

### **The Need of Sport Psychology Program at the Collegiate Level**

**Introduction:** Sport psychology has become an increasingly applied practice by coaches to increase athletic success. Although sport psychology is becoming a readily used practice with athletic teams, there is a lack of efficacy data surrounding its use. Approximately 30% of women and 25% of men report having anxiety. Only 10% of student-athletes seek help from a mental health professional. Collegiate athletes are at a greater risk of experiencing mental illnesses.

**Methods:** This study utilized data from the 2022 NCAA Student-Athlete Well-Being Study, a publicly accessible data set. The ten-minute confidential survey was administered online through survey software that could be accessed via a smartphone, tablet, or computer.

**Study Sample:** A total of 9,808 NCAA student-athletes participated in the Student-Athlete Well-Being Study. Of these participants, 3,137 were male and 6,663 were female. When broken down by NCAA divisions: 3,054 student-athletes were from Division I; 3,978 student-athletes represented Division II programs, and 2,731 student-athletes were from Division III institutions.

**Results:** Two-thirds of student-athletes knew where to go on campus for mental health concerns, and 56% of the student-athletes reported knowing how to help a teammate experiencing mental health issues. But 47% felt they would seek support from a counselor on campus if needed. It was concluded that 53% of the student-athletes reported that coaches take mental health issues seriously and 50% of the student-athletes believed that mental health was a priority to their athletic department.

**Conclusion:** The study demonstrated the need for mental health resources for student-athletes' well-being. Some students commented that they need more support for those suffering from mental health issues. Some students mentioned that the athletic department could do a better job at helping student-athletes find counseling services off-campus. Overall, this data highlights the possible lack of mental health infrastructure on college campuses and beyond. The results of this study show how important mental health is when regarding student-athletes but also brings awareness to the lack of mental health services offered to student-athletes, and can and should be used to advocate for the expansion of these resources.