



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Nutritional Sciences
& Wellness

SEMINAR ANNOUNCEMENT

The School of Nutritional Sciences and Wellness presents:

“Pacific Athletic Conference (PAC-12) Mental Health Coordinating Unity (MHCU): Reliability and Validity of Mental Health Screening Measures in College Student Athletes”

By

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Moderated by: Kelli Richardson



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12pm

Shantz Building, Room 247

<https://arizona.zoom.us/j/82678706371>

Pacific Athletic Conference (PAC-12) Mental health Coordinating Unit (MHCU): Reliability and Validity of Mental Health Screening Measures in College Student Athletes.

Background: Studies have suggested that Student athletes are more at risk for mental health issues than the general student body population. They face more stressors and carry more responsibility, placing them in a unique niche when it comes to assessing and diagnosing mental health concerns. According to the National Collegiate Athletic Association (NCAA) there are currently over 500,000 student athletes competing in collegiate sport today. Current evidence suggests that the prevalence of mental health symptoms among these students are anywhere from 19%-34% depending on which mental health questionnaire is administered. To date, there are 12 validated mental health questionnaires that assess 13 mental health domains which are administered to the general population in health care settings. Unfortunately, these questionnaires have not been validated amongst this unique NCAA student athlete population. Given such high prevalence rates of mental health symptoms, optimizing methods for detection in NCAA student athletes has become more critical.

Purpose: The purpose of the current study is to determine the validity of the cut-off scores on these self-assessment screening questionnaires by comparing them to structured clinical interviews to determine the actual diagnostic sensitivity and specificity within the Pacific-12 Conference (PAC-12) NCAA schools.

Objective: To create a Mental Health Coordinating Unit, for the PAC-12, that will establish a reliable and valid series of brief mental health screeners consistent with NCAA best practice recommendation to be implemented at PAC-12 schools.

Methods: Student-athletes at participating PAC-12 Universities will complete the 12 mental health self-report questionnaire measures as part of their mental health screener evaluation. The questionnaires will be completed two times per year and data will be collected over 3 years. Researchers will randomly select participants to interview, stratified within diagnoses criteria (i.e., 10 participants per diagnosis category and 10 comparison participants who do not meet cutoff on the diagnostic category). Structured clinical interviews will be performed with the Mini International Neuropsychiatric Interview (MINI 7.0.2) and the Structured Clinical Interview for Sleep Disorders-Revised (SCISD-R). The interviews will be used to validate self-report questionnaire responses.