Evaluation of an Innovative Approach to Sexual Violence Bystander Training for Student-Athletes: Leveraging Coaches as Key Influencers
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Bystander training is a promising strategy to decrease rates of sexual violence. Given that student-athletes are often highly visible and respected members of the campus community and beyond, they reflect a key group of potential bystanders. However, to date there is a lack of research on optimal ways to engage coaches and athletes in sustainable sexual violence bystander prevention efforts. This study fills this gap through its examination of the efficacy of an innovative bystander prevention program in which coaches are co-facilitators.

Tackling Stigma: A Pilot Program to Promote Mental Health Literacy and Help-Seeking in Student-Athletes
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Student-athletes are susceptible to experiencing mental health problems that disrupt optimal functioning, performance, and well-being. Unfortunately, many student-athletes who struggle with mental illness underutilize psychological services. Stigma has been implicated as the main barrier that prevents student-athletes from seeking help. Evidence-based programs are needed to change the culture of mental health on college campuses in order to normalize and promote accessibility to available resources. This intervention program is designed to reduce stigma toward mental illness and improve help-seeking attitudes among student-athletes by targeting stereotypes, mental health literacy, empathy, and contact with stigmatized others.

Sleep and Health in Student Athletes: Next Steps Toward Developing a Technology Platform for Dissemination and Implementation
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Following the original Project REST study, we conducted a thorough program evaluation to determine what elements of the original program should be retained and which could be improved. The proposed project aims to build on the successful Project REST program and aims to test the new platform in N=50 student athletes. The aims of the project are (1) to develop an online, disseminable sleep health education program, and (2) to determine whether this new online sleep health intervention is associated with improvements in mental and physical well-being, compared to information only.
Financial Literacy for NCAA Student-Athletes
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The purpose of this study is to first determine how student-athletes at two NCAA institutions budget and spend their money and discover their preferred modes of receiving financial education. Using data collected from a variety of methods, a pilot financial literacy education program geared specifically for student-athletes will be developed. The pilot program will be implemented at both institutions and will be evaluated to measure students’ financial literacy after participation in the pilot. After the pilot study, the program design will be adapted to reach student-athletes participating at institutions in any NCAA division.

The Development and Evaluation of a Web-Based Program Empowering NCAA Coaches to Effectively Communicate with Student-Athletes of Concern and Make Mental Health Referrals: A Pilot Study
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This project seeks to address the issue of psychological well-being among student-athletes by training coaches to recognize mental health concerns and make early referrals. Coaches will complete six web-based modules on the broad topics of (1) rapport building, (2) help-seeking behaviors, and (3) the referral process. Content will build upon material presented online via the NCAA Sport Science Institute. Evaluation procedures include pre- and post-training questionnaires measuring coaches’ knowledge of and ability to apply module content. Additionally, post-training focus groups will be conducted. Potential implications are the adoption of content into coaching education, and its dissemination to other NCAA institutions.

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