**APPENDIX A**

**COPY OF SURVEY (WITH CORRECT ANSWERS PROVIDED)**

This is a research study whose objective is to assess Division I cross country and track and field coaches’ understanding of depression and interest in receiving continuing education. Participation is limited to this electronic survey. The survey will require approximately five minutes of your time. Participation is voluntary. By choosing to participate in the survey, you are giving consent. All responses will remain anonymous; your name will never be associated with your data. You may skip any question or discontinue the survey at any time. There are no anticipated risks to participation. We are happy to share the study’s results with you upon conclusion of the data analysis if you indicate interest at the conclusion of the survey.

1. At what levels have you participated in cross country and/or track and field as a competitor? (Please check all that apply)
   1. High school
   2. College
   3. Professional level
   4. Did not participate
2. What is your current coaching title?
   1. Assistant Coach
   2. Associate Head Coach
   3. Head Coach
   4. Other (fill in the blank)
3. Not including the 2016-17 school year, how many years of coaching experience do you have at the…
   1. High school level?
   2. College level?
   3. Youth
   4. Other
4. What training or education have you had regarding depression? Please check all that apply.
   1. None
   2. Lectures
   3. Printed materials
   4. NCAA website
   5. Other websites
   6. Conversation with mental health expert
   7. Videos or television shows
   8. Other - Please describe.
5. How well do you feel you understand depression (i.e. known symptoms, consequences, resources, etc.)?
   1. Not at all
   2. Slightly
   3. Moderately well
   4. Very well
6. Approximately, what percentage of your student-athletes have you known to have struggled with depression while you were still their coach? Your best guess is fine. Enter 0 if none.
7. How did you become aware of a current student-athlete’s problem with depression most often?
   1. Student-athlete self-reported
   2. By identifying the symptoms
   3. Was told by teammate or athletic trainer
   4. Other
8. Think of the most recent time you became aware that a student-athlete you were currently coaching was suffering from depression.
   1. How did you respond to the situation?
9. Major Depression is a treatable medical illness. (True)
10. Major Depression is a curable medical illness. (False)
11. A person with depression always feels sad. (False)
12. Depression runs in some families. (True)
13. Depression can be controlled through willpower. (False)
14. The prevalence of depression is equal among men and women. (False)
15. A change in behavior is a symptom of depression. (True)
16. Abuse of drugs and alcohol can be a sign of depression. (True)
17. As many as 1 in 4 collegiate student-athletes suffers from depression during college. (True)
18. Injury increases a student-athlete’s risk of depression. (True)
19. Depression increases a student-athlete’s risk of injury. (True)
20. Student-athletes are less likely than their non-athlete peers to seek help for depression. (True)
21. List 5 symptoms of Depression.
22. What is your interest level in receiving continuing education in the following areas?
    1. Injury prevention
    2. Nutrition
    3. Strength and Conditioning
    4. Legal Considerations of Coaching
    5. Business/Fundraising/Entrepreneurship for athletic programs
    6. Sports Psychology
    7. Mental Health
    8. Other – please specify
23. What method would you most prefer for receiving this information?
    1. Video modules
    2. Face to face instruction
    3. Printed manual/book
    4. Electronic manual/book
    5. Other – please specify
24. What would be your second most preferred method for receiving this information?
25. Which of the following describe you? Please check all that apply.
    1. American Indian/Alaskan Native
    2. Asian
    3. Black, Non-Hispanic
    4. Hispanic/Latino
    5. White, Non-Hispanic
    6. Native Hawaiian/Pacific Islander
    7. Other
26. What is your gender?
    1. Male
    2. Female
27. What is the highest level of education you have completed? (box to check)
    1. High School/GED
    2. Some college
    3. Bachelor’s degree
    4. Master’s degree
    5. Doctoral degree
28. What is your age?
    1. 20-29 years
    2. 30-39 years
    3. 40-49 years
    4. 50-59 years
29. Please indicate whether you currently hold or are currently pursuing each of the following coaching certifications:
    1. USA Track and Field Association (USATF) Level 1
    2. USATF Level 2
    3. USATF Level 3
    4. USTFCCCA Endurance Event Specialist Certification
    5. Other – please specify
30. If you are interested in receiving the results of this study, please provide your email address in the space below.

**Thank you so much for your participation in this survey.**