

Student Athlete Mental Health and Counseling Needs

Brief description of project:

To briefly assess the mental health concerns of student athletes and their use of University Counseling Center services. This population was the focus because of the unique challenges and opportunities that student athletes experience, and the increased focus that NCAA has placed on the topic.

Who was asked to complete survey:

Student athletes at the University of Utah during a study-hall-type session

Respondents: 41 student athletes (61% of sample was female)

Administration Type: paper and pencil, with data entry into Excel

Summary of Key Findings:

- 61% (25 student athletes) know about UCC
- Mean likelihood of accessing services at the UCC: 3.34 (between somewhat unlikely and somewhat likely)
- Most frequent concerns: relationships (46%), academic distress (44%), eating concerns/body image (37%), anxiety (37%)
- Potential barriers (by most frequent): time/availability, unfamiliarity, fear/vulnerability, embarrassment, pride

Actions Taken:

- UCC collaborated with Athletics advisement Department to create a "Talking Helps" brochure specific to student athletes.
- These flyers were placed in the Burbidge Academic Center.
- UCC plans to continue collaborating with Athletics to meet the mental health concerns of student athletes.

Which Student Affairs goals does this program / project align with?

1a. Promote physical, spiritual and psychological health and wellness, collaborating across campus with multiple organizations.