.9	11.0	25.7	16.4	16.2	23.1
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	12.7	15.2	12.4	9.8	13.6	12.3	14.1	13.2	12.8	13.1	13.2	11.4	12.7	12.2	14.8
Agree	29.0	31.3	29.0	25.9	29.9	28.8	32.1	26.1	29.3	30.1	26.2	31.4	27.9	29.9	30.2
Somewhat agree	26.5	24.5	27.7	26.3	25.4	27.7	28.2	27.0	26.3	25.9	29.5	22.9	28.0	26.2	22.9
Somewhat disagree	10.2	9.7	10.1	11.1	10.4	9.9	9.0	7.5	10.6	10.2	8.8	8.6	10.5	9.5	11.3
Disagree	11.5	10.0	11.0	14.9	11.4	10.9	8.3	12.1	11.4	11.2	11.3	20.0	10.8	11.1	13.7
Strongly disagree	10.1	9.4	9.8	12.1	9.3	10.4	8.3	14.1	9.7	9.4	11.0	5.7	10.2	11.1	7.1
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	6.2	8.2	5.7	4.6	6.6	6.1	9.1	6.3	6.1	6.5	5.5	5.9	5.9	6.4	6.4
Agree	15.8	17.1	15.6	14.9	16.8	15.3	24.7	13.2	15.7	16.5	14.9	32.4	13.0	16.7	20.7
Somewhat agree	25.5	23.6	26.2	26.1	25.1	26.0	25.3	28.4	25.3	25.8	23.4	11.8	25.2	25.8	26.7
Somewhat disagree	17.1	15.8	18.1	15.7	16.2	18.5	13.0	14.7	17.5	16.8	19.6	17.6	17.5	17.5	14.7
Disagree	18.0	17.8	17.2	20.7	18.6	16.4	14.9	18.7	17.9	17.4	19.6	17.6	18.2	17.8	17.5
Strongly disagree	17.4	17.5	17.2	18.0	16.8	17.6	13.0	18.7	17.5	17.1	17.1	14.7	20.1	15.8	13.9
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	4.4	4.4	4.2	5.2	4.4	4.6	5.8	4.6	4.3	4.4	4.7	2.9	4.0	4.3	5.8
Agree	18.0	16.5	18.5	18.7	18.1	18.6	23.4	17.6	17.9	18.5	16.8	28.6	16.9	18.5	19.4
Somewhat agree	33.6	33.6	32.7	36.4	32.8	35.3	33.1	29.5	34.2	34.1	31.6	34.3	34.9	31.9	34.6
Somewhat disagree	18.7	17.8	19.7	17.1	18.2	19.0	18.2	18.5	18.6	18.8	18.1	17.1	18.6	19.4	16.7
Disagree	14.5	16.4	14.2	12.6	15.4	12.9	12.3	17.6	14.4	14.1	17.0	5.7	14.3	15.2	13.9
Strongly disagree	10.8	11.4	10.7	10.1	11.1	9.5	7.1	12.1	10.6	10.2	11.8	11.4	11.1	10.7	9.6
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	2.5	2.8	2.5	2.3	2.5	2.7	7.2	1.7	2.4	2.5	2.7	5.7	2.2	2.8	2.4
Agree	8.6	6.8	8.7	10.7	8.7	9.0	13.7	7.2	8.5	9.2	7.4	14.3	7.5	8.0	13.7
Somewhat agree	28.3	26.5	28.2	31.3	28.0	30.0	35.3	28.2	28.2	28.8	28.3	45.7	27.1	28.4	31.2
Somewhat disagree	22.0	19.0	23.8	21.5	20.6	24.0	10.5	19.6	22.8	22.1	21.2	20.0	23.8	21.7	17.7
Disagree	19.5	21.2	20.0	15.6	19.7	19.2	17.6	21.3	19.6	19.1	20.9	8.6	18.9	21.1	17.7
Strongly disagree	19.0	23.6	16.8	16.5	20.5	15.1	15.7	21.9	18.6	18.3	19.5	5.7	20.5	18.0	17.3

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
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
All Respondents, N	1,627	463	808	351	818	585	142	164	1,131	1,219	151	149	939	289	77
In general, how would you rate your mental health, including your mood and your ability to think?															
Excellent	14.4	21.3	9.4	16.5	20.1	6.3	21.8	16.5	13.0	15.1	5.3	6.7	11.6	18.1	45.5
Very Good	34.3	38.0	33.3	31.6	36.5	32.9	33.1	36.0	35.1	35.8	28.5	30.9	35.0	40.3	24.7
Good	30.6	26.5	34.8	26.5	25.2	37.7	29.6	26.2	30.7	29.7	35.8	38.3	31.3	24.3	23.4
Fair	16.6	10.8	18.5	19.9	14.3	19.2	12.0	16.5	17.1	15.4	25.8	20.1	17.6	13.9	5.2
Poor	4.1	3.5	4.0	5.4	3.9	3.9	3.5	4.9	4.1	3.9	4.6	4.0	4.5	3.5	1.3
Within the last month, have you felt things were hopeless?															
Constantly	1.2	1.1	1.4	0.9	0.7	1.7	2.1	0.6	1.1	1.2	0.7	2.0	1.0	1.4	0.0
Most every day	6.6	5.7	5.7	9.8	7.2	6.0	5.0	7.9	6.9	6.9	6.0	4.1	7.3	7.3	4.1
Occasionally	35.9	31.2	37.0	39.8	32.8	40.3	29.8	34.8	37.4	34.9	49.3	43.5	38.2	29.4	24.3
Never	56.4	62.1	55.9	49.6	59.3	51.9	63.1	56.7	54.7	57.0	44.0	50.3	53.5	61.9	71.6
Within the last month, have you felt overwhelmed by all you had to do?															
Constantly	7.1	4.6	8.3	7.7	5.9	9.6	7.0	6.7	7.4	6.6	12.6	10.1	8.6	2.8	2.7
Most every day	22.3	17.4	24.3	24.6	18.2	29.6	16.2	22.1	24.2	21.6	34.4	29.1	24.1	19.1	13.3
Occasionally	53.5	52.9	54.0	53.1	52.4	53.6	50.0	56.4	52.5	54.2	43.0	54.7	53.6	54.2	37.3
Never	17.0	25.2	13.4	14.6	23.6	7.2	26.8	14.7	15.9	17.5	9.9	6.1	13.7	24.0	46.7
Within the last month, have you felt exhausted (not from physical activity)?															
Constantly	9.3	7.8	9.8	10.0	9.0	10.3	9.9	11.0	9.3	8.9	13.2	12.1	11.1	4.5	5.3
Most every day	26.7	21.7	29.7	26.6	22.6	32.6	22.0	28.2	27.3	25.5	38.4	31.5	28.8	22.2	8.0
Occasionally	52.1	54.2	50.4	53.0	54.0	49.7	51.1	49.7	52.4	53.0	46.4	51.0	50.7	57.3	53.3
Never	11.9	16.3	10.0	10.3	14.5	7.4	17.0	11.0	11.0	12.6	2.0	5.4	9.4	16.0	33.3
Within the last month, have you felt very lonely?															
Constantly	2.7	1.7	3.5	2.3	2.1	3.4	2.8	2.4	2.7	2.6	3.3	3.4	2.6	3.1	1.3
Most every day	8.5	4.5	9.8	11.1	6.5	11.1	11.3	9.1	8.1	8.1	10.6	8.7	10.0	4.8	2.6
Occasionally	34.7	28.7	38.2	34.2	30.7	41.8	28.9	33.5	36.5	33.8	51.0	43.6	37.8	26.6	23.7
Never	54.1	65.0	48.6	52.4	60.8	43.7	57.0	54.9	52.7	55.4	35.1	44.3	49.6	65.4	72.4
Within the last month, have you felt sad?															
Constantly	1.8	1.1	2.0	2.3	1.3	2.4	3.5	1.8	1.5	1.7	2.7	2.0	1.5	2.4	1.3
Most every day	8.0	5.4	9.1	8.9	6.7	9.1	6.4	7.4	8.3	7.7	9.3	6.1	9.1	5.9	4.0
Occasionally	48.5	39.0	52.4	52.2	43.1	55.7	36.9	43.6	51.1	46.6	62.7	58.1	50.2	44.4	34.7
Never	41.7	54.5	36.6	36.6	48.8	32.8	53.2	47.2	39.2	44.0	25.3	33.8	39.2	47.2	60.0
Within the last month, have you felt so depressed that it was difficult to function?															
Constantly	0.9	0.7	1.0	1.1	0.7	1.2	2.2	1.2	0.7	1.0	0.7	0.7	1.0	1.1	0.0
Most every day	3.5	2.0	4.3	3.7	2.7	4.1	2.2	4.9	3.3	3.2	4.7	3.4	3.3	3.9	0.0
Occasionally	20.1	15.9	20.8	24.1	18.4	22.1	19.6	18.4	20.5	19.1	28.0	18.2	22.8	14.7	12.0
Never	75.4	81.4	73.9	71.1	78.2	72.6	76.1	75.5	75.5	76.7	66.7	77.7	72.9	80.4	88.0
Within the last month, have you felt overwhelming anxiety?															
Constantly	3.7	2.4	4.3	4.0	3.1	4.8	3.6	3.0	3.9	3.5	6.7	5.4	4.0	3.1	0.0
Most every day	11.3	9.3	12.0	12.3	8.8	14.4	8.6	11.6	11.5	10.0	20.8	15.4	11.5	8.7	6.6
Occasionally	38.2	32.9	42.3	36.4	34.4	42.8	35.0	35.4	38.4	37.4	44.3	40.3	41.3	31.5	19.7
Never	46.8	55.4	41.4	47.3	53.7	38.0	52.9	50.0	46.1	49.1	28.2	38.9	43.2	56.7	73.7
Within the last month, have you felt overwhelming anger?															
Constantly	2.0	2.4	2.1	1.4	2.3	1.9	3.6	1.2	2.0	2.1	2.0	3.4	2.1	1.4	1.3
Most every day	5.9	6.5	5.7	5.4	6.0	4.8	0.7	8.0	6.0	5.7	4.7	4.0	5.4	6.6	8.0
Occasionally	31.1	29.6	30.4	34.3	29.4	33.7	31.4	30.1	31.5	30.9	36.9	31.5	31.6	32.3	25.3
Never	61.0	61.4	61.7	58.9	62.2	59.6	64.3	60.7	60.4	61.3	56.4	61.1	60.9	59.7	65.3
Within the last month, have you felt a sense of loss?															
Constantly	1.1	0.6	1.4	1.2	0.9	1.2	1.4	1.3	1.0	1.2	0.0	1.4	1.1	1.0	0.0
Most every day	5.8	4.8	5.4	8.4	6.0	6.2	5.7	8.1	5.9	6.0	8.1	8.1	5.9	6.6	1.4
Occasionally	30.5	25.5	31.0	36.0	28.5	34.9	27.1	33.1	31.3	30.3	40.9	31.1	30.6	30.7	40.5
Never	62.6	69.0	62.2	54.5	64.6	57.7	65.7	57.5	61.8	62.6	51.0	59.5	62.5	61.7	58.1
Within the last month, have you experienced sleep difficulties (e.g., trouble falling asleep, waking too early)?															
Constantly	8.3	7.0	9.3	7.7	8.1	9.1	12.1	9.8	8.0	8.1	10.7	8.7	8.2	10.5	5.2
Most every day	18.9	16.5	20.1	19.7	17.6	20.2	21.4	16.5	18.8	18.4	20.7	15.4	20.4	17.4	10.4
Occasionally	46.0	43.9	47.5	45.6	44.1	49.0	40.7	39.6	47.3	45.8	50.0	45.6	45.2	47.7	51.9
Never	26.7	32.6	23.2	27.1	30.1	21.7	25.7	34.1	25.8	27.7	18.7	30.2	26.2	24.4	32.5

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
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
All Respondents, N	1,627	463	808	351	818	585	142	164	1,131	1,219	151	149	939	289	77
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	8.7	5.8	9.2	11.1	8.6	9.8	12.1	9.1	8.6	9.0	10.7	4.7	8.3	13.1	9.1
Agree	16.9	17.7	17.8	14.0	17.7	16.3	15.6	22.0	16.7	17.3	18.0	12.1	18.1	18.7	9.1
Somewhat agree	27.7	28.3	27.5	27.4	25.3	30.1	29.1	24.4	27.5	27.2	28.7	24.8	26.4	31.5	31.2
Somewhat disagree	9.2	8.9	9.3	9.4	8.4	9.6	2.8	10.4	9.6	8.6	11.3	10.1	9.0	8.0	7.8
Disagree	18.7	18.8	19.5	16.9	19.6	19.2	14.9	18.3	19.9	19.0	19.3	26.8	19.7	15.2	14.3
Strongly disagree	18.8	20.5	16.8	21.1	20.4	14.9	25.5	15.9	17.8	18.9	12.0	21.5	18.6	13.5	28.6
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	19.4	16.1	20.8	20.6	16.3	22.9	15.7	23.2	19.4	18.0	28.9	16.8	21.7	16.1	10.5
Agree	29.3	23.2	33.2	28.0	24.8	35.1	28.6	28.7	29.4	28.3	35.6	25.5	30.8	30.8	14.5
Somewhat agree	26.9	30.8	25.2	25.7	28.3	26.5	22.9	26.2	27.7	28.4	19.5	32.9	27.0	24.8	26.3
Somewhat disagree	8.5	9.3	7.5	10.0	10.1	6.2	9.3	8.5	8.3	8.7	6.7	12.1	6.9	10.1	10.5
Disagree	9.3	11.9	7.8	9.1	11.8	6.2	11.4	7.9	9.5	9.6	7.4	7.4	7.9	13.3	17.1
Strongly disagree	6.7	8.7	5.5	6.6	8.7	3.3	12.1	5.5	5.8	7.0	2.0	5.4	5.7	4.9	21.1
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	8.0	6.5	7.7	10.9	7.2	7.7	12.1	7.4	7.1	7.0	10.1	6.1	6.6	9.4	14.3
Agree	16.0	10.8	18.4	17.8	13.6	19.6	15.6	17.2	16.1	15.5	22.8	13.5	15.8	19.8	15.6
Somewhat agree	23.5	21.3	25.1	22.6	22.7	27.0	30.5	21.5	23.8	24.0	30.2	18.2	24.4	25.0	28.6
Somewhat disagree	11.9	10.4	11.9	14.0	12.9	11.3	9.9	12.3	12.5	12.7	9.4	8.1	12.7	14.2	5.2
Disagree	19.4	20.8	19.5	17.8	19.6	18.9	16.3	20.9	19.7	19.8	13.4	23.6	18.6	18.8	23.4
Strongly disagree	21.0	30.2	17.4	16.9	23.9	15.5	15.6	20.9	20.9	21.0	14.1	30.4	21.8	12.8	13.0
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	19.5	18.4	19.4	21.1	18.6	20.1	26.2	25.8	17.4	18.4	23.3	27.5	20.6	14.6	3.9
Agree	22.3	23.4	22.5	20.5	20.7	24.7	15.6	22.1	23.3	22.4	20.7	27.5	22.3	20.5	18.2
Somewhat agree	24.7	24.7	24.1	25.6	24.0	23.8	19.9	23.3	24.5	24.2	23.3	19.5	25.2	24.7	22.1
Somewhat disagree	11.0	8.7	12.2	11.4	9.9	13.0	9.2	6.1	12.5	10.6	16.0	10.1	11.2	12.8	10.4
Disagree	13.2	13.9	12.8	13.4	15.9	12.2	16.3	13.5	13.8	14.7	12.0	12.1	12.1	18.4	22.1
Strongly disagree	9.4	11.0	9.0	8.0	10.9	6.2	12.8	9.2	8.5	9.6	4.7	3.4	8.6	9.0	23.4
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	5.1	4.1	4.2	8.5	5.5	5.2	9.2	6.3	4.9	5.6	4.1	0.7	7.5	2.8	0.0
Agree	6.5	7.2	5.7	7.0	7.5	4.7	5.7	5.0	6.7	6.8	3.4	4.1	7.8	4.6	2.7
Somewhat agree	7.6	8.5	6.8	8.5	7.3	6.5	8.5	7.5	7.0	7.2	6.9	1.4	8.4	7.5	1.4
Somewhat disagree	5.0	7.8	3.0	5.5	7.0	2.8	5.0	3.8	5.5	5.5	3.4	2.0	5.2	7.8	1.4
Disagree	17.2	19.6	17.0	14.6	18.0	18.0	17.7	16.3	17.7	18.2	14.5	12.9	16.5	26.0	9.5
Strongly disagree	58.6	52.7	63.2	56.0	54.8	62.8	53.9	61.3	58.3	56.8	67.6	78.9	54.6	51.2	85.1
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	5.9	4.2	6.8	4.7	4.1	4.3	11.0	4.1	4.4	4.7	2.0	5.0	6.9	3.9
Agree	8.5	8.0	9.0	8.0	8.7	7.7	7.1	6.7	9.0	8.6	8.0	3.4	8.7	9.4	14.3
Somewhat agree	18.7	15.2	18.5	23.9	18.1	20.1	18.4	17.8	19.1	18.6	22.7	15.5	19.0	17.4	32.5
Somewhat disagree	10.9	7.6	11.9	12.8	9.3	13.6	9.9	7.4	11.8	10.9	12.7	14.9	10.7	11.5	5.2
Disagree	22.5	24.7	21.8	21.7	24.1	22.7	25.5	23.9	23.0	23.7	22.7	18.2	23.3	26.4	20.8
Strongly disagree	34.1	38.6	34.6	26.8	35.0	31.8	34.8	33.1	33.0	33.9	29.3	45.9	33.3	28.5	23.4
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	0.6	0.2	0.8	0.9	0.4	1.0	2.1	1.2	0.4	0.6	0.0	0.7	0.8	0.4	0.0
Agree	1.6	0.9	1.4	3.1	1.7	1.6	0.0	1.2	2.0	1.7	2.0	0.7	1.6	1.1	6.5
Somewhat agree	6.0	3.7	5.6	9.7	4.9	7.4	8.5	8.1	5.2	6.0	6.1	6.8	5.7	6.0	7.8
Somewhat disagree	4.8	3.1	4.6	7.1	4.2	5.4	4.3	1.9	5.2	4.7	4.1	4.8	5.0	3.9	3.9
Disagree	22.2	23.6	23.8	16.8	19.9	25.9	22.0	23.0	22.8	21.9	27.7	16.3	23.9	23.9	14.3
Strongly disagree	64.8	68.5	63.8	62.4	68.9	58.7	63.1	64.6	64.5	65.1	60.1	70.7	63.0	64.8	67.5

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
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
All Respondents, N	1,627	463	808	351	818	585	142	164	1,131	1,219	151	149	939	289	77
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	1.5	1.1	1.9	1.4	1.4	1.7	9.9	2.5	0.3	1.7	0.0	0.0	1.6	1.1	3.9
Agree	3.2	3.1	3.4	3.2	3.3	3.3	15.6	6.7	1.2	3.6	1.3	2.7	2.9	4.9	2.6
Somewhat agree	7.2	6.6	7.3	8.0	6.4	7.9	18.4	12.9	4.9	6.1	12.7	4.8	6.5	10.6	7.8
Somewhat disagree	7.3	4.8	7.5	10.3	6.8	8.6	15.6	8.6	6.1	7.2	12.7	3.4	7.5	8.8	7.8
Disagree	21.5	21.2	23.4	17.5	19.6	24.8	14.9	18.4	23.3	20.7	32.0	17.7	23.0	21.8	15.6
Strongly disagree	59.2	63.3	56.5	59.5	62.6	53.6	25.5	50.9	64.1	60.7	41.3	71.4	58.5	52.8	62.3
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	1.3	2.6	1.1	1.3	2.8	0.7	4.3	1.8	1.7	3.3	1.4	2.0	1.7	2.6
Agree	5.9	3.5	6.4	8.0	5.0	6.5	6.4	8.0	5.6	5.1	10.7	4.1	6.7	4.9	5.2
Somewhat agree	15.9	14.3	17.5	14.6	13.9	18.9	13.5	12.3	16.9	15.3	24.0	17.6	15.2	17.1	18.2
Somewhat disagree	9.8	6.7	10.0	13.7	8.8	11.4	9.2	8.0	10.4	10.6	6.7	8.8	9.5	10.8	13.0
Disagree	25.2	26.3	24.1	25.7	26.3	24.6	28.4	24.1	25.3	25.6	24.7	16.2	26.4	27.3	22.1
Strongly disagree	41.3	47.8	39.5	36.9	44.7	35.8	41.8	43.2	40.1	41.7	30.7	52.0	40.0	38.1	39.0
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	47.1	34.6	53.6	49.5	40.5	57.0	46.6	47.5	47.0	46.1	57.9	52.6	48.8	43.5	32.9
A little more	35.0	39.6	32.8	33.7	37.5	31.7	31.9	34.8	36.1	35.5	30.7	31.6	34.7	36.9	38.6
About the same	15.4	22.4	11.2	15.1	19.4	8.9	19.8	13.5	14.6	16.0	8.8	14.0	14.2	17.3	22.9
Somewhat less	1.6	2.5	1.5	0.7	1.8	1.5	1.7	2.1	1.6	1.4	2.6	1.8	1.6	1.5	2.9
Much less than before the pandemic	0.9	0.8	0.8	1.1	0.8	0.9	0.0	2.1	0.7	1.0	0.0	0.0	0.7	0.7	2.9
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	25.5	20.3	29.0	24.7	20.9	31.9	27.0	33.3	23.9	24.9	32.7	26.3	26.4	23.0	18.6
A little more	33.8	31.1	36.2	32.3	33.9	33.6	27.8	29.8	35.4	33.2	37.2	35.1	32.1	38.1	38.6
About the same	34.6	41.4	29.0	37.3	39.2	27.8	38.3	29.1	34.7	35.4	25.7	29.8	34.7	34.4	37.1
Somewhat less	4.4	5.0	4.4	3.6	4.2	5.0	4.3	4.3	4.5	4.6	2.7	8.8	4.8	2.2	4.3
Much less than before the pandemic	1.9	2.2	1.5	2.2	1.8	1.7	2.6	3.5	1.6	1.9	1.8	0.0	1.9	2.2	1.4
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	6.7	8.6	7.4	2.5	6.1	7.8	7.0	7.1	6.6	7.1	3.5	8.8	5.9	9.6	4.3
A little more	9.8	9.2	11.6	6.5	9.4	10.2	10.4	11.4	9.4	9.5	12.4	19.3	9.7	8.5	7.1
About the same	39.3	39.8	40.9	36.0	40.5	38.8	33.9	35.7	40.5	39.9	37.2	35.1	41.4	34.4	35.7
Somewhat less	27.8	25.3	27.0	32.4	28.2	28.1	30.4	25.7	28.1	27.8	31.0	28.1	27.1	28.5	32.9
Much less than before the pandemic	16.4	17.0	13.1	22.7	15.8	15.0	18.3	20.0	15.4	15.6	15.9	8.8	15.9	18.9	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	41.2	39.9	42.6	39.4	39.7	43.7	48.7	42.1	40.5	40.4	49.6	31.6	41.5	43.9	40.0
A little more	38.2	36.3	39.7	37.3	37.1	39.5	35.7	37.1	38.3	38.5	34.5	45.6	38.1	35.8	35.7
About the same	17.6	20.5	14.8	20.1	19.4	14.8	14.8	14.3	18.3	17.8	13.3	17.5	17.0	19.2	20.0
Somewhat less	1.9	1.9	1.7	2.5	2.8	0.7	0.0	3.6	1.9	2.1	0.9	1.8	2.2	0.7	2.9
Much less than before the pandemic	1.1	1.4	1.2	0.7	1.1	1.3	0.9	2.9	0.9	1.2	1.8	3.5	1.2	0.4	1.4
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	20.4	15.6	21.0	25.2	18.3	23.3	19.5	27.1	19.7	19.3	30.4	12.3	20.6	19.7	27.1
A little more	37.0	35.4	40.1	32.7	36.9	37.7	33.6	31.4	38.1	37.7	29.5	38.6	35.3	41.3	38.6
About the same	35.1	42.3	30.7	35.3	37.9	30.9	32.7	30.7	36.0	35.8	33.9	35.1	36.9	32.3	27.1
Somewhat less	4.2	3.3	4.7	4.3	3.7	4.8	12.4	7.1	2.8	4.0	3.6	7.0	4.2	4.5	1.4
Much less than before the pandemic	3.2	3.3	3.5	2.5	3.2	3.3	1.8	3.6	3.3	3.2	2.7	7.0	3.0	2.2	5.7

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
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
All Respondents, N	1,627	463	808	351	818	585	142	164	1,131	1,219	151	149	939	289	77
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	4.5	4.7	4.2	4.7	3.9	6.1	4.3	2.9	4.9	4.7	6.2	1.8	4.3	4.8	8.6
A little more	14.7	14.2	14.6	15.4	15.8	13.4	19.1	15.0	14.3	15.0	12.4	8.8	13.5	18.1	21.4
About the same	39.9	47.5	36.3	37.6	43.5	34.1	42.6	41.4	39.3	40.4	36.3	36.8	40.4	42.1	27.1
Somewhat less	25.6	21.9	29.6	22.2	23.0	30.2	22.6	25.0	26.0	25.0	30.1	36.8	25.4	23.6	27.1
Much less than before the pandemic	15.2	11.7	15.2	20.1	13.9	16.3	11.3	15.7	15.5	14.9	15.0	15.8	16.4	11.4	15.7
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	3.5	1.9	3.9	4.3	2.9	4.6	4.3	2.9	3.4	3.2	7.1	3.5	2.5	5.2	7.1
A little more	10.7	9.1	10.4	13.3	10.4	11.4	15.7	8.6	10.3	10.6	11.6	12.3	11.1	7.4	17.1
About the same	38.2	45.4	34.8	35.5	41.6	32.3	35.7	33.6	39.0	38.9	33.9	31.6	37.9	41.7	31.4
Somewhat less	27.6	27.7	29.6	23.7	27.4	29.0	24.3	32.9	27.3	28.0	26.8	28.1	27.6	27.3	28.6
Much less than before the pandemic	20.1	15.8	21.2	23.3	17.7	22.7	20.0	22.1	20.0	19.3	20.5	24.6	20.9	18.5	15.7
This year (2021-22), what is your level of concern about managing your roster due to additional eligibility?															
Very concerned	15.9	17.3	15.2	15.8	16.4	14.9	23.6	12.3	15.4	16.0	16.8	5.4	16.4	19.4	18.4
Somewhat concerned	37.9	41.2	39.0	31.0	39.2	36.6	34.3	37.7	38.2	38.1	34.9	38.3	37.1	38.5	44.7
Not concerned	46.2	41.5	45.9	53.3	44.5	48.5	42.1	50.0	46.4	45.8	48.3	56.4	46.5	42.0	36.8
This year (2021-22), what is your level of concern about preventing the athletes on your roster from leaving?															
Very concerned	24.4	28.1	22.5	23.7	26.1	21.1	33.3	27.0	23.0	24.9	22.1	18.1	23.7	28.2	31.2
Somewhat concerned	35.0	36.8	32.4	37.5	35.4	34.8	31.2	35.0	35.4	35.2	34.2	32.2	33.5	42.2	35.1
Not concerned	40.7	35.1	45.1	38.8	38.5	44.1	35.5	38.0	41.6	40.0	43.6	49.7	42.8	29.6	33.8
This year (2021-22), what is your level of concern about recruiting high school athletes?															
Very concerned	24.7	20.6	21.7	36.4	25.8	23.0	25.5	24.2	24.7	25.2	24.2	20.8	25.1	26.5	22.4
Somewhat concerned	40.4	35.7	42.2	42.3	38.5	43.2	34.0	43.5	40.7	39.7	49.7	40.3	39.3	42.5	50.0
Not concerned	34.9	43.6	36.1	21.3	35.8	33.9	40.4	32.3	34.6	35.0	26.2	38.9	35.6	31.0	27.6
This year (2021-22), what is your level of concern about recruiting 2-year transfer athletes?															
Very concerned	8.5	11.8	6.6	8.4	9.8	6.1	14.9	12.3	6.9	8.3	8.1	4.7	8.4	10.5	7.8
Somewhat concerned	28.1	31.2	25.5	29.1	28.8	27.4	34.8	28.8	27.4	28.9	26.8	28.2	28.2	27.2	33.8
Not concerned	63.4	57.1	67.8	62.5	61.4	66.5	50.4	58.9	65.7	62.8	65.1	67.1	63.4	62.4	58.4
This year (2021-22), what is your level of concern about recruiting 4-year transfer athletes?															
Very concerned	16.0	17.8	17.5	10.3	17.3	13.9	27.7	20.9	13.7	16.0	16.1	6.7	15.8	21.4	13.2
Somewhat concerned	30.9	31.5	30.6	30.5	30.9	31.0	30.5	33.1	31.1	31.0	32.9	30.2	30.5	34.0	30.3
Not concerned	53.1	50.7	52.0	59.2	51.8	55.1	41.8	46.0	55.2	53.0	51.0	63.1	53.7	44.6	56.6
This year (2021-22), what is your level of concern about advocating for gender equity within your athletics department?															
Very concerned	19.7	3.6	27.9	21.5	10.7	31.7	22.0	22.8	18.8	16.9	40.0	24.2	20.3	19.2	5.2
Somewhat concerned	34.5	23.3	41.9	32.6	29.5	42.7	31.9	34.6	35.0	33.9	41.3	37.6	35.2	31.7	33.8
Not concerned	45.9	73.1	30.2	45.8	59.8	25.6	46.1	42.6	46.2	49.2	18.7	38.3	44.5	49.1	61.0
This year (2021-22), what is your level of concern about creating an inclusive environment among your team?															
Very concerned	23.9	13.7	29.1	24.9	18.7	31.3	33.6	27.0	22.3	22.3	42.3	21.5	26.0	21.3	10.4
Somewhat concerned	34.2	31.7	35.7	34.2	34.2	35.6	27.9	30.1	35.8	34.4	32.9	35.6	33.4	34.3	44.2
Not concerned	41.9	54.6	35.3	40.9	47.1	33.2	38.6	42.9	41.9	43.3	24.8	43.0	40.7	44.4	45.5
This year (2021-22), what is your level of concern about helping student-athletes navigate name, image and likeness opportunities?															
Very concerned	11.7	10.1	11.5	13.5	11.4	11.3	20.6	14.7	10.0	10.8	16.8	8.1	11.4	16.7	3.9
Somewhat concerned	34.7	33.3	40.6	23.7	32.7	38.0	44.0	36.8	33.1	34.8	36.2	34.2	34.8	35.8	31.2
Not concerned	53.5	56.6	47.9	62.8	55.9	50.7	35.5	48.5	56.8	54.4	47.0	57.7	53.8	47.6	64.9
This year (2021-22), what is your level of concern about navigating changes to the NCAA structure/constitution?															
Very concerned	14.0	15.3	11.8	16.4	15.1	11.4	22.0	20.2	12.0	13.7	14.1	5.4	13.7	18.5	15.6
Somewhat concerned	39.5	36.2	42.9	36.1	37.5	43.4	41.1	33.1	40.4	39.4	44.3	41.6	38.4	40.4	48.1
Not concerned	46.5	48.4	45.3	47.5	47.4	45.3	36.9	46.6	47.6	46.9	41.6	53.0	48.0	41.1	36.4

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2022 NCAA Coach Well-Being Survey
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
All Respondents, N	1,627	463	808	351	818	585	142	164	1,131	1,219	151	149	939	289	77
This year (2021-22), what is your level of concern about navigating COVID-19 health restrictions/protocols?															
Very concerned	20.5	17.9	18.1	29.2	20.7	19.7	24.8	21.0	19.6	19.6	26.8	20.1	17.5	25.9	34.2
Somewhat concerned	44.9	40.8	48.9	41.0	42.0	49.3	39.7	37.7	46.7	44.6	47.7	40.9	46.0	44.8	42.1
Not concerned	34.6	41.3	33.0	29.8	37.2	31.0	35.5	41.4	33.6	35.8	25.5	38.9	36.5	29.4	23.7
This year (2021-22), what is your level of concern about maintaining a safe environment for your team?															
Very concerned	26.2	18.0	28.2	32.3	23.5	30.1	34.3	31.5	24.6	24.6	40.8	25.7	26.7	22.8	31.2
Somewhat concerned	34.4	31.5	35.9	34.5	33.9	35.1	30.0	29.0	35.9	35.3	27.9	26.4	32.9	40.7	48.1
Not concerned	39.4	50.5	35.9	33.2	42.6	34.9	35.7	39.5	39.5	40.1	31.3	48.0	40.4	36.5	20.8
This year (2021-22), what is your level of concern about supporting the mental health of the student-athletes on your team?															
Very concerned	48.5	33.9	56.3	49.8	39.9	60.9	53.2	49.7	48.1	47.0	68.9	45.9	50.3	46.3	40.3
Somewhat concerned	35.3	40.4	31.6	37.2	39.4	28.8	29.1	32.9	35.9	36.3	20.3	33.8	33.1	40.8	44.2
Not concerned	16.2	25.7	12.1	13.0	20.8	10.3	17.7	17.4	15.9	16.7	10.8	20.3	16.6	12.9	15.6
This year (2021-22), what is your level of concern about supporting the physical health of the student-athletes on your team?															
Very concerned	40.8	30.7	44.2	45.8	36.6	46.5	49.6	40.1	39.9	39.9	52.0	38.1	42.0	38.0	39.0
Somewhat concerned	35.3	36.5	35.6	33.1	35.4	35.1	27.0	37.7	36.1	35.6	31.8	34.7	34.0	38.7	41.6
Not concerned	23.9	32.9	20.1	21.1	28.0	18.5	23.4	22.2	24.0	24.6	16.2	27.2	24.0	23.3	19.5
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	9.2	11.3	7.4	10.5	10.7	7.6	19.9	11.7	7.6	9.4	9.9	6.7	8.9	11.1	10.4
Agree	22.7	23.6	24.1	18.5	22.8	23.2	25.5	24.7	22.2	23.1	23.2	22.8	23.7	20.1	19.5
Somewhat agree	30.9	30.8	32.0	28.4	29.7	32.8	29.8	29.0	31.3	31.0	33.1	36.9	30.8	28.1	28.6
Somewhat disagree	12.6	10.3	14.6	11.1	10.8	15.5	9.2	9.9	13.3	12.1	17.2	16.1	12.0	13.2	10.4
Disagree	11.7	11.8	11.5	11.7	12.2	10.7	5.0	9.9	12.7	11.5	10.6	9.4	11.7	12.5	13.0
Strongly disagree	13.0	12.3	10.4	19.8	13.8	10.3	10.6	14.8	12.9	12.9	6.0	8.1	12.8	14.9	18.2
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	6.0	7.7	4.5	7.1	7.5	4.3	15.6	8.0	4.6	6.2	6.0	6.0	5.6	7.0	7.8
Agree	15.3	17.8	15.3	12.1	16.2	14.8	22.7	13.0	14.8	15.8	15.2	15.4	14.3	17.5	16.9
Somewhat agree	29.2	27.0	32.3	25.1	27.4	32.4	32.6	31.5	28.5	29.4	31.8	28.9	30.3	25.6	31.2
Somewhat disagree	17.9	14.0	20.8	16.4	14.8	22.4	12.1	15.4	18.9	17.7	21.9	22.8	18.5	15.1	11.7
Disagree	14.2	12.3	14.2	16.4	13.5	14.3	6.4	11.7	15.5	13.6	14.6	13.4	13.2	18.2	11.7
Strongly disagree	17.4	21.2	12.8	22.9	20.5	11.9	10.6	20.4	17.6	17.3	10.6	13.4	18.1	16.5	20.8
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	3.9	5.3	2.3	5.9	5.0	2.8	7.1	5.0	3.4	4.3	2.0	2.7	3.7	5.6	2.6
Agree	15.3	14.6	16.1	14.6	14.8	16.8	21.4	13.0	15.1	15.6	16.0	21.6	15.1	11.9	16.9
Somewhat agree	34.1	30.3	37.8	31.3	31.6	38.2	37.9	29.8	34.1	34.2	38.0	38.5	35.2	29.8	29.9
Somewhat disagree	19.0	15.8	20.5	19.8	17.4	21.4	14.3	22.4	19.4	18.5	22.7	17.6	19.5	17.9	18.2
Disagree	13.4	15.0	12.0	13.9	14.1	12.1	6.4	9.9	14.8	13.2	14.0	10.8	12.5	18.6	10.4
Strongly disagree	14.3	18.9	11.4	14.6	17.1	8.8	12.9	19.9	13.1	14.2	7.3	8.8	13.9	16.1	22.1
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	2.6	3.1	1.1	5.0	3.6	1.2	6.5	3.1	2.0	2.8	0.0	1.3	2.0	4.5	2.6
Agree	8.8	8.9	8.8	8.4	8.4	9.9	11.5	7.4	8.8	8.9	12.0	14.8	8.3	6.6	10.5
Somewhat agree	27.2	19.5	31.9	27.3	23.1	33.6	36.7	25.3	26.4	26.9	34.0	32.2	27.9	23.8	23.7
Somewhat disagree	19.8	16.6	23.7	15.2	18.2	23.2	12.9	17.3	21.3	20.0	21.3	20.1	20.7	15.7	23.7
Disagree	19.4	20.7	17.7	21.1	19.3	18.3	11.5	18.5	20.5	18.9	21.3	14.8	18.9	23.1	17.1
Strongly disagree	22.3	31.1	16.8	23.0	27.4	13.8	20.9	28.4	21.1	22.5	11.3	16.8	22.1	26.2	22.4

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2022 NCAA Coach Well-Being Survey
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
All Respondents, N	800	1,521	472	980	251	566	97	487
In general, how would you rate your mental health, including your mood and your ability to think?								
Excellent	14.9	19.2	6.8	7.0	21.5	19.3	6.2	6.4
Very Good	30.2	34.0	28.1	27.1	37.5	36.1	37.1	31.9
Good	30.7	28.6	37.2	37.6	21.1	27.1	39.2	37.5
Fair	19.5	14.8	24.0	23.6	17.9	12.7	14.4	20.2
Poor	4.8	3.5	3.8	4.8	2.0	4.8	3.1	4.1
Within the last month, have you felt things were hopeless?								
Constantly	1.4	0.7	1.3	0.8	0.8	0.7	2.1	1.7
Most every day	5.3	6.2	5.8	6.9	6.4	7.5	8.3	5.6
Occasionally	42.7	34.7	42.3	46.5	30.8	33.8	31.3	42.2
Never	50.6	58.4	50.6	45.8	62.0	58.0	58.3	50.5
Within the last month, have you felt overwhelmed by all you had to do?								
Constantly	10.7	6.3	14.4	16.3	6.4	5.7	9.3	9.7
Most every day	25.4	20.3	36.9	29.2	19.9	17.4	23.7	30.9
Occasionally	52.0	55.1	44.5	49.6	53.0	52.2	58.8	52.5
Never	11.9	18.3	4.2	4.8	20.7	24.7	8.3	7.0
Within the last month, have you felt exhausted (not from physical activity)?								
Constantly	10.4	6.9	15.5	14.2	9.2	8.9	10.3	10.3
Most every day	29.4	21.9	37.9	34.8	27.1	20.6	34.0	32.2
Occasionally	49.9	54.5	41.1	46.1	51.8	55.1	42.3	51.3
Never	10.3	16.7	5.5	4.9	12.0	15.5	13.4	6.2
Within the last month, have you felt very lonely?								
Constantly	2.8	2.1	3.4	3.6	1.6	2.3	1.0	3.9
Most every day	10.8	8.2	10.0	13.4	4.0	7.6	12.4	10.9
Occasionally	35.7	35.2	36.4	42.2	30.3	30.9	33.0	43.4
Never	50.8	54.5	50.2	40.8	64.1	59.2	53.6	41.8
Within the last month, have you felt sad?								
Constantly	1.1	1.5	2.3	2.0	1.6	1.2	2.1	2.5
Most every day	8.4	7.2	10.2	11.2	5.6	7.3	10.4	8.9
Occasionally	53.1	49.3	57.2	63.3	43.4	43.1	45.8	57.6
Never	37.3	42.0	30.2	23.5	49.4	48.4	41.7	31.1
Within the last month, have you felt so depressed that it was difficult to function?								
Constantly	0.9	0.6	1.1	1.2	0.4	0.9	0.0	1.4
Most every day	3.5	3.2	2.8	3.0	2.8	2.7	4.2	4.1
Occasionally	23.8	19.1	23.7	29.8	20.3	17.5	19.8	22.6
Never	71.8	77.2	72.5	66.0	76.5	78.9	76.0	71.9
Within the last month, have you felt overwhelming anxiety?								
Constantly	4.1	2.2	6.4	4.5	3.2	3.0	4.2	4.9
Most every day	12.8	8.2	12.7	15.1	8.4	9.1	15.6	14.2
Occasionally	44.3	40.1	47.4	48.4	39.4	32.2	36.5	44.2
Never	38.8	49.6	33.6	32.0	49.0	55.8	43.8	36.8
Within the last month, have you felt overwhelming anger?								
Constantly	1.8	1.7	2.1	1.6	3.6	1.8	3.1	1.7
Most every day	6.1	6.2	6.8	6.0	7.2	5.5	2.1	5.4
Occasionally	42.5	35.4	41.3	42.5	31.7	28.4	28.1	34.6
Never	49.6	56.6	49.8	50.0	57.4	64.3	66.7	58.4
Within the last month, have you felt a sense of loss?								
Constantly	1.3	1.4	1.9	1.7	0.8	0.9	2.1	1.0
Most every day	5.9	5.8	7.5	8.1	6.1	6.0	5.3	6.4
Occasionally	38.6	36.5	38.3	41.6	29.8	28.0	27.4	36.3
Never	54.2	56.3	52.4	48.7	63.3	65.1	65.3	56.3
Within the last month, have you experienced sleep difficulties (e.g., trouble falling asleep, waking too early)?								
Constantly	11.5	8.6	13.4	10.8	9.2	7.6	12.5	8.4
Most every day	23.1	22.7	22.9	27.3	21.3	16.1	18.8	20.3
Occasionally	44.8	47.6	48.9	49.3	40.6	45.6	46.9	49.5
Never	20.6	21.1	14.8	12.6	28.9	30.7	21.9	21.8

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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