

Sport Wellbeing Survey Report

Sample Report

Sunday, August 19, 2018

Number of Participants: 6

Genders: All

Ages: All

Subgroups: All

Survey Groups: Sample Report Survey



Mood



Resilience



Engagement



Communication



Relaxation



Positivity

sportwellbeing
survey

Introduction

The Sport Wellbeing Survey was designed to gain an overall gauge of athlete and team functioning in six specific areas of wellbeing. The survey is a self-report survey and a reflection of an athlete's perception of their own wellbeing.

The Sport Wellbeing Survey is not a clinical or psychological assessment. It is a general guide or indicator of a person's perception of their wellbeing in the six survey areas.

The survey is administered and coordinated by a survey Administrator and the management of survey completion and results should be coordinated through the Administrator.

Proactively measuring and monitoring the wellbeing of athletes is important for their overall wellbeing, as well as the wellbeing of their team or organisation. Athletes and teams with high levels of wellbeing are likely to display higher levels of motivation and engagement, compared to athletes or teams with low wellbeing. Higher wellbeing is also associated with fewer mental, emotional, and behavioural concerns.

The six categories that define the Sport Wellbeing Survey are: mood, resilience, engagement, communication, relaxation and positivity.

Report Purpose

This report provides a summary of data collected from the athletes that completed the survey. The report can be used by the Administrator in consultation with other staff and coaches to determine how the information may best be utilised to benefit the staff and the organisation.

The report may guide future support or professional development programs. Factors that may influence potential use of the report include what may or may not be occurring within an organisation with regard to leadership, wellbeing or other related professional development.

Additional potential uses of the information in the report include:

- Identifying a baseline for wellbeing of the overall population or specific sub-groups that do the survey
- Monitoring the wellbeing of individuals, sub-groups or teams over time
- Identifying strengths and potential target development areas for specific wellbeing and professional or personal development programs
- Providing feedback on wellbeing to overall groups and sub-groups, there-by creating opportunity for conversations and education regarding wellbeing as deemed appropriate
- Monitoring the impact of existing or future wellbeing programs
- Gaining data and insight into the six specific areas of wellbeing
- Comparing subgroups within your population
- Correlating the wellbeing results with any specific relevant outcome measures or performance indicators
- Incorporating survey results into goal setting for your overall organisation or sub-groups
- Use of individual data to consider referrals to internal or external professionals where deemed it may be required

Report Restrictions

This report is intended solely for the organisation that has entered into an agreement with Elite Performance for the use of the Sport Wellbeing Survey. It is not to be shared with or provided to any third parties without the written and prior consent of Elite Performance.

The Sport Wellbeing Survey is a summary of self-report data and should not be used as a psychological test or definitive assessment or screening of overall wellbeing or performance in any specific sub-category. The information is intended for athletes and sport use only as a guide or indication about the wellbeing of individuals or sub-groups/teams. The results and report are intended for a specific allocated person within the organisation that is familiar with wellbeing concepts. The results should be considered in context of the overall experience of the athlete within their sport and supported by other indicators, further investigation, targeted assessments or specific professional advice. Elite Performance and its employees or contractors are not responsible for the use of and interpretation of data.

Athlete & Participant Agreement

The survey is not a clinical survey and therefore does not require any specific agreement to be entered into between an athlete and their sport for the survey to be completed.

There are recommendations for how the data is maintained and used and these should be explained to the athlete before completing the survey (see administrator guide for further information).

Survey General and Specific Sub-group reporting

When athletes complete the survey, the general information collected is averaged and is outlined in this report.

Categories reported on are:

- Overall sample
- Gender
- Percentage breakdown for the sample within each of the six wellbeing areas
- Customised sub-groups, if any were selected by the Administrator for athletes to select

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Survey Sub-Categories

For more detailed information on each of the sub-categories, please read the research paper on the survey, available on the website.

Mood

Mood is a crucial component of performance and wellbeing. It is an emotional state that can be impacted on by a wide range of factors. This sub-category identifies worry, anxiety, happiness, mood fluctuations and fatigue. Monitoring and managing mood effectively can be vital for an athlete and their success.

Resilience

Resilience is the ability to remain composed in the face of difficulties and bounce back from challenges. This subcategory measures an individual's capacity to value effort, stay determined, and learn from challenges. Resilience is often linked to mental toughness.

Engagement

Sport Engagement identifies an athlete's involvement with and attitude towards their sport. It reflects important information on effort, dedication, work ethic and enjoyment of training and competition. Specific sport relationships with coaches and friends are also identified. Sport engagement is crucial to performance.

Communication

Communication with teammates, family, mentors and coaches is important in many areas of life, including sport. This sub-category measures verbal and non-verbal communication including ability to listen, talk, and ask for help. Effective and open communication by athletes is crucial to the pursuit of excellence. Communication is positively associated with leadership, relationships and ultimately performance.

Relaxation

Relaxation measures the capacity to stay calm, as well as vulnerability to become frustrated or angry. This sub-category reflects managing tension and staying relaxed physically and mentally. Managing frustration and staying relaxed is important due to the different experiences and challenges that people in sport face.

Positivity

Positivity measures confidence, optimism, and ability to stay positive. This sub-category reflects capacity to focus on goals, remain confident and know strengths. Positivity, optimism and confidence have been shown to have a direct relationship with performance and wellbeing.

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Interpreting Scores

The Sport Wellbeing Survey provides ratings out of five in each of the six sub-categories described above. This is in line with the five point Likert scale used in the survey where individuals rate each item as 1 = none of the time, 2 = a little of the time, 3 = some of the time, 4 = most of the time or 5 = all of the time.

The items related to each sub-category are averaged and the scores are categorised into 4 groups for ease of interpretation. The scores for each sub-category are the raw or actual average or mean scores for that group and not a score compared to other staff or groups. These groups of scores are described below.

Considering that only actual or “raw” averages are provided, organisations can compare the overall group that has completed the survey with specific sub-groups, or compare sub-groups to other sub-groups to gain insight into how athletes view themselves relative to others.

4.0 + High

A mean score of 4.0 or above suggests that on average, people responded well in this sub-category and likely scored ‘most of the time’ or ‘all of the time’ more often than not on these specific items. This would reflect that the average respondent does not perceive themselves to have any concerns and to be functioning at a high level in this category in the past 4 weeks prior to completing the survey.

3.5-3.99 Medium-High

A mean score of between 3.5 and 3.99 most likely reflects some areas of strength and some areas of development in this sub-category. It reflects that the respondent rated some items in the category at 4 out of 5, and others at a lower level. A score in this range would warrant some reflection about the sub-category to determine what specific strengths and/or development areas the athlete may have that would correlate with their rating.

3.0-3.49 Medium-Low

A mean score between 3.0 and 3.49 reflects that on average, respondents did not rate many items highly, reflecting that the group may benefit from some development in this area. A score in this range would warrant some reflection about the subgroup to determine what specific strengths and/or development areas they may have.

< 3.0 Low

A mean score below 3.0 suggests that the average respondent rated a number of items below ‘some of the time’, reflecting challenges in a number of specific items related to this category. It would also warrant further investigation to determine if the scores resemble staff perception of this group. Overall, a mean score of below three on any sub-category suggests that some specific development may be required in this area at present.

Low scores

In general, if a sub-category mean score falls below 3 in any particular sub-category, it is recommended to follow-up with further investigation. Factors that would influence the interpretation include how low below 3 the score is and the scores of other sub-categories, including if any and how many other sub-categories are also below 3.

Actions

While the interpretation of any individual sub-category is of interest, it would be considered important to reflect on the combination of mean scores from different sub-categories.

Considering that there is no fixed interpretation for any particular combination of scores, it would be deemed important to take the following steps when reviewing scores:

- Check with the athlete, coaches or some staff if they agree with the results
- Consider further investigation with targeted assessments of any specific sub-category if deemed necessary
- Monitor the group from a behavioural, social and performance perspective

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Overall Participant Averages

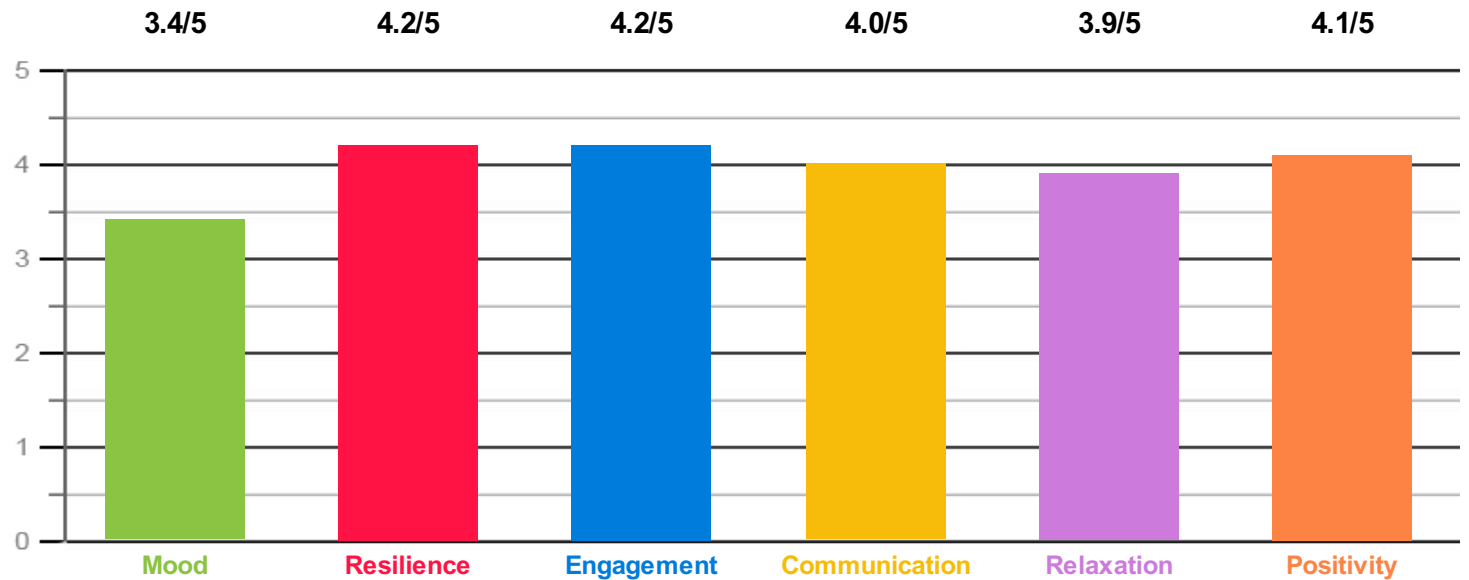
Number of Participants: 6

Genders: All

Ages: All

Subgroups: All

Survey Groups: Sample Report Survey



Notes:



Mood



Resilience



Engagement



Communication



Relaxation

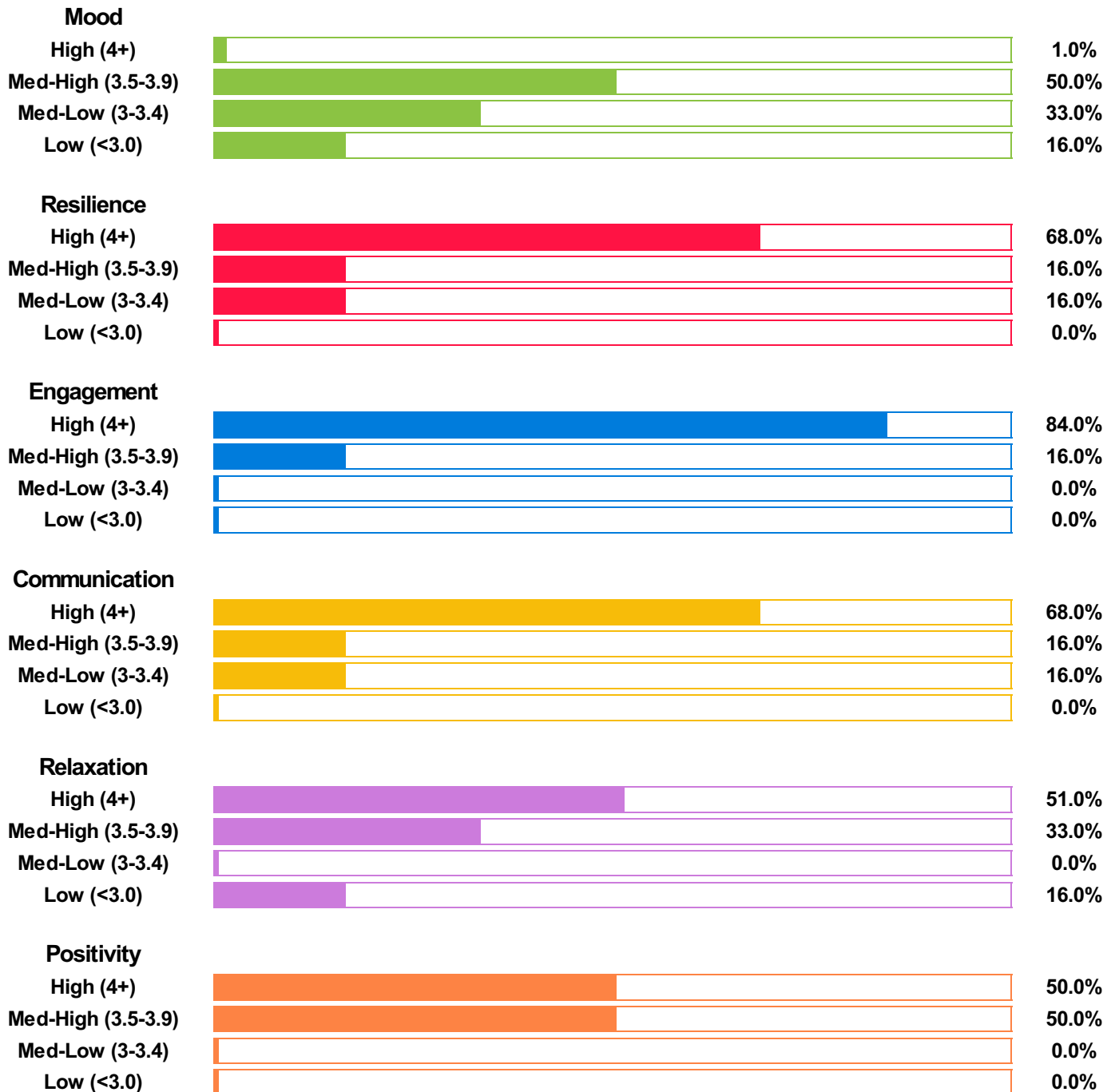


Positivity

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Overall Participant Sub-category details

Participant score details as percentages for each sub-category.



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Sport Wellbeing Survey

Relative high and low scoring items

The five highest and lowest scoring items from the survey for the group filtered are provided below.

**Note that while some questions in the survey are worded in a “reverse” manner, such as “I feel like crying”, the closer the score to 5, the question should be interpreted in a positive manner, such as they do not feel like crying.*

High	Items	Average response
1.	I feel supported by my coaches	4.8
2.	I am a positive person	4.7
3.	I have good relationships with people in my sport	4.5
4.	I overcome setbacks in my sport well	4.5
5.	I am optimistic	4.5

Low	Items	Average response
1.	Nerves have a negative impact on me	2.3
2.	I lose my temper	2.7
3.	I am overly tired	2.7
4.	My mood goes up and down	3.0
5.	I feel stressed	3.2



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Name: Sample Participant

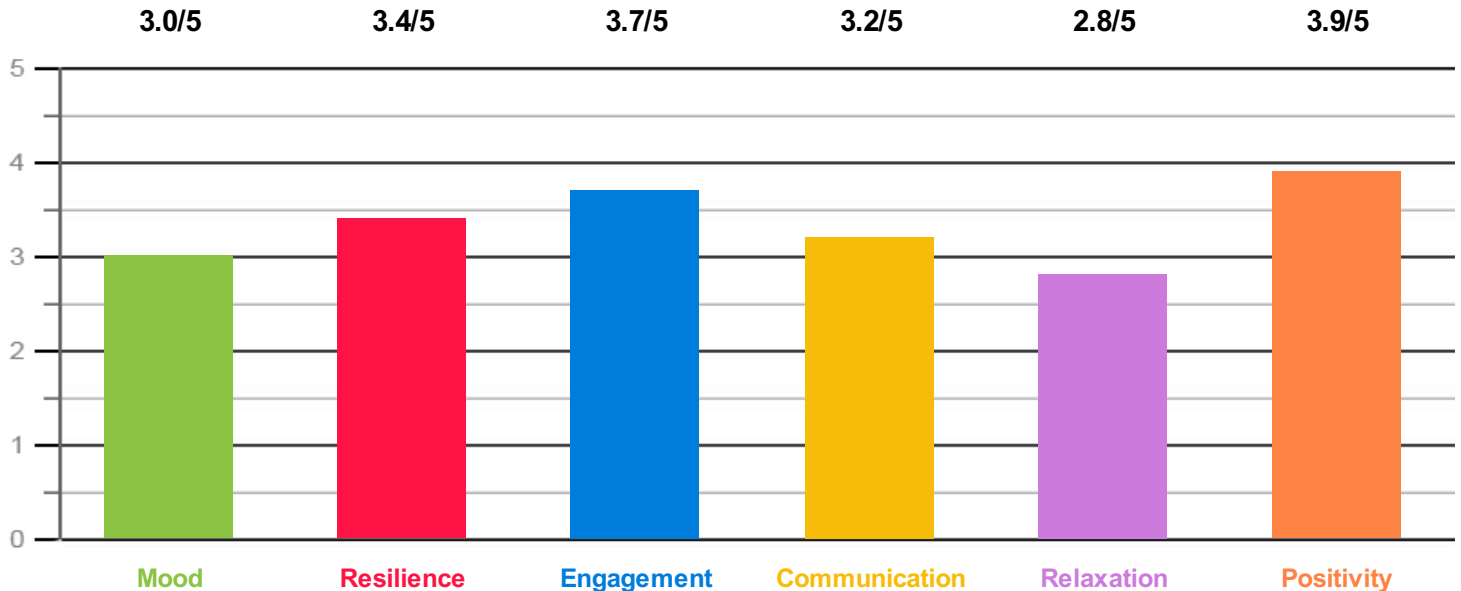
Survey Group: Sample Report Survey

Gender: Male

Age: 18

Sub-Group: A

Date Completed: 2018-06-20 00:15:20



The higher the score, the greater the strength

Sport Wellbeing Sub-Category Descriptions

Mood identifies worry, anxiety, happiness, mood fluctuations, and fatigue. Monitoring and managing mood can be vital for a participant with regard to their life in general and sporting success.	Communication measures communication skills including speaking with others, listening and asking for help. Effective and open communication by participants is positively associated with healthy relationships.
Resilience measures an individual's capacity to value effort, stay determined and learn from challenges. Resilience is increasingly recognised as an invaluable skill for participants of all ages, with sport and life factors.	Relaxation identifies tension and staying relaxed both physically and mentally. Managing frustration or anger and staying relaxed is important due to the different experiences and challenges that participants face.
Sport Engagement reflects important information on enjoyment, dedication, and relationships in their sport. For participants, sport engagement is a crucial component to Wellbeing.	Positivity reflects confidence, optimism, and ability to stay positive. It also measures capacity to focus on goals and know strengths. Positivity has been linked to health and Wellbeing.

4.0 +	A mean score above 4.0 suggests that this individual responded well in this area of Wellbeing. Consider what is working and learn from this to help maintain this strength on a consistent basis.
3.5 - 3.9	A mean score between 3.5 and 3.99 is good. It reflects some areas of strengths and some areas to develop. Consider specifics to develop so that this area can be further enhanced.
3.0 - 3.4	A mean score between 3.0 and 3.49 reflects that this individual would benefit from some development in this area.
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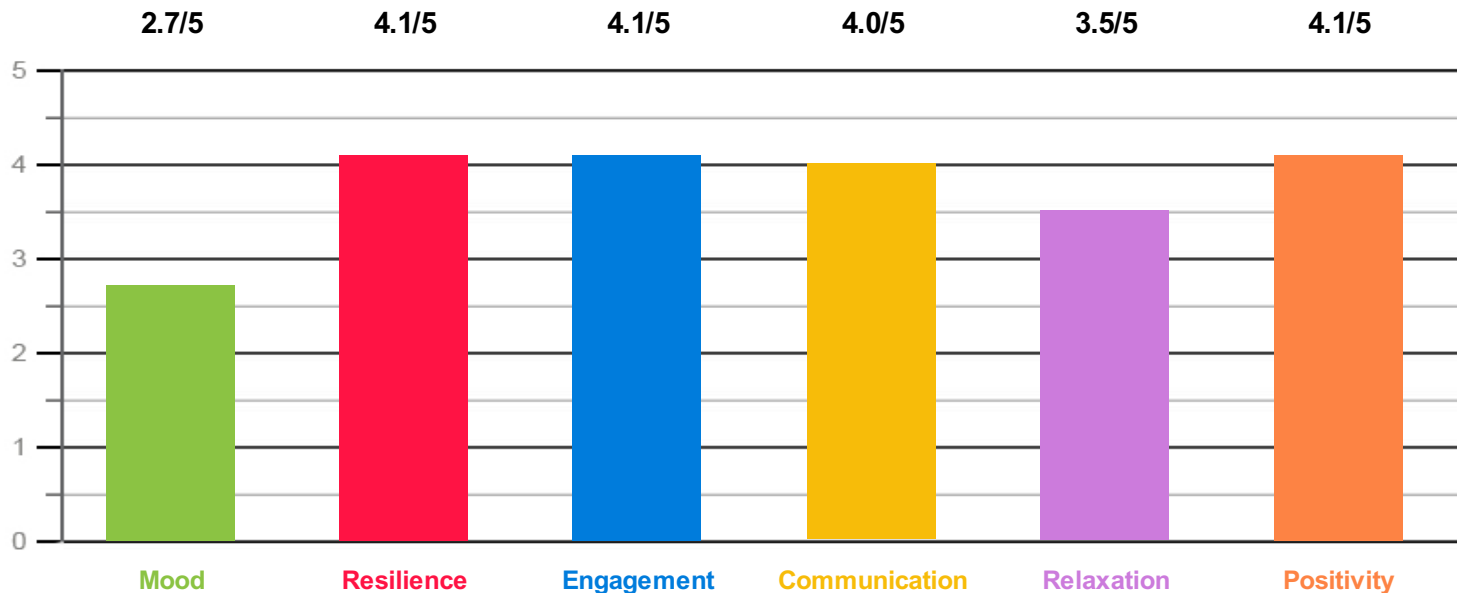
Survey Group: Sample Report Survey

Gender: Female

Age: 21

Sub-Group: D

Date Completed: 2018-06-20 00:16:45



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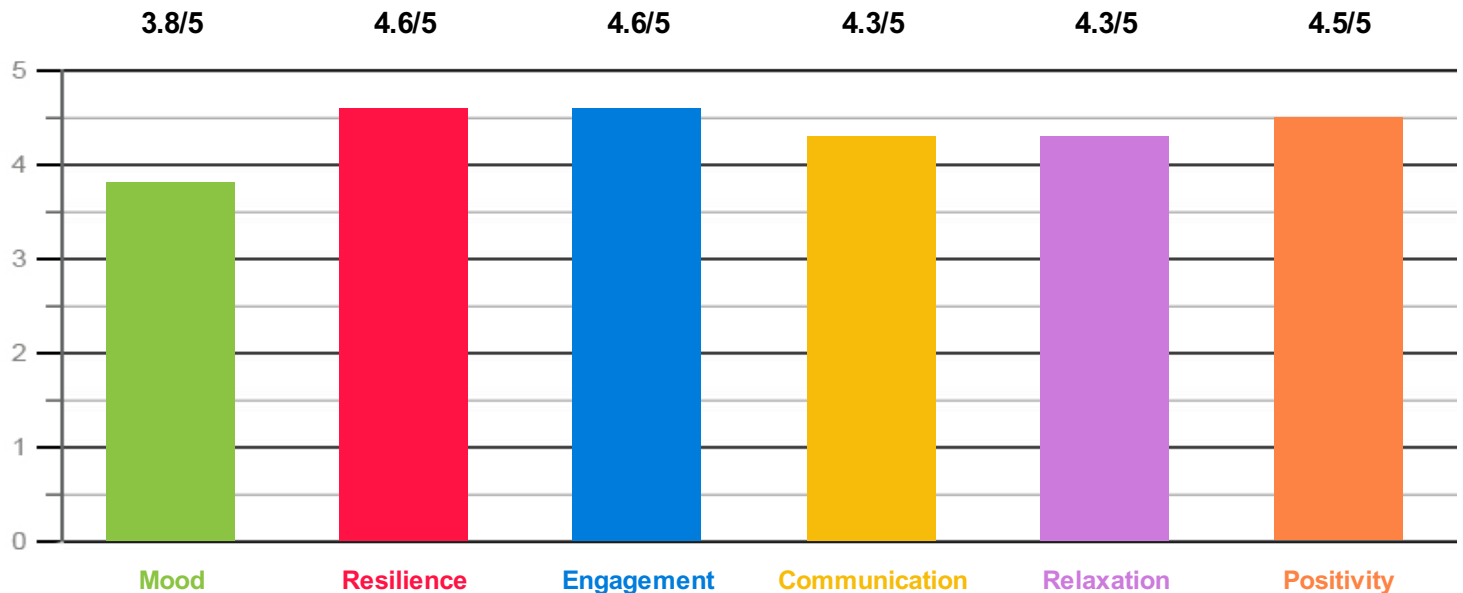
Survey Group: Sample Report Survey

Gender: Female

Age: 23

Sub-Group: D

Date Completed: 2018-06-20 00:18:51



The higher the score, the greater the strength

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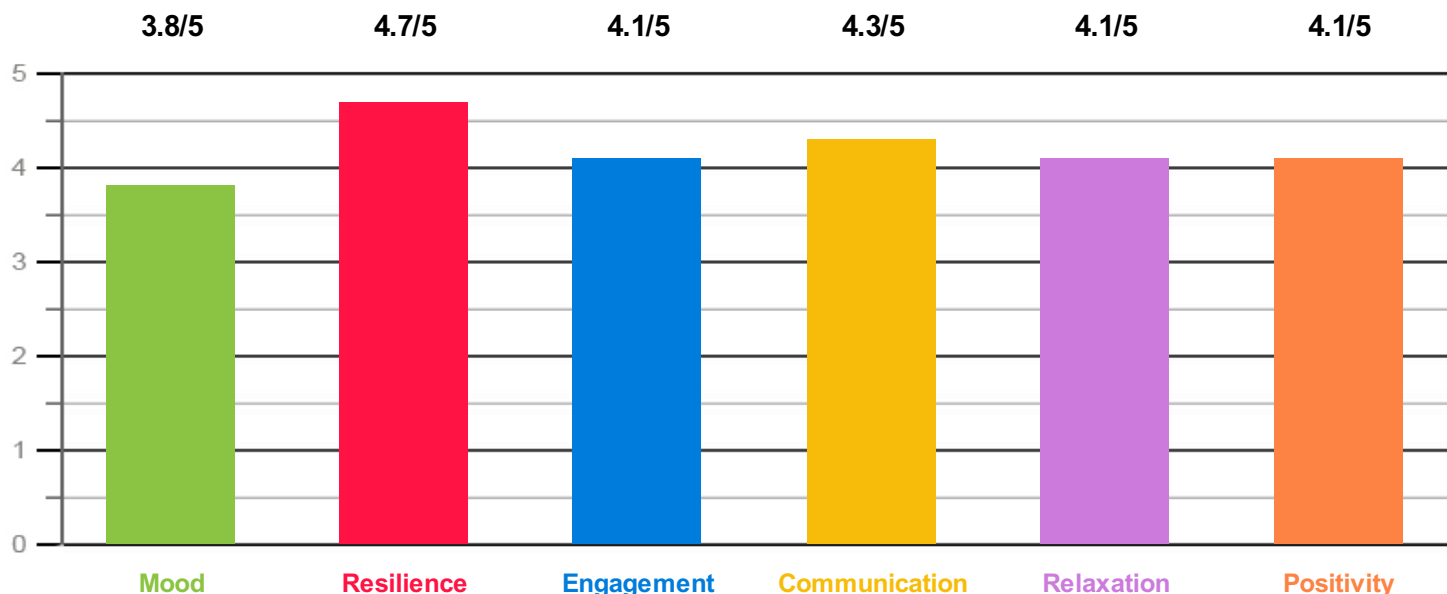
Survey Group: Sample Report Survey

Gender: Female

Age: 24

Sub-Group: E

Date Completed: 2018-06-20 00:20:42



The higher the score, the greater the strength

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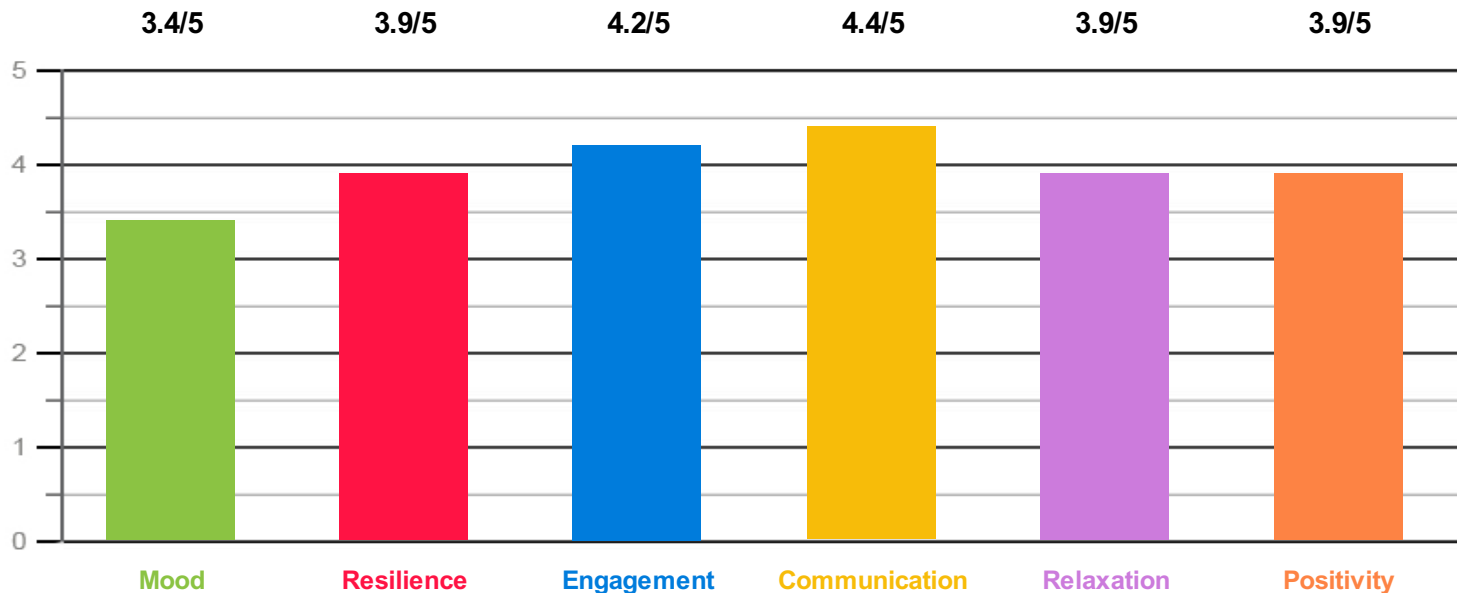
Survey Group: Sample Report Survey

Gender: Male

Age: 20

Sub-Group: E

Date Completed: 2018-06-20 00:22:28



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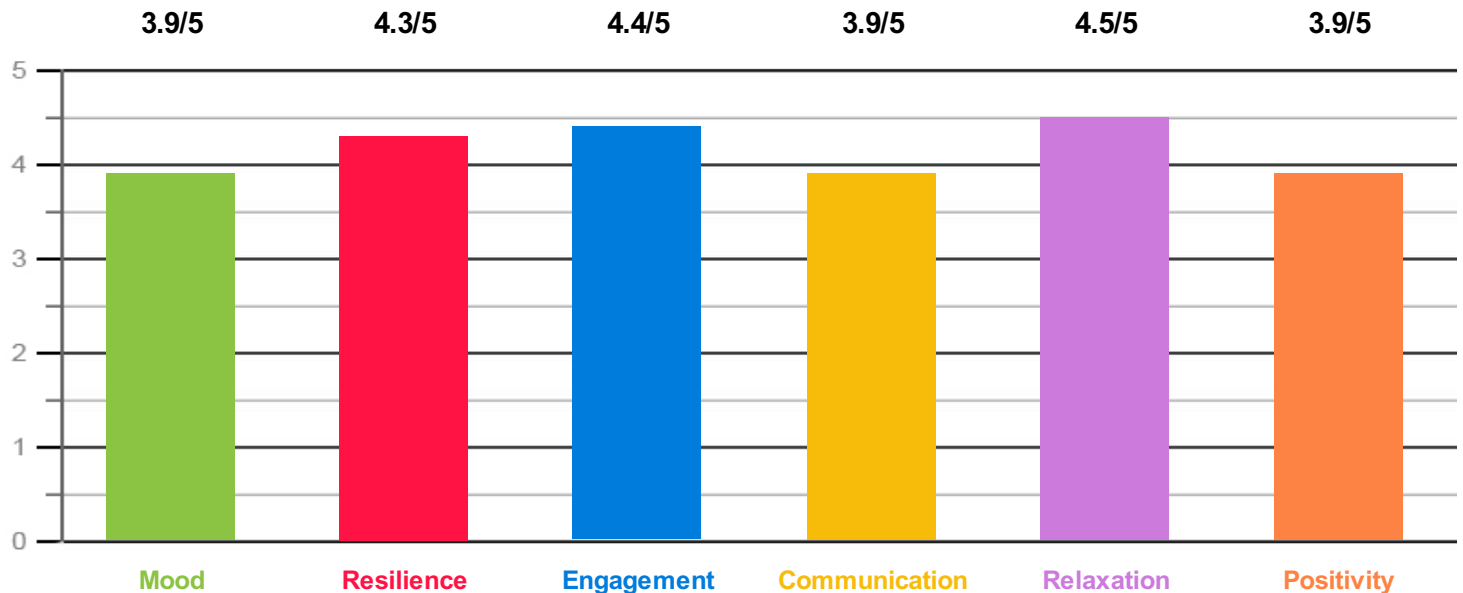
Survey Group: Sample Report Survey

Gender: Male

Age: 21

Sub-Group: None

Date Completed: 2018-06-20 00:25:06



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