

Demographics of Athletes showing number of participants by gender, age and ethnicity

Category	Control Group (N = 14)	YOI Group (N = 26)
Gender		
Female	8	13
Male	6	13
Age		
<18-25	5	10
26-36	2	7
37-47	2	6
48-58	3	1
59-69	2	2
Ethnicity/Race		
American Indian or Alaska Native	0	1
Asian	7	6
Black or African American	0	3
American Native Hawaiian or Other Pacific Islander	0	1
Other	1	13
White	6	2

Sports scores and p-values for control group (N = 14) and YOI group (N = 26) at week 0 and week 4. Wilcoxon matched-pairs signed rank test were used for both control and YOI group for comparison between week 0 and week 4 scores.

Sports Domain	Week 0 (Control)	Week 8 (Control)	p-value	Week 0 (Pre-YOI)	Week 8 (Post-YOI)	p-value
Sports resilience	20.07 ± 1.22	20.07 ± 0.97	0.8281	20.23 ± 0.7571	23.04 ± 0.87	0.0009
Positive sports mindset	36.43 ± 1.33	35.29 ± 1.48	0.3936	34 ± 1.446	37.85 ± 1.38	0.0121
Unique concept	4.50 ± 0.20	4.43 ± 0.20	>0.9999	4.115 ± 0.2375	4.35 ± 0.20	0.1876
Social relatedness	8.43 ± 0.44	7.93 ± 0.68	0.6836	7.5 ± 0.3563	8.12 ± 0.36	0.0708
Positive & resilient mindset	16.50 ± 0.80	16.00 ± 0.87	0.7129	15.04 ± 0.6164	16.46 ± 0.60	0.0425
Sports Self confidence	7.10 ± 0.45	6.93 ± 0.66	>0.9999	7.077 ± 0.3278	7.89 ± 0.32	0.0332
Total score for all domains	93.00 ± 3.83	90.64 ± 4.15	0.5811	87.96 ± 3.066	97.69 ± 3.20	0.0018

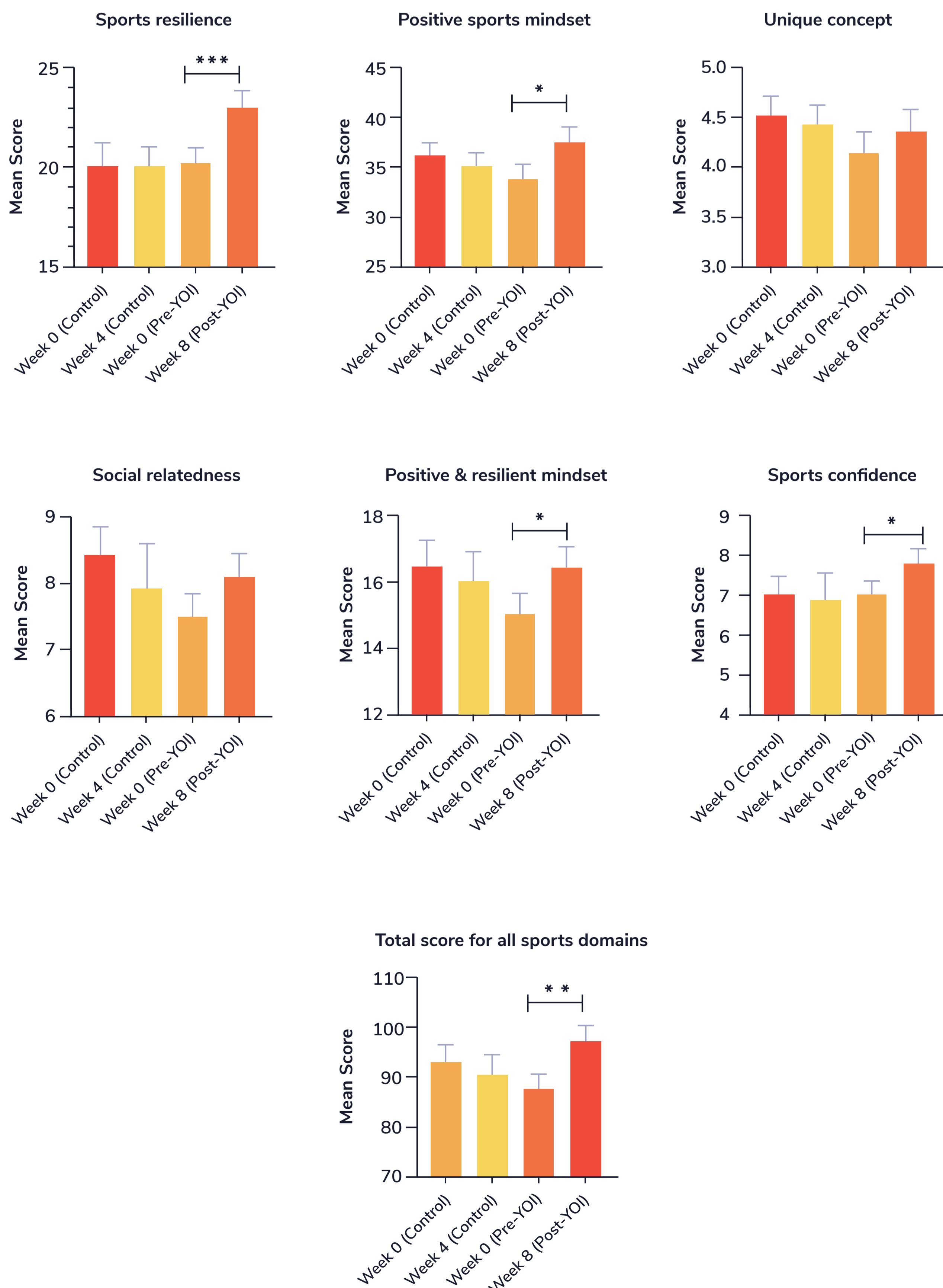


Figure 1. Sports cores showing effect of YOI on athlete sports related mental health for control group (N = 14) and YOI group (N = 26) at week 0 and week 4. Wilcoxon matched-pairs signed rank test were used for comparison between week 0 and week 4 scores.