

Supporting athlete psychosocial development: A longitudinal mixed-method study of psychosocial skills, resilience, and well-being.

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Our Research in Context

Supporting Canadians involved in sport requires promoting the development of adaptive psychosocial skills and resilience, thereby fostering the ability to manage or adapt to demands and work towards one's potential while maintaining well-being.

Our Research Aim

We seek to further understand athlete psychosocial development within a Canadian LTAD model through a longitudinal examination of psychosocial skills, resources, resilience, and well-being.

Our Research Questions

1. How do psychosocial skills, resources, resilience, and well-being change (i.e., develop) over time in LTAD programming?
2. Which psychosocial skills and resources are promotive factors for resilience and how do they predict resilience and well-being?
3. What factors and experiences do athletes perceive contribute to their trajectories (i.e., the development, regression, or, maintenance) of resilience and well-being?

Our Research Design

A two phase, mixed-methods, longitudinal design will assess how psychosocial skills and resources, resilience, and well-being change over time, and identify predictors of resilience and well-being.

Phase 1 → underway

- Our goal is to recruit 400 adolescent and young adult athletes from LTAD programming who will complete assessments of psychosocial skills, resources, resilience, and well-being at 4 month intervals, for up to 3 years.

Phase 2 → upcoming

- Athletes who exhibit upward, downward, and maintenance trajectories ($n = 5/\text{group}$) on resilience will complete one-on-one semi-structured interviews at 4 month intervals (3 interviews each).

Our Anticipated Impact

- To directly inform strategies designed to develop athlete psychosocial skills and resilience, and support well-being
- To inform sport programming designed to take a systematic, strength-based approach to athlete psychosocial development that fosters the skills and provides the resources necessary to have positive sport experiences and encourage lifelong sport participation

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This research is supported by the Social Sciences and Humanities Research Council of Canada and the Sport Participation Research Initiative