

## Depressive Symptoms of U.S. Collegiate Athletes: Risk Factors and Implementations for Mental Health Well-Being for Athletes

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**Abstract :** An increased awareness of depression rates among collegiate athletes has aided educational institutions to evaluate their mental health resources for athletes. This paper adds to our knowledge of this growing problem among collegiate athletes. National athletic associations and educational institutions are more knowledgeable of the mental health crisis facing hundreds of thousands of athletes each year, and some have implemented resources to improve mental health. However, college athletes continue to experience depressive symptoms at increasing rates. In this paper, depression rates for the vast numbers of collegiate athletes were found to be significantly greater than the general adult population. This paper used the Preferred Reporting Items for Systematic Review and Meta-Analyses (PRISMA) method to examine the literature's findings on depression rates among collegiate athletes. Particularly, this study answers questions related to risk factors of college athletes' depressive symptoms. Risk factors unique to this population are also discussed. Prevalence rates by sport participant gender and sport are provided. Implementation measures in current practice at educational institutions in the U.S. are discussed to help alleviate depression rates among college athletes.

**Keywords :** college athletes, depression, risk factors, mental health

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