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Attitudes Among Collegiate Volleyball and Women's Soccer Players Prior to the COVID-19 Altered 2020-21 Season

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Context: In response to the global spread of SARS-CoV-2, the National Collegiate Athletic Association cancelled all 2020 winter and spring championships that had not been completed. Additionally, the majority of 2020 fall spring championships were rescheduled to take place in the spring semester of 2021. **Objective:** The purpose of this study was to describe the attitudes, moods, and motivations of collegiate women's soccer and women's volleyball players toward the alteration to the 2020-2021 season. **Design:** Cross-sectional design. **Setting:** Web-based survey. **Participants:** A total of 46 female collegiate soccer and volleyball players participated in this study (Age = 17.8 years \pm 1.3; Women's Soccer = 24; Women's Volleyball = 22). **Interventions:** Participants were sent an electronic survey that collected demographic information, assessed attitudes and motivations regarding the altered season, and asked items found on the PHQ-9 and GAD-7 to assess depression and anxiety related feelings. Data was downloaded and analyzed using commercially available statistics software. **Main Outcome Measures:** Emotions experienced following the alteration to the 2020-2021 competitive season, depression related symptoms, and anxiety related symptoms. **Results:** The vast majority of participants stated that they were disappointed and sad when they received news that the 2020-2021 season would be altered (Disappointed = 80.4%). In contrast, the least commonly experienced emotion was happiness (Happy = 19.6%). On the PHQ-9, the majority of participants reported symptoms consistent with

either moderate or severe depression (Moderate Depression = 15, Severe Depression = 13). 82.6% (N=38) of participants reported experiencing symptoms consistent with at least moderate depression. On the GAD-7, all participants reported symptoms consistent with at least mild anxiety (N = 46). The majority of participants reported symptoms consistent with mild or moderate anxiety (Mild Anxiety = 16, Moderate Anxiety = 14). **Conclusions:** The majority of surveyed collegiate women's soccer and volleyball players reported feeling disappointed or sad upon receiving news that the 2020-2021 competitive season would be altered. Less than 20% of respondents reported feeling happy about this news. The majority of participants reported feeling symptoms consistent with depression and anxiety shortly after receiving the news that their seasons would be altered. As athletic trainers, coaches, and administrators prepare to move forward, it is important to consider the possible implications and effects the alteration of the 2020-2021 competitive season will have on the mental health of student-athletes. Consideration of these factors may allow for intervention should student-athletes continue to experience these negative mood states.