

P8158 - Final Project
Effects of Athletic Identity, Resilience, and
Healthy Lifestyle on Emotional Well-being during
COVID-19

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Motivation

Goal

Data

- ▶ Athlete Mental Healthy Survey collected in the UK after the first COVID-19 lockdown using non-athletes as comparison
- ▶ Focus on athletic identity, resilience, wellbeing, and healthy lifestyle
- ▶ Athletic Identity Scale, The Brief Resilience Scale, The Mental Health Continuum Short Form
- ▶ 753 Observations (363 athletes, 390 non-athletes)

Athletic Identity Scale (AIMS)

► Abbreviated 7-item AIMS¹

First Order Factors	AIMS Items
Social identity	
AIMS 1	I consider myself an athlete.
AIMS 2	I have many goals related to sport.
AIMS 3	Most of my friends are athletes.
Exclusivity	
AIMS 4	Sport is the most important part of my life.
AIMS 5	I spend more time thinking about sport than anything else.
Negative affectivity	
AIMS 6	I feel bad about myself when I do poorly in sport.
AIMS 7	I would be very depressed if I were injured and could not compete in sport.

Note: Participants respond to the 7-items of the Athletic Identity Measurement Scale (AIMS) on a Likert-type scale ranging from 1 (*strongly disagree*) to 7 (*strongly agree*).

- First-order factors (Social Identity, Exclusivity, Negative Affectivity) are subordinated to a higher-order Athletic Identity Factor

AIMS (Continued)

- ▶ Result of the confirmatory factor analysis of AMIS with athletes in data
- ▶ (insert CFA graph)
- ▶ Chronbach's alpha is 0.74, with a 95 % confidence interval of (0.70, 0.78).

The Brief Resilience Scale

- Assess the ability to bounce back or recover from stress²

Please respond to each item by marking <u>one box per row</u>		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
BRS 1	I tend to bounce back quickly after hard times	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 2	I have a hard time making it through stressful events.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
BRS 3	It does not take me long to recover from a stressful event.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 4	It is hard for me to snap back when something bad happens.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
BRS 5	I usually come through difficult times with little trouble.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
BRS 6	I tend to take a long time to get over set-backs in my life.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

- Higher the sum score of responses indicates higher level of resilience

The Brief Resilience Scale (Continued)

1-factor CFA -CFI 0.999 -P value = 0.110 - test statistics =
14.376 - RMSEA 0.043

The Mental Health Continuum Short Form (MHC-SF)

- ▶ Assess three components of well-being: emotional, social, and psychological⁴
- ▶ Total score ranging from 0 to 70
- ▶ Higher scores indicate greater levels of positive well-being

Healthy Lifestyle

- ▶ Formative Measurement: a composite of observed variables
- ▶ Indicators of healthy lifestyle
 1. Five Fruit and Vegetables: Yes/No
 2. Smoking Status: 7-point Likert scale
 3. Hour Sleep: numerical variable
- ▶ Higher sum score indicates healthier lifestyle

Selected Variables

Discussion

Resources

1. <https://www.tandfonline.com/doi/full/10.1080/10413200802415048>
2. <https://measure.whatworkswellbeing.org/measures-bank/brief-resilience-scale/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7068432/#B17-ijerph-17-01265>
4. <https://www.hsph.harvard.edu/health-happiness/mental-health-continuum-short-form/>