

# Promoting Identity Development in Student Athletes: There's an App for That



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# Aims

- **Aim 1:** Develop a series of messages that promotes the healthy identity development of collegiate student-athletes.
- **Aim 2:** Integrate the messages into a mobile app (i.e., ReadyApp) accessible on Apple and Android devices.
- **Aim 3:** Measure the effect of ReadyApp the intervention through administering the Revised Identity Style Inventory (ISI – 5) and semi-structured interviews.



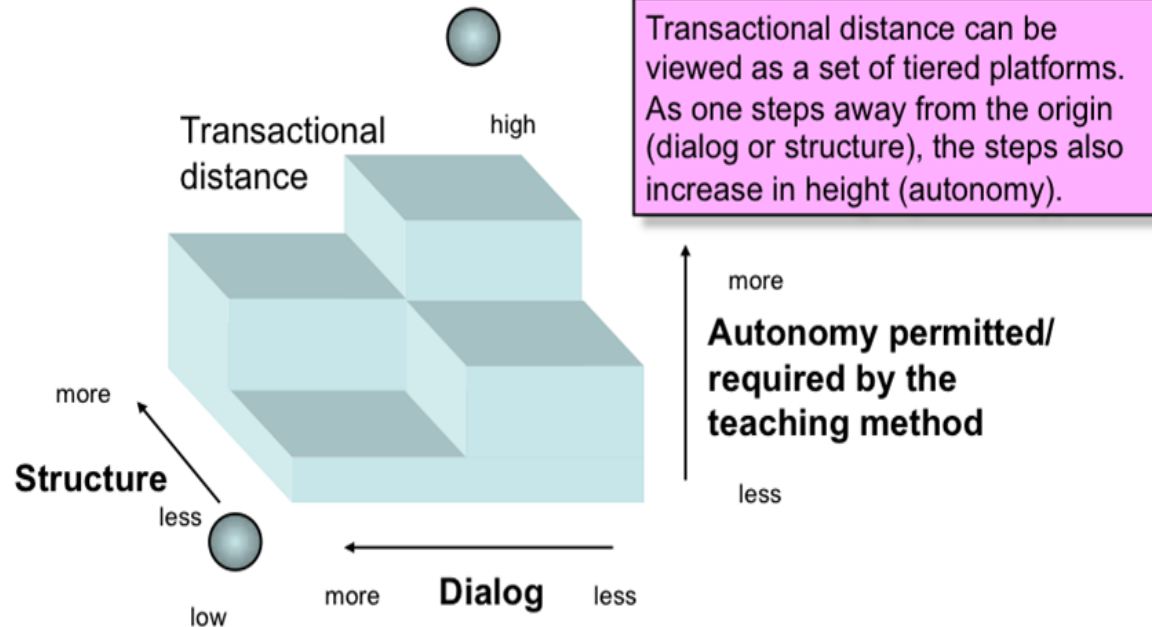
## Identity Status Categories

### Commitment

### Exploration

	Present	Absent
Present	Identity Achievement	Moratorium
Absent	Identity Foreclosure	Identity diffusion

## A 3D Model of transactional distance



# Intervention

- 27 participants
  - Freshman (5), Sophomore (4), Junior (6), Senior (12)
  - Men's Basketball, Women's Soccer, Football, Track & Field, Rowing, Men's Lacrosse, Softball, Women's Golf, Swimming, Field Hockey, Women's Basketball
  - Males (14), Females (13)
- Treatment group (14) received mobile alerts through ReadyApp 3x/week for 5 weeks related to identity development
- Control group (13) received placebo messages through ReadyApp

# 5 Themes

- Identity
- Positive reinforcement
- Goal awareness
- Critical thinking
- Limited time and need for convenience



# Participant Quotes

- *"So I'd read it, I mean like think about your future self think about who you want to become. Get a visual of that person and aim everyday, what you do everyday....that's something I never thought of before so all the points....made are things I had never applied in my life but they were all things applicable to like everyday lives of student athletes." -Richard, Football*
- *"...there is a lot more that goes into...being a good player and I think when you're feeling healthy and better about the other aspects of your life, you are able to perform on the field at a higher level with more confidence." – George, Lacrosse*
- *"Cause I feel like in college....you're struggling between being young and planning for the future which is a really tough place to be in like oh now I'm like I just want to have fun, I just want to do this, but at the end of the day like, college is going to end and you're going to have to take a stride out of being a kid and into being an adult and I feel like this kind of helped me break down who I am now and what people think of me and kind of what I want to be in the future and how to get there, with small steps." – Jackie, Women's Basketball*

# Next Steps

- Add content aligned with Learning and Study Strategies Inventory (LASSI)
- Expand identity development content
- Increase accessibility
- Collect data





# Thank You!

For more information, visit [www.readyathletes.com](http://www.readyathletes.com)



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