



Department of
Behavioral Health

Coach Beyond

Preliminary Findings:
Randomized Study

February 27, 2026

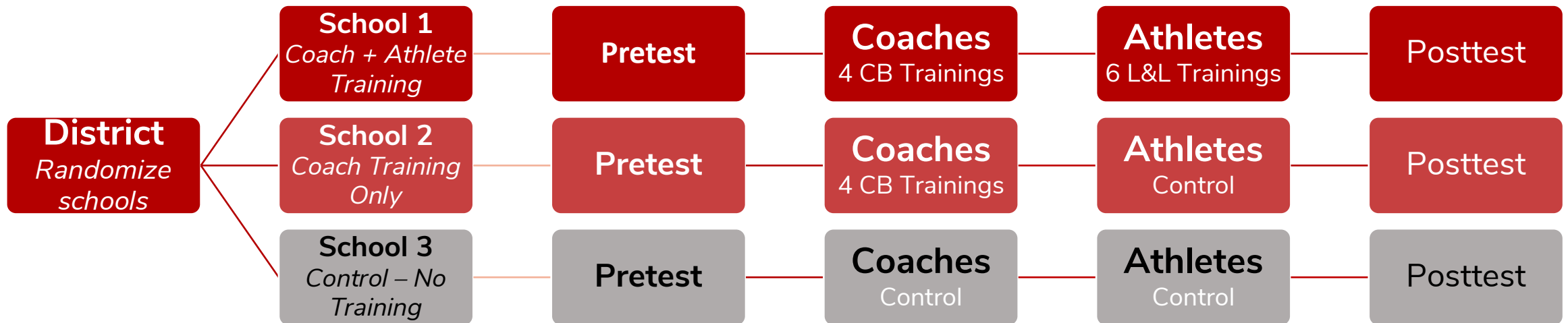


 **Coach Beyond...**

LiFE*sports*TM

at The Ohio State University®

Research Study Design



Coach Measures

Measure	What It Assesses
Coach Beyond Readiness Index	Self-evaluation of coaching beyond the X's & O's
Differentiated Transformational Leadership Inventory	Coach leadership behaviors
Coach–Athlete Relationship Questionnaire	Quality of coach–athlete relationships
Interpersonal Behaviors Questionnaire in Sport	Need-supportive vs. need-thwarting behaviors
Coach Burnout Questionnaire (CBQ)	Emotional exhaustion, devaluation, reduced accomplishment
Valuation of Education-Based Athletics/Philosophy	Coach perspectives on athlete, self, district, parents/caregivers
Session-Specific Outcomes (Coach Beyond)	Mental health support, mental strategies, life skills, team climate
Post-Test Outcomes Only	Athlete retention, enjoyment, win %, stress, satisfaction
Demographics	Coach/program characteristics

Athlete Measures

Measure	What It Assesses
Athlete	
Athlete Burnout Questionnaire	Emotional exhaustion, devaluation, reduced accomplishment
Sport Mental Health Continuum	Student-athlete well-being
Group Environment Scale	Team cohesion
Intrinsic Motivation Inventory	Sport competence & motivation
Life & Leadership Session Outcomes	Efficacy beyond the X's & O's
Help-Seeking Acceptability at School Scale	Help-seeking from adults & coaches
Transfer of Learning Life Skills	Application of skills outside sport
Valuation of Education-Based Athletics/Philosophy	Athlete perspectives of self, coach, parents/caregivers
Post-Test Outcomes Only	Belonging, enjoyment, retention, win %, stress, satisfaction
Demographics	Athlete characteristics
Primary Coach	
Differentiated Transformational Leadership Inventory	Athlete evaluation of coach leadership behaviors
Coach–Athlete Relationship Questionnaire	Quality of coach–athlete relationships
Interpersonal Behaviors Questionnaire in Sport	Need-supportive vs. need-thwarting coach behaviors

Coach Sample

Participated in Trainings ($n = 14$)

- 71.4% Female; 28.6% Male
- 100% White
- Avg years coached fall sport: $M = 6.21$
- Sports coached:
 - Cheerleading, Cross Country, Football, Golf, Soccer, & Volleyball

Did Not Participate in Trainings ($n = 45$)

- 41.5% Female; 58.5% Male
- 95% White
- Avg years coached fall sport: $M = 5.39$
- Sports coached:
 - Cheerleading, Cross Country, Football, Golf, Soccer, Tennis, Volleyball, Gymnastics, & Non-fall sports

Athlete Sample

Total Athlete Participants ($n = 112$)

- 42% School 1
- 33% School 2
- 25% School 3

- 45.5% had a coach participate in Coach Beyond (Schools 1 & 2)

- 14.3% participated in Life & Leadership trainings (School 1)

Demographics

- 49.1% Female
- 49.1% Male
- 1.8% Prefer not to answer

- 76.8% White
- Avg age: $M = 12.69$ years old
- 47.3% 7th Graders; 52.7% 8th Graders

- Sports played:
 - 10.7% Cheerleading
 - 10.7% Cross Country
 - 34.8% Football
 - 8.0% Soccer
 - 10.7% Tennis
 - 16.1% Volleyball
 - 8.9% Other

Coach Outcomes: Where We See Impact

Coach Training: Significant Differences ($p < .05$)

- Coach Beyond Behaviors Scale

Items:

- Link & refer athletes to mental health resources
- Understand factors influencing mental performance
- Aware of mental strategies to improve performance

Supporting Student-Athlete Mental Health

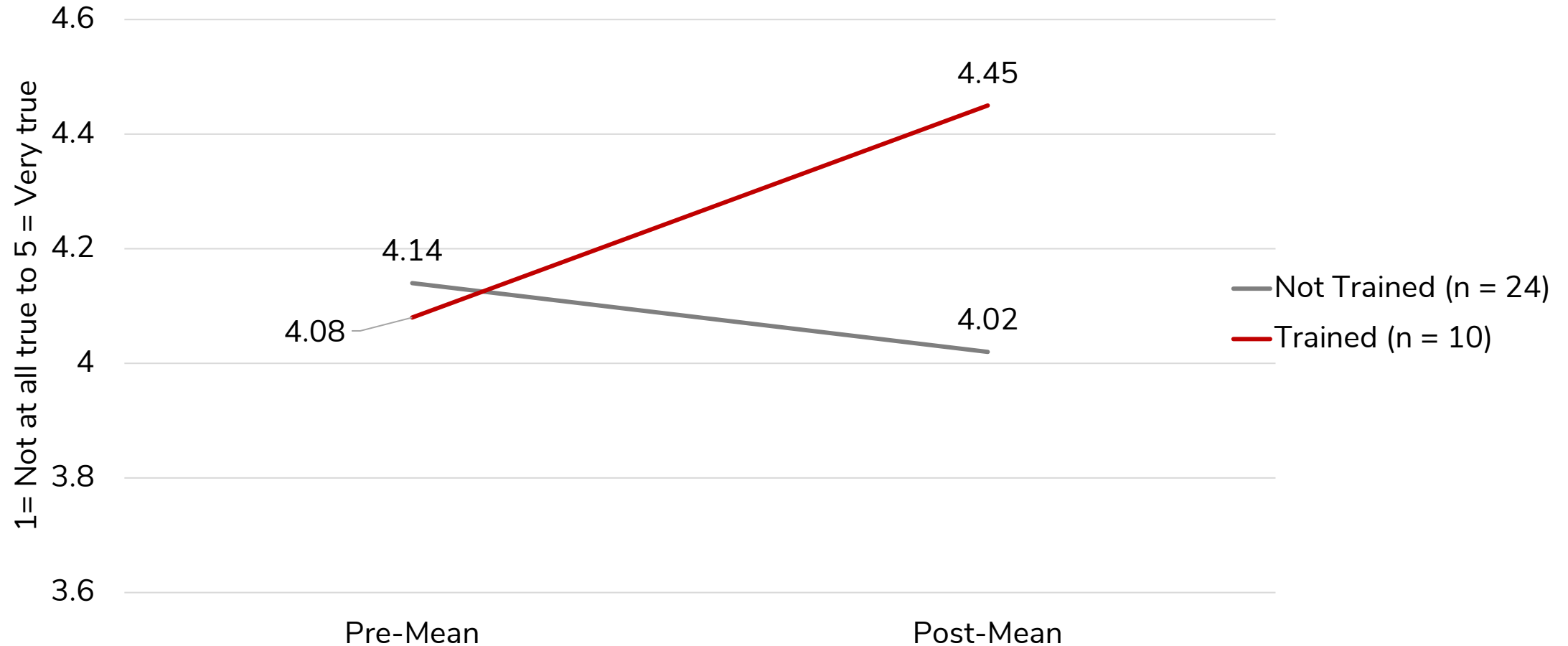
Improving Mental Strategies for Athletic Performance

Promoting Life Skill Development Among Athletes

Fostering a Positive Team Environment

Coach Findings

Coach Beyond Behaviors Scale

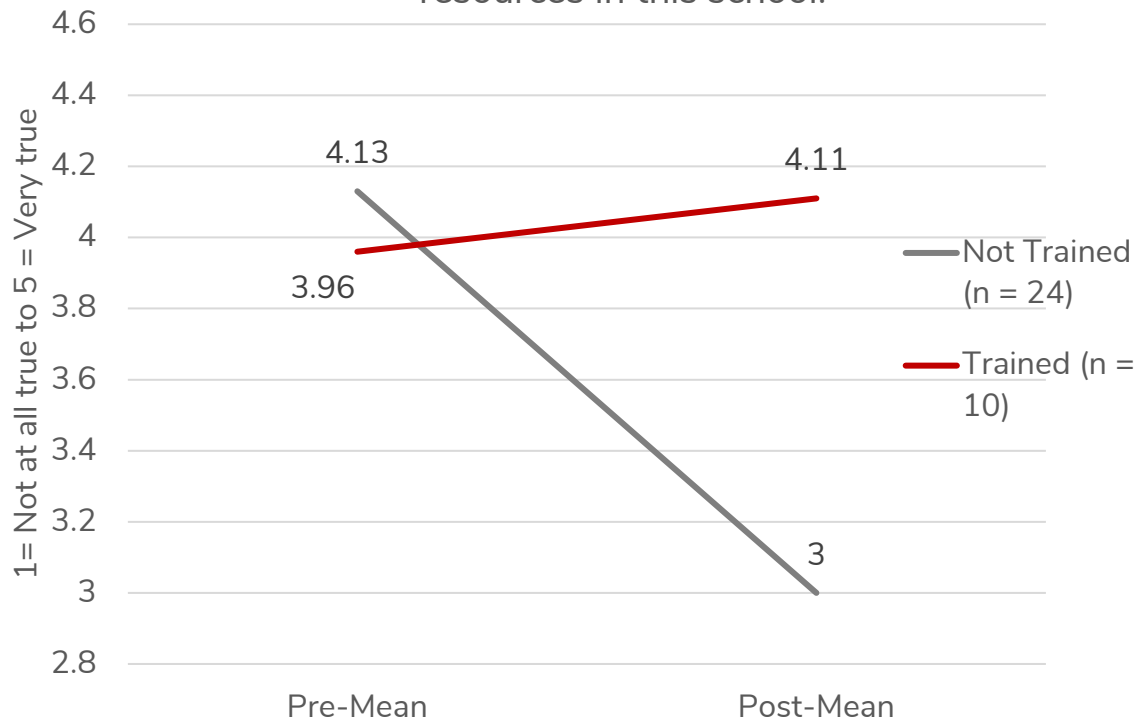


*Sample reflects those with pre- and post-season data.

Coach Findings

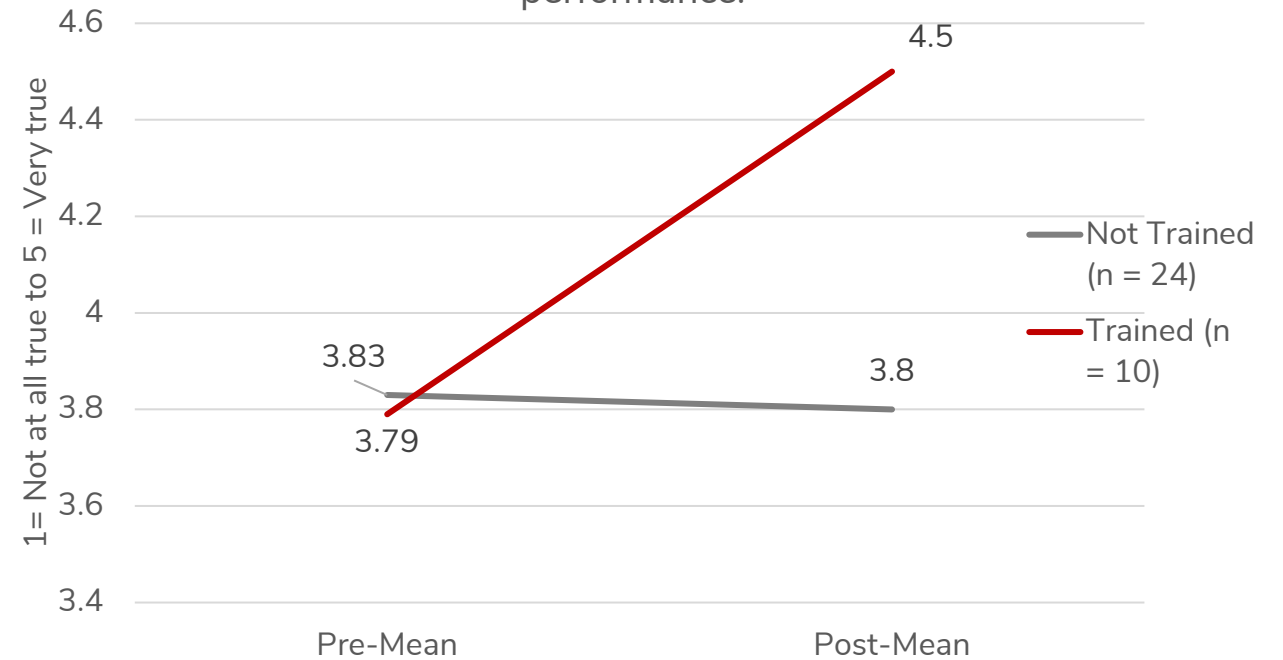
Mental Health

"I know how to link and refer an athlete to mental health resources in this school."



Mental Strategies

"I am aware of mental strategies to improve athletic performance."



*Sample reflects those with pre- and post-season data.

Athlete Outcomes: Where We See Impact

Coach Training Only ($p < .05$)

- Higher Autonomy Supportive Climates
- Lower Relatedness Thwarting (e.g., exclusion, favoritism, etc.)
- Greater Emphasis on Discussing Life Skills
- Higher Win Percentage at End of Season

Of practical interest...

- ✓ More fun
- ✓ Higher satisfaction
- ✓ Increased sense of belonging
- ✓ Wellness check-ins
- ✓ Life skills reflection

Athlete Training Only ($p < .05$)

- Confidence Promoting Positive Team Culture

Of interest...

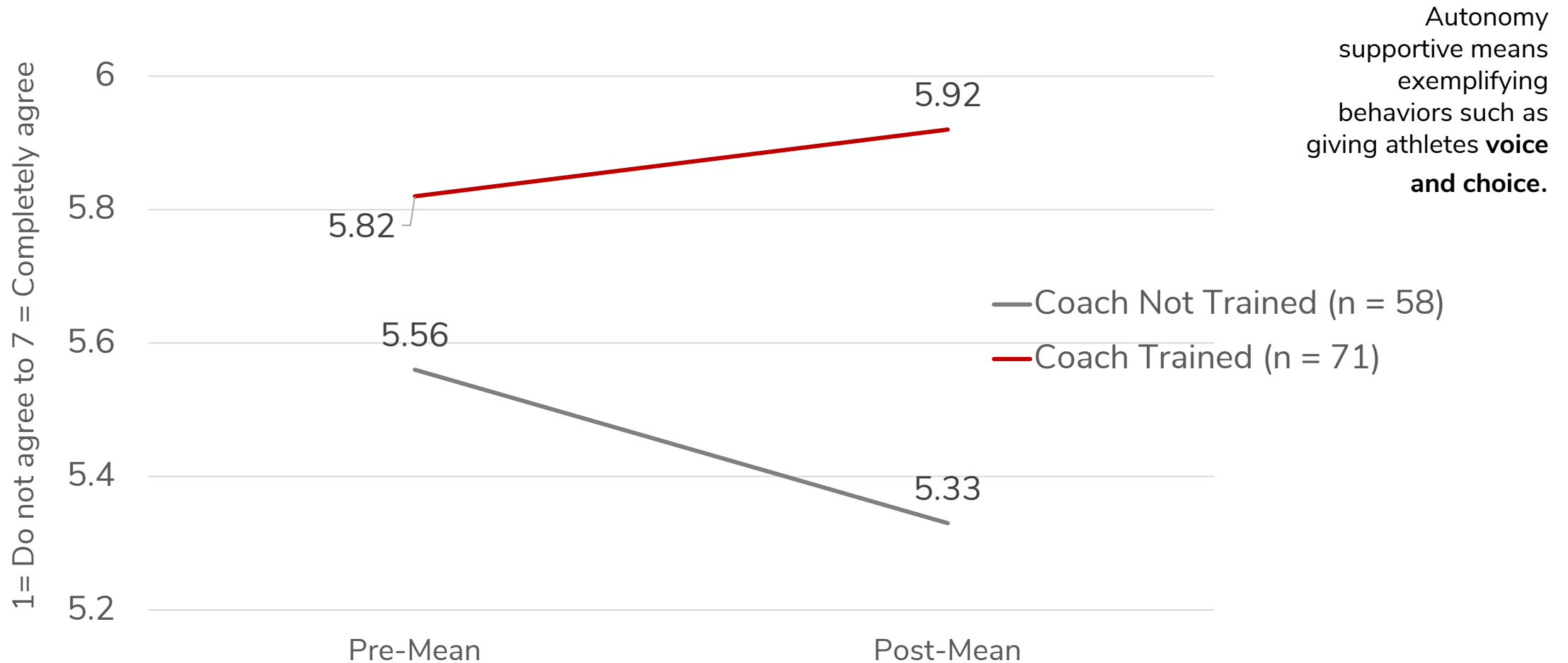
- ✓ Lower levels of stress at the end of the season
- ✓ Improved emotional well-being
- ✓ Increased sense of belonging

****Both Coach + Athlete Training**

- ✓ Increased sense of belonging

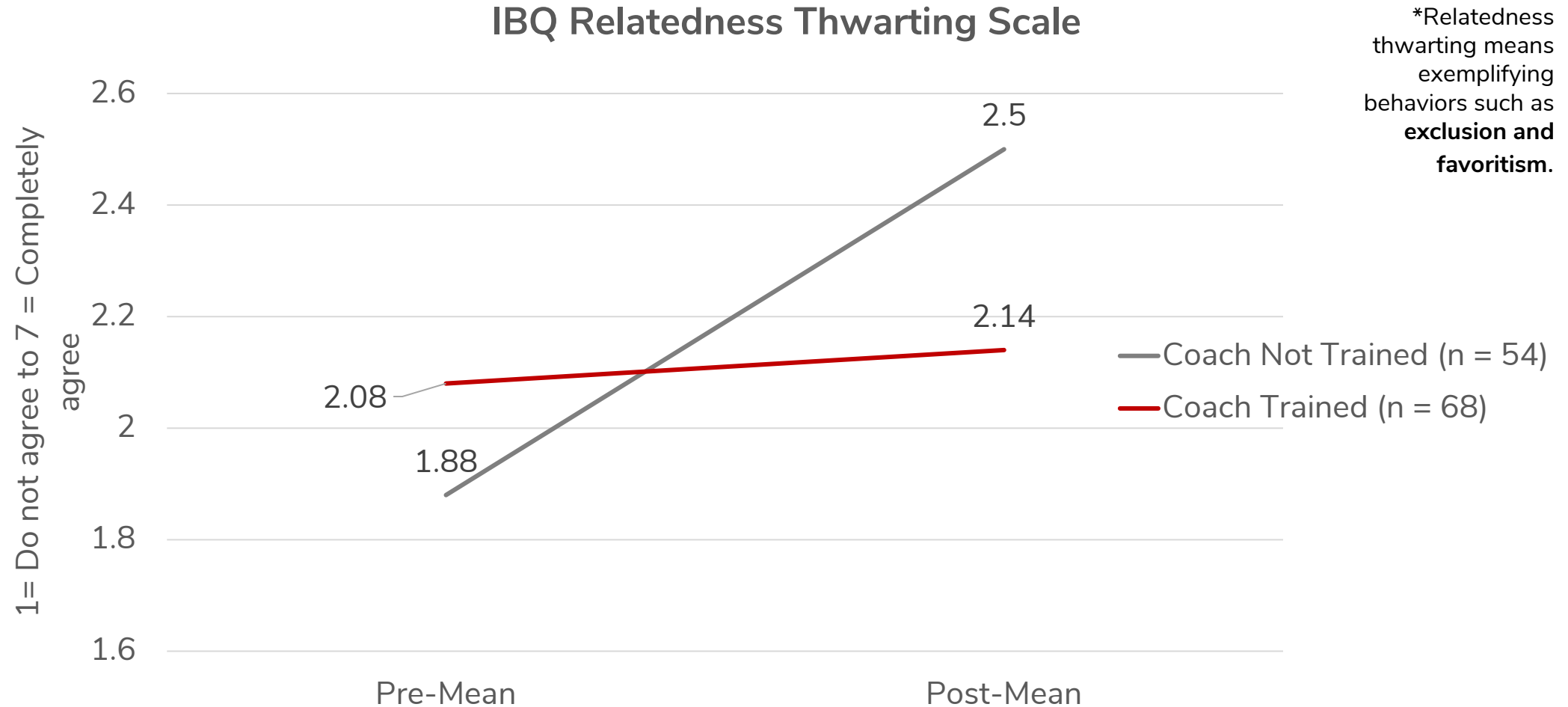
Athlete Findings (Coach Behaviors)

IBQ Autonomy Supportive Climate



*Sample reflects those with pre- and post-season data.

Athlete Findings (Coach Behaviors)



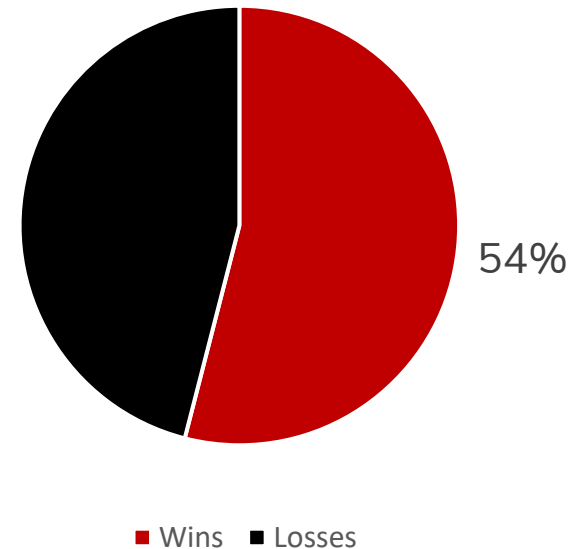
*Sample reflects those with pre- and post-season data.

Athlete Findings (Coach Behaviors & Success)

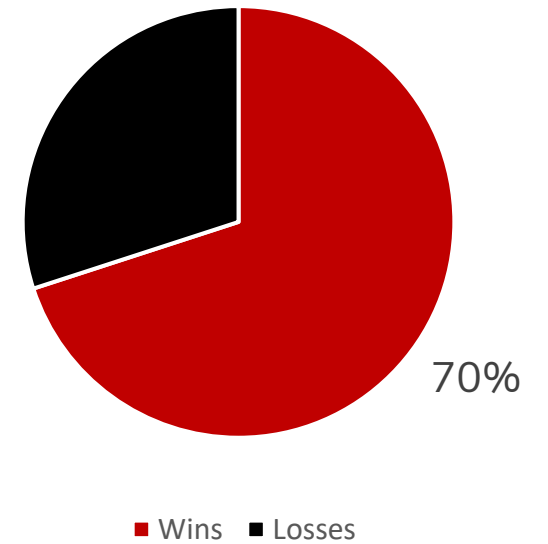
"My coach explains the timing component of life skills transfer from sport to life outside of sport."



Win Percentage Coaches Not Trained (n = 56)



Win Percentage Coaches Trained (n = 60)



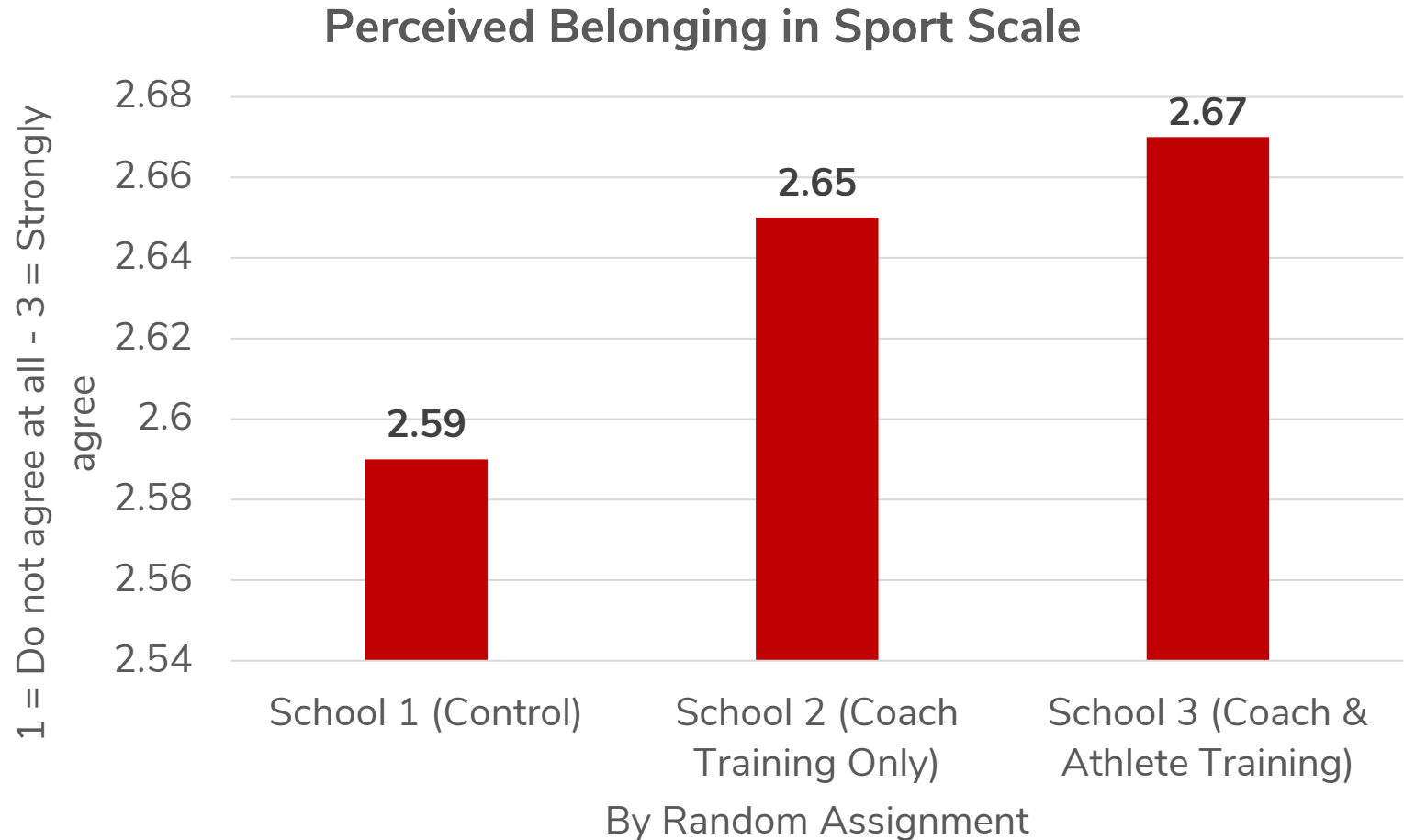
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Athlete Findings (End-of-Season)

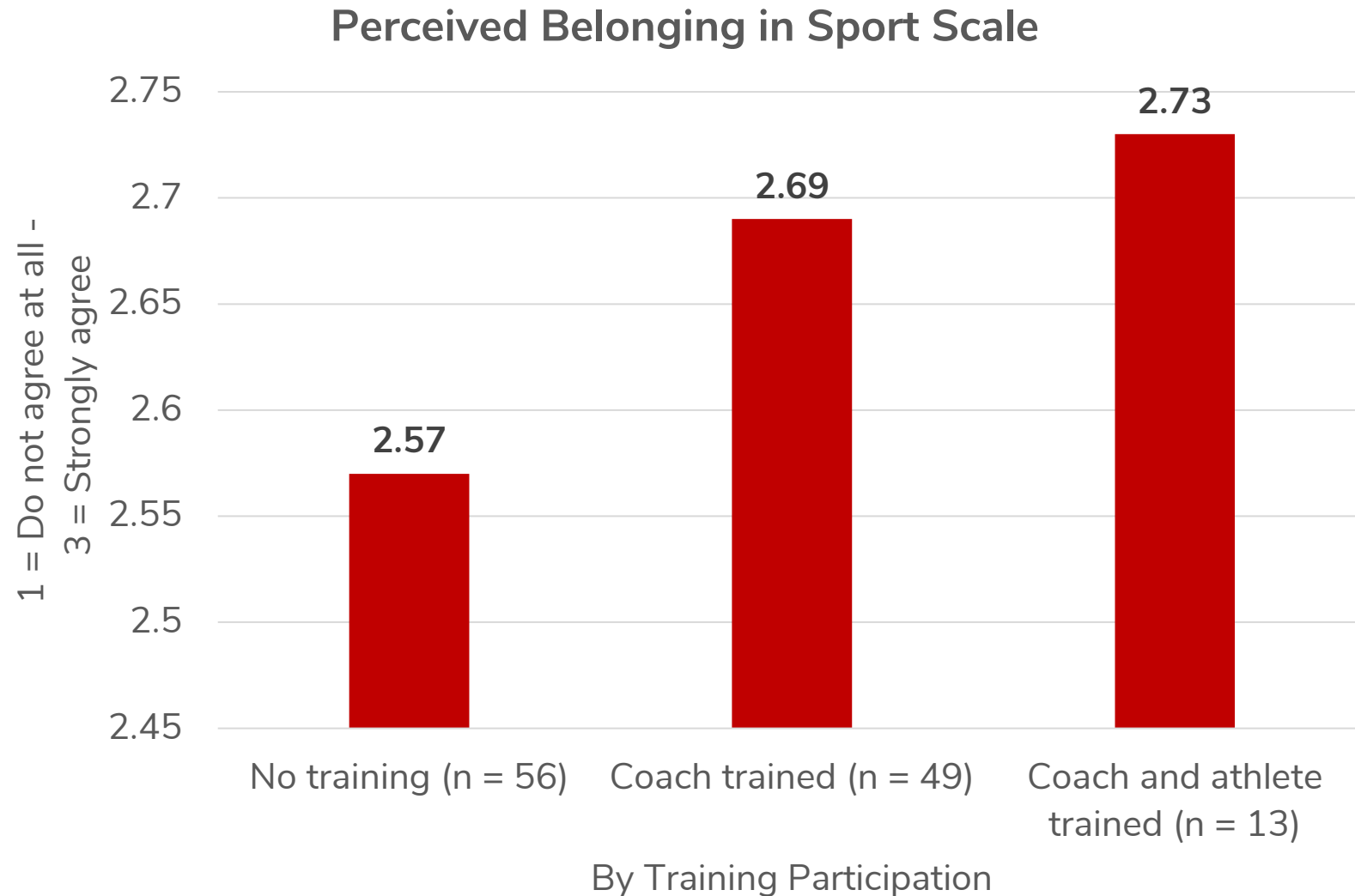
Measure	N	Coach Not Trained Mean	N	Coach Trained Mean
Fun playing sport	56	4.09	61	4.15
Satisfaction with season	56	3.98	61	4.13
Perceived belonging in sport	56	2.57	62	2.70**
Coach uses wellness check-ins	56	3.13	63	3.48
Coach provides life skills reflection opportunities	57	4.56	62	4.90

*Sample reflects those with pre- and post-season data
**Even higher among athletes who had a coach trained and participated in the life and leadership series.

Athlete Findings (By Assignment)



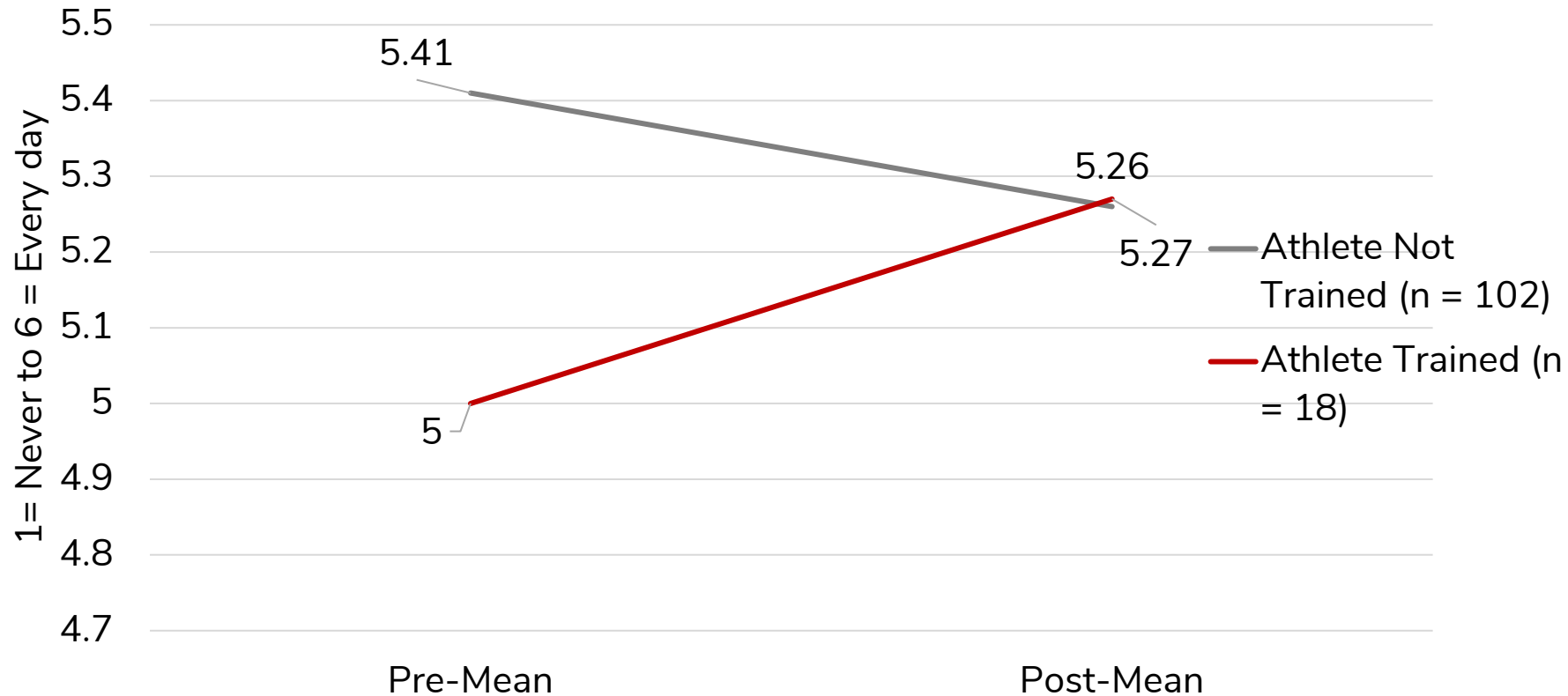
Athlete Findings (By Training Participation)



Athlete Findings (Athlete Training)

MHC in Sport: Emotional-Well-Being

Items ask: felt happy, satisfied, & interested in sport experience



*Sample reflects those with pre- and post-season data.