

Annotated Bibliography: Anxiety Disorder and Depression among Student-Athletes

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Abstract

This analysis is an annotated bibliography that consists of several articles that explores anxiety disorder and depression among student-athletes. Statistical testing, equipment application, and diagnosis are integrated into the bibliography. Even though numerous physicians treat student-athletes daily, not many studies are being conducted on the issue at hand. Anxiety disorder and depression might impact a student-athlete in several ways. Distinct signs and symptoms might appear life-changing, like lack of concentration or focus. Healthcare specialists are updating the accurate procedure to assume. Essentially, anxiety disorders and depression in student-athletes start in team training and scrimmages.

Annotated Bibliography

ADAA. (2021). Facts & Statistics| Anxiety and Depression Association of America, ADAA.

<https://adaa.org/about-adaa/press-room/facts-statistics>.

This site provides figures on a variety of anxiety and depression conditions. It displays the proportion of the people in the U.S who experiences a specific disorder, whether males or females are more prone to experience it, the age at which it typically develops, and what might be the etiology. Since this website gives facts, it supports my claim that anxiety and depression are a problem amongst student-athletes. Although this website does not include student-athletes, it is reasonable to suppose that if a substantial proportion of the population has a condition, a much tiny minority could have a greater proportion.

Crocq, M. A. (2022). A history of anxiety: from Hippocrates to DSM. *Dialogues in clinical neuroscience*.

The evolution of anxiety is discussed elaborately in this article. It discusses who were the first thinkers and clinicians to discuss it, how they discussed it, and what they attempted to do about it. For example, the author points out that Greek and Latin clinicians and thinkers separated worry from other forms of unpleasant effects and labeled it a medical condition. Ancient Epicurean and Stoic philosophers proposed procedures related to current cognitive psychology for achieving an anxiety-free mental state. The author discussed the word's origins in many languages. This article can be utilized to demonstrate that worry has existed for decades and is not a product of this generation's imagination. This site is intended to provide general information about anxiety generally and not anxiety, particularly in student-athletes.

Weber, S., Puta, C., Lesinski, M., Gabriel, B., Steidten, T., Bär, K. J., ... & Gabriel, H. H. (2018).

Symptoms of anxiety and depression in young athletes using the hospital anxiety and

depression scale. *Frontiers in physiology*, 9, 182.

<https://www.frontiersin.org/articles/10.3389/fphys.2018.00182/full>

The authors of this article explore the signs of depression and anxiety disorders in college athletes. The Hospital Anxiety and Depression Scale was used to assess the participants. The researchers conducted the survey between August 2015 and September 2016 as part of the "Resistance Training in Young Athletes" (KINGS-Study). Olympic weightlifting, judo, volleyball, field and track athletics, wrestling, soccer, acrobatics, ice speed skating, and rowing were among the student-athletes selected. The researchers proved the importance of both medical and psychological care for student-athletes.

Furthermore, our findings revealed that specified age categorization did not affect HAD Scale findings. The authors were aware of the need for future studies: concentrate on athletics healthcare and athletics psychiatric therapeutic measures to stop anxiety disorders and depression in student-athletes and train them in coping interventions. This paper backs up the claim that student-athletes are under a lot of pressure, including anxiety disorders and depression, and should be advised to pursue treatment.

Ching, J. (2015). Mental health issues are a huge challenge for NCAA concerning student-athletes. *Fox Sports*. Retrieved from: www.foxsports.com/other/story/madison-holleranncaa-student-athletes-mental-health-issues-032515. Accessed 25 Feb. 2017.

This article includes instances of college athletes who have died due to mental health problems, as well as actual sportsmen experiencing depression and anxiety illness. It begins by describing the demise of a University of Pennsylvania athlete who died due to mental health condition. Sportsmen are prone to anorexia nervosa. Because their fitness level is still founded

on their psychological health, the NCAA believes psychological health, especially depression and anxiety disorder, to be very vital.

Edwards, B., Froehle, A. W., & Fagan, S. E. (2021). Trends in College Student-Athlete Mental Health in the National College Health Assessment (NCHA), 2011–2019. *Journal of athletic training*. Retrieved from:

<https://meridian.allenpress.com/jat/article/doi/10.4085/1062-6050-586-21/475489/Trends-in-College-Student-Athlete-Mental-Health-in>

Between 2011 and 2019, the National College Health Assessment polled 54,479 college athletes and 448,301 non-athletic scholars. Five self-reported inquiries about signs, diagnosis, therapeutic seeking, organizational dissemination, and educational effects make up the survey. Over a decade, the researchers wanted to examine the psychological health of college and non-student sportsmen. College athletes indicated far fewer signs and diagnoses besides attempted suicide, alcoholism, and anorexia. Psychotherapy seeking was also reduced dramatically among student-athletes. Athletes exhibited poorer performance in all areas, especially anxiety and depression, partially due to athletic trainers training them and providing them with mental health support. To quicken the identified good patterns in information distribution and treatment-seeking, the experienced authors were aware of the necessity for athletic tutors to continue training student-athletes and direct them to mental health services.

Hilliard, R. C., Watson, J. C., & Zizzi, S. J. (2020). Stigma, attitudes, and intentions to seek mental health services in college student-athletes. *Journal of American college health*, 1-10. Retrieved from:

<https://www.tandfonline.com/doi/abs/10.1080/07448481.2020.1806851>

A study including 328 student-athletes from Division II and III colleges by Hilliard and his co-authors looked into mental well-being themes for which student players might seek professional help. Every respondent filled out a survey about prejudice and sentiments regarding mental health care, as well as their readiness to seek treatment for specific issues. To generalize the findings, the authors employed a logistic regression analysis. As per the findings, public stigma is linked to self-stigma, self-stigma is linked to sentiments, and sentiments are linked to the likelihood of seeking mental health assistance. Additionally, using logistic regression analysis, self-stigma and sentiments were linked to a higher risk of seeking mental health care. Because of this information, athletic trainers and other mental health specialists have been able to develop initiatives to improve mental health care for college athletes. Furthermore, the knowledgeable authors emphasized the importance of implementing a multimodal strategy that reduces stigma and improves attitudes to encourage college athletes to seek mental health treatment.

Howell, M., Hwang, Y., Deng, Y., Kim, T., Walker, B., & Yli-Piipari, S. (2021). Associations Of Coach-created Motivational Climate And The Prevalence Of Anxiety In Student-athletes: 940. *Medicine & Science in Sports & Exercise*, 53(8S), 310.

According to studies, 85 percent of college sportsmen suffer from anxiety disorders. Psychological problems have been related to various variables, including performance pressure and injuries. This study aimed to see what role instructors perform in their athletes' nervousness. Howell and his co-authors administered a questionnaire to 105 student-athletes who completed it to gauge their anxiety about the supportive work environment created by their instructors. The findings illustrated that because of their trainers' inspirational atmosphere, 71 percent of the participants expressed high anxiety levels, and 19 percent expressed borderline anxiety. The

capacity of a trainer to create or potentially stop anxiety throughout the squad was determined in this study.

Yang, J., Peek-Asa, C., Corlette, J. D., Cheng, G., Foster, D. T., & Albright, J. (2007).

Prevalence of and risk factors associated with symptoms of depression in competitive collegiate student-athletes. *Clinical Journal of Sports Medicine*, 17(6), 481-487.

Retrieved from:

https://journals.lww.com/cjsportsmed/Abstract/2007/11000/Prevalence_of_and_Risk_Factors_Associated_With.8.aspx

Yang and his colleagues conducted a study to estimate the incidence of depression symptoms amongst prominent college student-athletes and investigate the variables linked to such symptoms. Following the preseason in 2005-2006, 257 Division I sportsmen was polled. The Center for Epidemiological Studies assessed depressive symptoms. The Depression Scale was used to assess depression, the State-Trait Anxiety Inventory was used to assess anxiety, and the Generalized Estimating Equations were used to assess factors linked to anxiety and depression. Depressive moods were indicated by 21 percent of the subjects. Females and freshmen were more likely to suffer from depression.

Additionally, pupils with depressed moods had increased anxiety ratings. This knowledge is beneficial in providing scientific information for future research on student-athlete psychological well-being. The authors advocated for more research into why student-athletes, particularly freshmen and female players, are more likely to develop depression symptoms.

Tran, A. G. (2021). Race/ethnicity and stigma concerning unmet mental health needs among student-athletes. *Journal of College Student Psychotherapy*, 1-18. Retrieved from:

<https://www.tandfonline.com/doi/abs/10.1080/87568225.2021.1881859>

University student-athletes are at an increased risk of developing mental health problems and do not seek treatment. Stigmatization, as well as racial and cultural differences, play a big part in people not getting assistance. The authors utilized the Healthy Minds Study to assess 4,089 student-athletes over the course of four years, from 2015 to 2019. Its purpose was to examine racial and ethnic differences in stigmatization and therapeutic use among student-athletes. For minority student-athletes, the authors reported no link between an individual or projected public stigma and getting help. Individual stigma was linked to unfulfilled mental health issues among White student-athletes, but perceived public prejudice was linked to using psychiatric treatment. The researchers may have established differences in psychosocial functioning based on ethnic or racial minority and type of prejudice among the student-athletes.

Anshel, M. H., Sutarso, T., & Jubenville, C. (2009). Racial and gender differences in sources of acute stress and coping style among competitive athletes. *The journal of social psychology, 149*(2), 159-178. Retrieved from:

<https://www.tandfonline.com/doi/abs/10.3200/SOCP.149.2.159-178>

Anshel et al. studied at Middle Tennessee State University, investigating how gender and ethnicity influence how sportsmen deal with stressors. The authors wrote this essay to enlighten audiences on how individual activities might have such a significant effect on the brains of teenage student-athletes. The researchers delve into the various populations of student-athletes with acute stress problems. They look at various ethnicities and genders and wonder why several people are more impacted than others. The authors explain how several of such illnesses limit their ability to play games, concentrate, and even rest. They also explain how they arrived at such conclusions and why they are so crucial to building upon. The scientists also looked at how diverse races of college athletes seemed to cope with stress illnesses in various ways. They

further looked into how the instructor's demographics can impact the players in the long term. The writers emphasize the significance of this data and how the community helps promote and advance only particular categories of people.

Gleeson, S., & Brady, E. (2017). When athletes share their battles with mental illness. *USA Today*, 30.

The record of prominent athletes is expanding when it comes to mental illness, including depression and anxiety disorder. Numerous athletes are affected by anxiety, depression, and low self-esteem, and the authors in this article describe athletes like swimmer Michael Phelps and NBA player Jerry West. According to the authors, 30 percent of NCAA athletes who were assessed had elevated depression and anxiety rates or had encountered periods of despair. The author discusses how athletes conceal their emotions and pain. Several of the identified mental diseases are even more serious than anxiety. As indicated in the research, several people, such as Brandon Marshall, a notable NFL player, suffer from personality disorders. The objective is for the community to remove the stigma related to mental health conditions in the hopes that it will become acceptable to seek appropriate treatment and assistance for such skilled athletes and also teenage student-athletes.

Babcock, K. (2017). Helping adolescent athletes cope with stress. Retrieved January 5, 2019,

from <https://www.google.com/amp/s/medicalxpress.com>

In this essay, the author discusses how parents can help their children cope with sports-related stress. Families frequently ask or make statements that just contribute to the stress of their youngsters. Stress can be efficiently managed by selecting the optimal method for each situation. They surveyed 85 pairs of families who had children who were athletes. Researchers examined varying degrees of stress as well as how parents communicate with or advise their children.

Inspiration and listening, rather than telling and commanding, appear to have had a greater influence. Enabling sentiments to be received and respected worked to minimize stress rates and enabled the youngster to come up and speak more efficiently about their pressures and anxieties, resulting in a healthier strategy. Essentially, families play a critical part in increasing or decreasing stress levels in student-athletes. The authors suggested that it is advantageous to have productive communication methods to reduce anxiety and enhance performance.

Rawson, H. E., Bloomer, K., & Kendall, A. (1994). Stress, anxiety, depression, and physical illness in college students. *The Journal of Genetic Psychology, 155*(3), 321-330.

Retrieved from: <https://www.tandfonline.com/doi/abs/10.1080/00221325.1994.9914782>

Rawson and his co-authors investigated the link between stress, anxiety, depression, and sickness in university students. Anxiety-illness, stress-illness, anxiety-depression, and depression-illness associations all exhibited significant correlations. The findings also revealed that stress and depression rates differed by year, with underclassmen having the greatest rates. The social system and also stress management abilities among the various groups should be examined extensively. In comparison to previous research, there was still little variation in stress levels between males and females. As a result, it would be prudent to retake the experiments to see if additional aspects should be included (Rawson). The authors looked into the possibility of a link between their findings and previous studies on social support, coping, and gender roles in mental illness among student-athletes. I think that students acclimate to university in a range of methods and that it simply requires time. They grow agitated and anxious until they try to cope with busy schedules. This can make individuals struggle intellectually, leading to a downward spiral and depression. This article is useful regarding the subject of anxiety disorders and

depression among student-athletes because it depicts how the two (depression and anxiety) affect one's mental well-being and, thus, healthy functioning.

Mez, J., Daneshvar, D. H., Kiernan, P. T., Abdolmohammadi, B., Alvarez, V. E., Huber, B. R., ... & McKee, A. C. (2017). Clinicopathological evaluation of chronic traumatic encephalopathy in players of American football. *Jama*, *318*(4), 360-370. Retrieved from:

<https://jamanetwork.com/journals/jama/fullarticle/2645104/>

Mez and his co-authors' study, Concussion Symptoms and Return to Play Time in Youth, High School, and College American Football Athletes (2016), looked into a prospective study's diagnostic and neurodegenerative characteristics of dead sportsmen who had been diagnosed with chronic traumatic encephalopathy (CTE). According to the researchers, physical injuries are more common in college athletics than in junior and high school athletics, and their time back on the field is shorter. To back up his claim, he looked at statistics from 3 distinct stages of football. His goal is to compare the consequences of football concussions and time spent returning to play at three distinct stages of the game. The target audience for this material is trainers, families, and medics. Young athletes, according to research, return to action faster than older athletes. It may take weeks for a student-athlete to return to action after just twenty-four hours. Because youth sports are not as physically demanding as adult football, young players don't take as much punishment as senior athletes, allowing them to heal soon. Due to the general hereditary elements that come into play, the scientific work isn't comprehensive. Physiological changes, like adolescence and neurodevelopment, influence young sportsmen. This article is useful in the research of anxiety disorders and depression in student-athletes because it shows how athletes may be at a higher risk of mental illnesses that can interfere with their training and studying.

Hughes, L., & Leavey, G. (2012). Setting the bar: athletes and vulnerability to mental illness. *The British Journal of Psychiatry*, 200(2), 95-96. Retrieved from:

<https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/setting-the-bar-athletes-and-vulnerability-to-mental-illness/E4A39433B58B9A44D821D7A9E2C2D04C>

This article explains how the mental and physical effects of the athletes' participation in training are described. The authors highlighted the significant disparities in treatment and diagnosis of student-athletes presenting with comparable symptoms between doctors in general care and specialists functioning in the sports setting. Athletes that practice at such a high intensity risk developing burnout as a result of overtraining. Whenever they overtrain and experience burnout, they are more likely to develop a major depressive illness. Furthermore, the authors found that risk variables for sportsmen enhance awareness of the negative aspects of sport and draw knowledge about mental health outcomes and the importance of players. Female athletes are still prone to anxiety disorders as a result of the high demands placed on their bodies. Consequently, there is necessary to be a better balance between athletes' self-care and mental health. According to the authors, future research on the etiology and occurrence of mental illness in student-athletes is needed.

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