Hi, my name is Callan Jackman and I am a part of the Applied Social Cognition Lab in the school of Psychological Science. The title of my study is "Influences of Student-Athlete Wellness: The Coach-Athlete Relationship."

College is a time for tremendous development. Students have plenty of academically related demands, events on campus to attend to, and have to maintain good personal health and interpersonal relationships. College athletes have all of these demands and more, including vigorous training and competition loads, preventing and treating injuries, team meetings, and meeting performance demands. The life of a student-athlete can be a lot to manage, which is why it is especially important for student-athletes to have healthy coping mechanisms and a support system to help them with their daily obligations.

According to previous research, the coach-athlete relationship is strongly related to athletes’ basic psychological needs and has the potential to be helpful during physically, psychologically, and emotionally challenging times (Choi, Cho, & Huh, 2013).

In a study conducted at the University of Wisconsin Green Bay, that I had the privilege of finalizing for publication, the relationship between coaches and their athletes showed a clear association with psychological quality of life and depression. These are important findings, as they reinforce the need for coaches to invest in the improvement of their relationships with their athletes (Powers, Fogaca, Gurung, & Jackman, 2020).

The purpose of this study is to examine the effect of specific variables, such as the coach-athlete relationship and social support, on depression, anxiety, and athletes' mental health.​

This is a correlational study. A Qualtrics survey has been created to ask Oregon State Student-Athletes about different variables in their life including their relationship with their coach, the World Health Organization Quality of Life Scale, alcohol and drug use, information of prior psychological diagnoses, the Beck Depression and Anxiety Inventories, and general information regarding their athletic involvement.

Based on past research, we expect the results of the survey to show that the coach-athlete relationship has a significant influence on the well-being of student-athletes. ​

Within a close coach-athlete relationship, athletes may feel more comfortable talking to their coaches. This includes personal matters and speaking up about their wellbeing and mental health. With the collection of results, we will be able to better understand the influences of mental health and well-being in order to address the needs of our student-athletes through focused efforts. These efforts may include counseling services, support groups addressing mental health concerns, and implementing intervention methods.

Thank you for your time, and feel free to ask any questions you may have in the reply section of the discussion below.