



Exploring the Mental Health Crisis among Division I College Athletes

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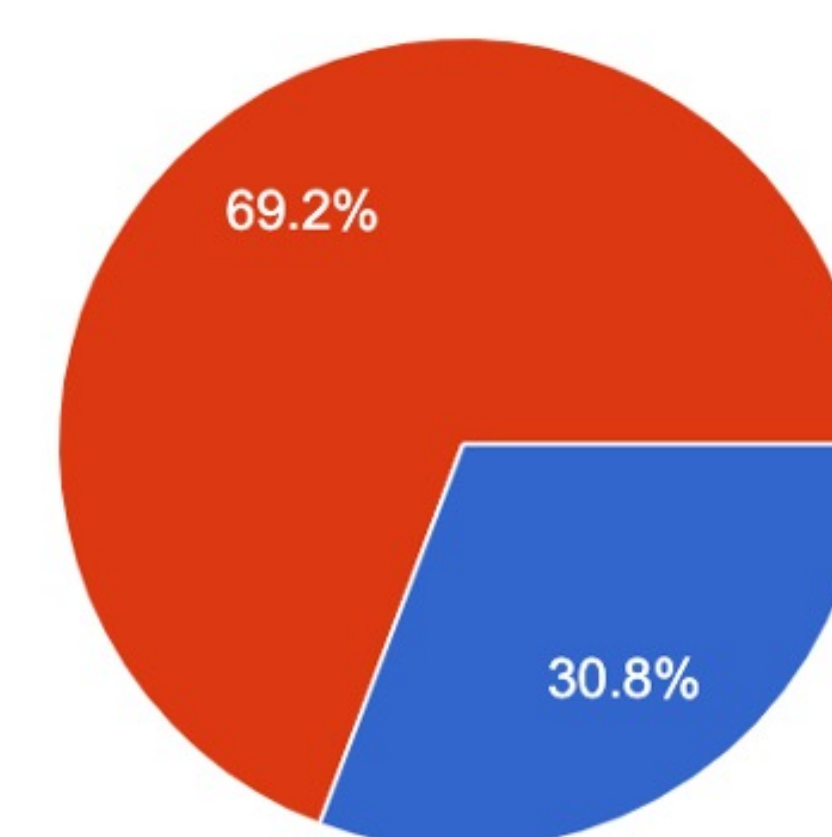
Why?

Results

- NCAA athletes are constantly balancing school and sports and although it is not always looked at, it can affect their mental health.
- A 2021 article from the NCAA states “anxiety and depression have seen little change since fall 2020 and remain 1.5 to two times higher than identified before the COVID-19 pandemic.”
- When set with very high expectations as a student athlete, stress is expected but all college athletes deserve to have the proper resources to treat any anxiety and depression.
- Although it is common for college students to feel overwhelmed with their class load, studies show that signs of depression are considerably higher in college athletes

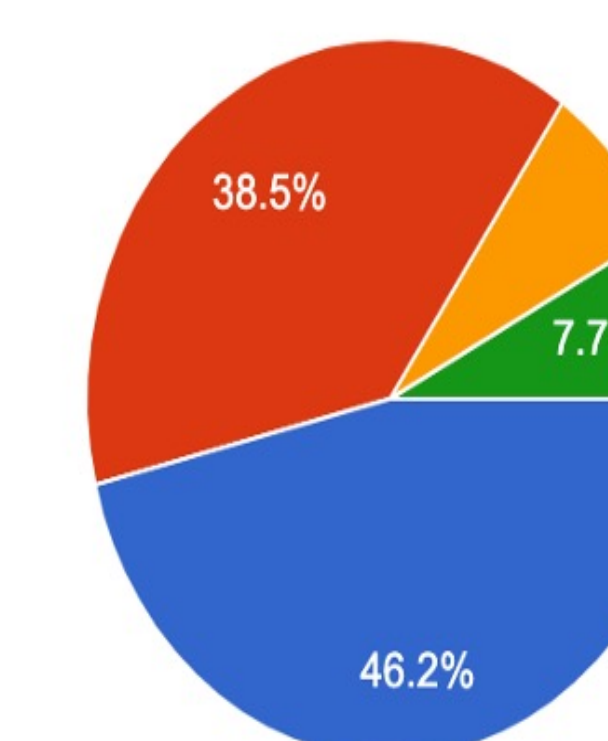
- 69.2% have feelings of sadness
- 69.2% felt discouraged about their future
- 61.5% feel they have failed
- 38.5% lost confidence
- 7.7% have suicidal thoughts
- 38.5% have trouble concentrating
- 61.5% are abnormally fatigued
- 53.8% are constantly nervous
- 100% females feel sad

Figure 1.1



- I do not feel sad
- I feel sad some of the time
- I am sad all the time
- I am so sad or unhappy that I can't stand it

Figure 1.2



- I feel the same about myself as ever.
- I have lost confidence in myself.
- I am disappointed in myself.
- I dislike myself.

Conclusion

- This study found that many student-athletes at the University of Dayton experienced negative mental health symptoms.
- The Beck Depression Inventory and the Beck Anxiety Inventory revealed that the athletes had significant symptoms of anxiety and depression, with women reporting higher scores than men.
- These results suggest that the mental health of student-athletes at the University of Dayton may be a cause for concern and should be addressed

Table 1.1

AVG. BDI MEN	AVG. BDI WOMEN	AVG. BAI	AVG. BDI	MEDIAN BDI	MEDIAN BAI
11.3	21	5.9	7.1	15	4

References

NCAA.org. (2022, May 26). *Mental health issues remain on minds of student-athletes.* NCAA.org. Retrieved April 11, 2023, from <https://www.ncaa.org/news/2022/5/24/media-center-mental-health-issues-remain-on-minds-of-student-athletes.aspx>

Prioritizing Mental Health in College Athletes. Prioritizing Mental Health in college athletes. (n.d.). Retrieved April 11, 2023, from <https://www.trine.edu/academics/centers/center-for-sports-studies/blog/2022/prioritizing-mental-health-in-college-athletes.aspx>