

At-Risk Simulation: Student Athletes Study

A Longitudinal Study with 2,408 Student Athletes at 69 Institutions

SUMMARY OF STUDY RESULTS

The study was conducted between June 2014 and October 2018 with 2,408 Student Athletes at 69 institutions in 34 states.

Key findings include:

1. Mental Health Skills

The study found a statistically significant increase ($p < 0.05$) among Student Athletes in Total Mental Health skills from pre-simulation to 3-month follow-up. Total Mental Health Skills included ability to: (1) identify when a fellow student's behavior or appearance is a sign of psychological distress, (2) discuss concern with a fellow student, (3) motivate a fellow student to seek help, and (4) make a referral to mental health support services.

2. Behavior Change

Three months after completing the simulation, Student Athletes reported a significant increase ($p < 0.05$) of 43.8% in the number of students they approached to discuss concerns with and 87.8% in the number of students they discussed a referral to support services.

3. Self-Referral

Three months after completing the simulation, Student Athletes reported a statistically significant increase ($p < 0.05$) in terms of the likelihood that they would seek help when feeling psychologically distressed.

4. Satisfaction with Learning Experience

Ninety-seven percent rated the simulation as good, very good, or excellent. Eighty-five percent said they would recommend it to their fellow students.

“One of my teammates wasn't showing up to practice. I approached her and asked how things were going, but after taking the simulation, I would have asked more specific questions.”

- Student Athlete

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Notes:

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PRODUCT DESCRIPTION

At-Risk for University & College Students is an online, interactive simulation where students learn about psychological distress, how it impacts students, and what they can do when they're concerned about a fellow student. Users first engage in a mini-game activity where they practice identifying the virtual friend who is at risk and needs help. Then the user engages in a role-play conversation with a virtual, fully-animated student who is showing signs of distress. Users practice bringing up their concerns and what they've noticed, and make a referral to support services.

This evidence-based simulation has been adopted by more than 350 schools and is listed in SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP) and in SPRC/AFSP Best Practices Registry. A demo can be viewed at www.kognito.com.



Snapshot of Kognito's *At-Risk for Students*

Table 1: CHANGES IN APPROACH AND REFERRAL RATES*

Average number of students that participants...	Percent change**
Were concerned about	35.9%
Approached to discuss concerns	43.8%
Discussed a referral to support services	87.8%

*Only answers by participants who completed the pre- and follow-up surveys at least two months into the academic year were included.

** $p < 0.001$