**Supplementary File**

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**Section One Pilot Test Feedback Form**

What was the best part of the webinar?

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If I could change one thing (add/remove) about the webinar I would…….

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Any additional comments?

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**Please rate the following statements on a scale of 1-5:**

**I enjoyed the webinar.**

1 2 3 4 5

 Did Not Enjoy Really Enjoyed

**The webinar was interesting and engaging.**

1 2 3 4 5

 Not Interesting Very Interesting

**The webinar was informative.**

1 2 3 4 5

 Very Boring Very Informative

**The information in the webinar was relevant to me as a coach.**

1 2 3 4 5

 Not Relevant Very Relevant

**Webinar Handout: Section 1: Providing Social Support to Athletes**

**Social support:**

* A social interaction that involves the exchange of resources and is meant to help the athlete achieve a desired goal or positive outcome
* Social support is an extremely valuable tool to help athletes succeed

**Actual support:**

* The expression of helping behaviours by the coach which are put to use by the athlete

**Assumed support:**

* An athlete’s belief that their coach will provide assistance when needed, regardless of whether or not the athlete actually receives that support

**4 Types of Social Support:**

* Each of the 4 types of social support can be valuable in different scenarios
1. *Emotional Support:* Comforting an athlete who is experiencing some type of life stress
	* The athlete feels cared for, and believes that in times of stress they can turn to you for comfort and security
	* e.g., consoling an athlete after an unexpected loss
2. *Boosting Self-esteem:* Boosting the athlete’s sense of self-competence and self-esteem
	* You may offer positive feedback related to the athlete’s skills, or express you belief in the athlete’s abilities
	* e.g., reminding an athlete of their previous accomplishments prior to a big race
3. *Providing Advice and Guidance:* Providing the athlete with advice and guidance when referring to a particular problem
	* e.g., advising the athlete on which competitions to attend, and when to taper in order to qualify for a more important competition
4. *Material Assistance:* Providing athletes with the concrete resources that they needs to cope with a stressor
* Can take the form of financial aid or physical assistance with a task
	+ e.g., helping an athlete complete mandatory paperwork for their regulatory sporting body

**Things to Consider:**

* Coach-athlete dependence
	+ Can lead to difficult retirement experiences for athletes
	+ Not all close relationships lead to dependence
* Scope of practice
	+ Are there things a coach should not be asked to deal with?
	+ Duty to report and duty to follow up
* Social support provided electronically
	+ Check sport organization policies regarding electronic communication
* Perceptions of favouritism
	+ Reflect on how your communication may be perceived by others

**Section 2: Supporting the Well-Being of Athletes Disclosing Psychological Distress**

**Table 1.** Culture setting practices to address barriers to athlete disclosures of distress. \*

|  |  |
| --- | --- |
| **Barriers to Disclosure** | **Coaching Practices** |
| Emphasis on Athlete Toughness | * Establish a holistic coaching philosophy that increases emphasis on athlete development and well-being (i.e., prioritizes sleep, nutrition, academics, etc.)
* Encourage athletes to maintain a balanced lifestyle
 |
| Power of Coaches | * Verbally communicate that help-seeking may require athletes to step away from sport, but that athletes will have an opportunity to return following recovery
* Develop coach-athlete relationships founded on trust, openness, and reciprocal communication with athletes
 |
| Athlete’s Position on a Team | * Provide transparent selection criteria
* Provide equitable training opportunities for developing athletes
* Assign all athletes a valued role on the team
 |
| Poor Visibility/ Understanding of Psychological Distress | * Speak openly about psychological distress and/or mental health challenges
* Share anecdotal stories or personal experiences
* Teach athletes awareness surrounding their mental and psychological well-being
* Enforce accountability such that athletes understand they are responsible for managing their own well-being
 |
| Previous Negative Experiences with Disclosure | * Tend to all athlete concerns in an empathetic and compassionate manner
* Through observational learning, athletes will gain comfort in seeking help from coach
 |
| **General Coaching Practices** |
| * Role model behaviours consistent with desired team culture
* Establish and demonstrate an open-door policy
* Avoid use of stigmatizing and non-discriminatory language when discussing athletes’ psychological health and well-being
* Build a diverse coaching and support staff
 |

**Table 2.** Support practices for coaches when assisting psychologically distressed athletes. \*

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| --- | --- |
| **Timeline** | **Suggested Support Practices** |
| Immediate Support Provision | * Listen to athlete describe their concern(s)
	+ Paraphrase what the athlete is saying
* Provide reassurance to athlete
* Ask follow-up or probing questions (if needed)
* Triage the severity of the distress
* Connect athlete with appropriate professional resources (if needed)
 |
| Short-Term Support Provision | * Assist athlete in creating plan to manage distress
	+ Engage athlete in this process to show support for their autonomy and establish accountability
* When connecting athlete to professional resources:
	+ Offer to schedule appointment/make connection on the athlete’s behalf
	+ Offer to take athlete to initial meeting
 |
| Long-Term Support Provision | * Maintain athlete confidentiality
* Keep athlete engaged with the team
* Check in with athlete on consistent basis
* Make yourself readily available for as-needed communication
* Modify sport-related demands
* Demonstrate patience and understanding in regards to the slow process of recovery
 |

\*The following Tables were adapted from:

Bissett, J. E., & Tamminen, K. A. (2020). Student-athlete disclosures of psychological distress: Exploring the experiences of university coaches and athletes. *Journal of Applied Sport Psychology*. https://doi.org/10.1080/10413200.2020.1753263

**Pre-Webinar Survey**

Demographics: Please fill out the following demographics questions.

Age: **­­\_\_\_**

Gender: Female Male Non-Binary Prefer not to Answer

Coaching Level: Please describe the primary age range and level of sport (i.e., recreational, competitive, intercollegiate, etc.) of the athletes you presently coach.

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Please indicate your level of experience with providing social support to athletes by moving the slider on the scale.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| No experience/exposure to providing social support to athletes |  |  | Some experience/exposure to providing social support to athletes |  |  | Extensive experience/exposure to providing social support to athletes |
| Image result for 0 to 100 scale |

Please briefly describe any previous training or previous experience you have in learning how to provide social support to athletes:

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Please briefly explain why you are participating in this webinar.

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What do you hope to gain from this webinar?

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Please select one answer between 'Strongly Disagree' and 'Strongly Agree' for each of the statements below.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree | Disagree | More or Less Disagree | Neutral | More or Less Agree | Agree | Strongly Agree | Prefer not to Answer |
| I have a good understanding of how to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I know how to provide social support to athletes within a sporting context. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have a good understanding of what is involved in providing social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have the skills needed to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have the proper resources to learn about providing social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have the proper resources to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have support from others (e.g., sport organizations, parents, other coaches) to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I want to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I believe I can provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I want to have a good understanding of how to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I believe knowing how to provide social support to athletes is a skill I need as a coach. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have effectively provided social support to athletes as a coach. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have explained/taught others about providing social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I provide social support to athletes in my coaching. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

Comments: Is there any other information you would like to share with us related to your participation in this webinar?

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**Post-Webinar Survey**

Demographics: Please fill out the following demographics questions.

Age: **­­\_\_\_**

Gender: Female Male Non-Binary Prefer not to Answer

Coaching Level: Please describe the primary age range and level of sport (i.e., recreational, competitive, intercollegiate, etc.) of the athletes you presently coach.

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What do you feel were the most valuable things you learned in the webinar?

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Was there anything missing from the webinar that you wanted to learn about?

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Is there any other information you would like to share with us related to your participation in this webinar? Please provide any feedback or comments about your experience.

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Now that you have completed the webinar, please select one answer between 'Strongly Disagree' and 'Strongly Agree' for each of the statements below.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree | Disagree | More or Less Disagree | Neutral | More or Less Agree | Agree | Strongly Agree | Prefer not to Answer |
| I have a good understanding of how to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I know how to provide social support to athletes within a sporting context. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have a good understanding of what is involved in providing social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have the skills needed to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have the proper resources to learn about providing social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have the proper resources to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have support from others (e.g., sport organizations, parents, other coaches) to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I want to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I believe I can provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I want to have a good understanding of how to provide social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I believe knowing how to provide social support to athletes is a skill I need as a coach. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have effectively provided social support to athletes as a coach. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I have explained/taught others about providing social support to athletes. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| I provide social support to athletes in my coaching. | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |