The Impact Of A Competitive Lacrosse Season On Depression And Anxiety
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**Context:** Students at the collegiate level experience high levels of stress due to the increased workload, increased work intensity, and associated lack of leisure time. These stressful demands can pre-dispose one to the worsening or development of mental health issues. When compared to their non-athlete counterpart, college athletes have additional stressors in their life, including: team practices, games, lifting, team meetings, and travel. The compounding levels of stress due to the increased demands of being a college-athlete, may predispose this population to mental health disorders. **Objective:** To determine if a competitive lacrosse season has an impact on the mental health of Division I male lacrosse players. **Design:** Cross-Sectional, survey study **Setting:** Boardroom **Patients or Other Participants:** Thirty-six Division I Men’s Lacrosse Players (19.89 ± 1.2) **Interventions:** The HANDS Depression Screening Tool, Mood Disorder Questionnaire, Carroll-Davidson Generalized Anxiety Disorder Screen, and the SPRINT-4 PTSD screening tool were completed prior to the start of the competitive lacrosse season and again at the end of the competitive season. **Main Outcome Measures:** Each survey was scored and analyzed by a licensed professional counselor to assess for at-risk individuals. We compared the total scores of each survey from their results in January to their results in May. **Results:** All four assessments saw a decrease in scores between pre and post-assessments, with significant differences found with the HANDS Depression Screening Tool \( t (36) = 2.6, p = .013, d = .43 \) and the SPRINT-4 PTSD screening tool \( t (35) = 2.36, p = .024, d = .39 \). These results suggest improvement in levels of depression and anxiety over the course of a competitive lacrosse season. **Conclusions:** In-season athletes may experience lower depression and anxiety levels when compared to out-of-season athletes. This may be due to the team comradery, increased physical activity, or a combination of both. **Word Count:** 299