

The effects of social media on the mental health of collegiate male athletes

by

Jazsmin Halliburton

B.S., Kansas State University, 2021

A REPORT

submitted in partial fulfillment of the requirements for the degree

MASTER OF SCIENCE

Department of Media and
Communications
College of Arts and Sciences

KANSAS STATE UNIVERSITY
Manhattan, Kansas

2024

Approved by:

Major Professor
Dr. Tom Hallaq Ed.D.

Abstract

The purpose of this thesis report is to research how social media is related to mental health in male student athletes focusing on the two most popular sports in the United States: football, and men's basketball at the collegiate level. The popularity of men's sports is more prominent than women's sports, which is why male athletes are the focus for this research. This study is guided by the theoretical framework of framing and uses and gratification. The method of elite interviewing was used with the three division I male athletes participating with in the research. Research suggests athletes may be more likely to downplay or minimize the severity of their own mental health issues. In using the method of elite interviewing of the three former student athletes interviewed, only one said that he has experienced anxiety due to comments made about him by fans on social media platforms. One athlete is not mentally affected by the comments of fans and media due to where he grew up. The third athlete never experienced hurtful comments directed towards him, therefore, he was never mentally affected. Recommendations for future research in this topic would be a higher volume of research participants. An additional recommendation would be research into the discussion of mental health in the Black community, due to a majority of men's football and basketball players being Black.

Keywords: Mental health, athletes, framing, uses and gratification, elite interviewing

Table of Contents

TABLE OF CONTENTS.....	II
INTRODUCTION.....	1
BACKGROUND	2
THEORETICAL FRAMEWORK	5
LITERATURE REVIEW	7
ELITE INTERVIEWING METHODOLOGY	10
RESULTS	11
DISCUSSION	15
CONCLUSION	16
REFERENCES.....	18

Introduction

Two of the most well-viewed sporting events in the United States are American football and men's basketball. It attracts millions of viewers, particularly on the collegiate and professional levels. These two athletic events garner much attention in sports media and are essentially discussed all year long. As a result, more eyes and attention are drawn to the athletes in these sports. The reason the research will directed towards male collegiate athletes in the forementioned sports is due to women's sports having less viewership. However, viewership in women's sports is beginning to grow.

For those who are aware of the state of mind of passionate fans and how their passion can project negative feelings. These negative feelings can be amplified through social media and can be seen by anyone who spends time on social media following sports. What has been seen on social media led to this research being conducted.

When discussing players in a negative light, there have been occasions when members of the media and fans on social media have gone to extremes, taking advantage of the attention and criticism that comes along with being an athlete. The way the media has depicted athletes throughout the years can have a significant impact on a player's stress and anxiety levels. This is particularly true now, since social media has become an influence and a consideration: whereas in previous generations it was scarcely an issue. The emotional well-being of athletes, whether amateur or professional, is frequently disregarded and given insufficient importance. Athletes commonly encounter resistance and denial from the parents and/or coaches whose generation were either unaware of mental health or chose to disregard it altogether.

According to “Athletes for Hope,” an organization whose mission is to educate, motivate, and aid athletes, at least 35% of professional athletes suffer from a mental health crisis. These crises may take the form of stress, eating disorders, burnout, or melancholy and anxiety. Over time, the media has affected the levels of stress and anxiety that athletes experience. This has increased now that social media is a major influence: in contrast to previous generations when it was not a concern. The pressure on an athlete to perform well grows when they are continuously in the public eye, when the media criticizes them on national TV, and when the opinion of fans can be easily accessed via social media. The framing that is used by the media generates the expectation that athletes are supposed to be tough physically and emotionally. This expectation can be harmful to the athletes who must live up to it. The uses and gratification felt by fans unifying in social media spaces can be harmful when their attention is solely based on negativity towards players.

Background

The American Psychiatric Association (2018) defined mental illness as any changes in actions, thoughts, or emotions, which may lead to relationship, social, or employment issues. Included in this definition are illnesses such as bipolar disorders, schizophrenia, developmental disorders, and depression (Ryan et. al. 2018). Over several decades, there have been considerable studies examining the differences between the number of men and women who seek professional help for mental health issues. The researchers have examined the consistency in which men of different ages (e.g., Husaini et al., 1994), nationalities (e.g., D’Arcy & Schmitz, 1979), and ethnic and racial backgrounds (e.g., Neighbors & Howard, 1987) seek professional help, which appears less frequent than women (Addis & Mahalik, 2003).

In years past, it has been taboo for individuals to discuss mental health; and this has been especially true when it comes to male student and professional athletes, who are more likely to keep quiet about their issues than female athletes. After doing extensive research on the mental health of athletes at Juntendo University in Japan, researchers discovered that the rate at which university athletes sought medical treatment from the school's mental health organization was substantially lower, compared with the rate at which other students sought treatment from the organization. Athletes may be more likely to downplay or minimize the severity of their own mental health issues. That is due to the widespread perception that they are expected to have greater physical and mental fortitude than the average person. A total of 46.4% of the 224 top university athletes in Japan who participated in the study had symptoms of mental health conditions such as depression, eating disorders, and anxiety disorders (Yamaguchi, Nakamura, Noguri & Shibata, 2020).

Views on receiving psychological help-seeking reflects a person's personal beliefs toward the usage of professional help-seeking as a mental health treatment strategy. Data from a nationwide survey that was duplicated ten years apart showed that treatment utilization and future help-seeking behaviors were significantly correlated with the willingness to seek professional help for mental health concerns as well as the comfort level in discussing personal issues with a professional (Mojtabai et al., 2016). The Attitudes Toward Seeking Professional Psychological Help Survey (ATSPPHS) is used to examine attitudes toward asking for help; a lower score indicates a poorer attitude toward asking for help (Fischer & Turner, 1970). Young adults (ages 12 to 24) who have unpleasant past experiences with help-seeking or who have unfavorable attitudes toward getting help (as evidenced by a lower score on the ATSPPHS) are less likely to seek help in the future. In order to deal with the mental health issue, athletes may

turn to self-reliance or an informal support system rather than formally seeking aid (Rickwood et al., 2007).

The invention of social media and the expansion of mass media have had a significant impact, both positively and negatively, on the mental health of male student athletes. The development of cellular technology, which now allows users to access these websites from any location, contributed to the growth of social media (Woolley, 2013). Social media has changed from a computer-focused tool to a readily available daily notebook in this way. Social media's influence on society has been largely attributed to the variety of features that each platform offers its users. For instance, at the top, with the greatest number of users, Facebook enables users to connect with friends and family anywhere in the world to view images, post messages on “walls,” and stay up to date on personal news (Statista, 2021). Instagram is mostly focused on photo sharing, while YouTube and TikTok are platforms for video sharing (Statista, 2021). Finally, Snapchat is a direct messaging service where users may share videos and photographs, and Twitter enables users to make and read brief updates or threads (Statista, 2021). Twitter is the social media network "of choice" for athletes, however they use a range of other channels as well (Sanderson, 2011).

Male collegiate athletes who play basketball and football are examples of several athletes who have experienced mental health issues. Some of these issues may derive from forms of media that shows fans and media personalities using their platform to share negative comments about the athletes.

The purpose of this research is to determine if social media can affect the mental health of male student athletes focusing on the two most popular sports in the United States: football,

and men's basketball at the collegiate level. An additional purpose for this research is to raise awareness for mental health. The researcher spoke with former K-State linebacker Chris Hudgins, former K-State point guard Kamau Stokes, and former University of Memphis defensive back Quindell Johnson.

Theoretical Framework

Theoretical framework to help assist this study will be Uses and Gratification and framing. Framing theory's foundational principle is that a problem can be seen from several angles and understood to have consequences for a number of values or factors. The process through which people reframe a problem or come up with a specific conceptualization of it is referred to as framing (Chong & Druckman, 2007).

One can learn more about how the media chooses to tell a story to the public by investigating framing. Any story can often be presented to the public in a few different ways by the news editor. For a considerable amount of time, framing has been defined as the process that people go through to arrange, or "frame," their daily lives in order to understand and react to social phenomena (Millero, 2003). As it pertains to the criticism of athletes on media platforms, media outlets view athletes as a form of entertainment rather than individuals. In September 2020, Skip Bayless from the popular Fox Sports "Undisputed" made insensitive comments on Dallas Cowboys quarterback Dak Prescott after publicly admitting he was dealing with depression. Prescott's brother had recently committed suicide and Bayless said that Dak showing any bit of weakness it will affect how his team believes in him during a football game. In the 2023-2024 football season, University of Southern California quarterback Caleb Williams was shown crying to his mother after a game in which USC lost to the University of Washington. There were several comments on several media and social media platforms calling him weak and

his actions ``embarrassing as a man.” Framing the perception that athletes should not expose their feelings publicly whether intentionally or not.0

The uses and gratifications (U&G) approach, as it is known among mass communication academics, is a sub tradition of media effects research (McQuail, 1994). A method was created early in the history of communications research to examine the rewards that draw and keep viewers interested in the media and content types that meet their psychological and social demands (Cantril, 1942).

The research on uses and gratifications was founded on the idea that needs have social and psychological roots and that these roots lead to media expectancies. According to the theory, people's patterns of media exposure vary, which leads to need for satisfaction. Utilizations and satisfactions center on personal preferences (Gulmez et. al., 2019). Because uses and gratifications theory originated in the communications literature, it is applicable to social media. Social media serves as a platform for communication between users and millions, if not billions, of people worldwide (Williams et al., 2012).

Sports enthusiasts can now watch games in real time at home thanks to the widespread distribution of media (Beck & Bosshart, 2003; Phua, 2010). Per Kim (2013) In addition to simply watching sports broadcasts, fans frequently discuss the game with friends, relatives, and other supporters of the same team (Gantz & Wenner, 1995). Furthermore, a sizable portion of the population uses social media during live sporting events (Horn, 2012; Phua, 2012; Tang & Cooper, 2011). Specifically, among the most popular subjects on Twitter among users is sports (Kwak, Lee, Park & Moon, 2010).

Literature Review

When it comes to the psychological well-being of athletes, factors such as the pressure to perform placed on them by the media, and the ways in which fans use social media are becoming increasingly important. Users can connect with others on social media, including their favorite celebrities (Ma, 2018). However, social media has also given rise to the term "keyboard warrior," which is used to describe someone who aggressively or abusively shares highly opinionated words or images online (Dictionary.com, 2021).

Because the media plays such a significant role in the mental health of athletes, there is constant pressure on them to perform at their absolute best. If they are unable to do so, any mistake they make will be exaggerated and discussed at length, and the average populace is capable of sending explicit, hostile messages.

A recent example of this in college sports is the social media attack on former Ohio State basketball player EJ Liddell, in March 2021. Liddell was told "...You are such a f---ing disgrace, don't ever show your face at Ohio State. We hate you. I hope you die; I really do." This attack led to the filing of a police report (Berg, 2021). Athletes also have a convenient platform on which to spend time comparing themselves to others; due to the open design of social media (Petersen, 2017).

There is evidence that social media has a role in mental health problems by exposing young adults to an even greater comparison group. This can leave young adults feeling vulnerable and unable to cope with widespread public scrutiny of themselves and others, which can in turn, lead to mental health problems (Eisenberg et. al. 2016).

As the subject of research on significant psychological variables (Correia & Rosado, 2018; Hamidi & Besharat, 2010; Koehn, 2013) and theory development in sport psychology (Gill, Williams, & Reifsteck, 2017; Stenling, Hassmén, & Holmstrom, 2014), anxiety in sport has been extensively documented in numerous studies. Similar to this, a number of research projects have focused on anxiety within the field of sport psychology, including its antecedents, relations with other psychological variables, and consequences (Smith, Smoll, Cumming, & Grossbard, 2006).

Per Khan et.al (2017), anxiety is a typical human response that affects both the body and the intellect. It is an alert system that is triggered whenever someone feels threatened or in danger. Most athletes believe that anxiety is crippling to performance and that it can lead to reductions in performance. This negative emotional impression of anxiety in sporting events affects how athletes compete. There are two subcomponents that affect performance: *cognitive anxiety* and *physical anxiety* (Cox RH 2007). Cognitive is the mental component, characterized by low expectations for success or self-evaluation, critical self-talk, performance anxiety, failure-related thoughts, difficulty focusing, and attentional disruption (Humara 2001). Contrarily, somatic is the physiological component that is associated with autonomic arousals. Unpleasant symptoms such as nervousness, elevated blood pressure, a dry throat, tightness in the muscles, rapid heartbeat, sweaty hands, and the feeling of butterflies in your stomach (Jarvis M 2002).

According to Stull (2014), generalized anxiety disorder affects college student-athletes, but there are also types of anxiety that are specific to sports performance, such as panic disorder, phobic disorder, and performance anxiety. Anxiety and depression are frequently linked. In research by Yang et al. (2007) they discovered that 21% of Division I student-athletes reported having depression symptoms. Rao et al. (2015) discovered that men's football had the highest

risk of suicide, which may be related to the added stress that these student athletes experience because of the significant national exposure their sport receives. In Weigand's et al. (2013) study, they revealed that present student-athletes (16.77%) had considerably higher rates of depression than former student-athletes (8.03%). According to the authors, student athletes may have higher levels of depression due to their intense training schedules and little downtime. Even though exercise can help people with depression, Morgan et al. (1987) pointed out the paradox that overtraining people who have never had a mood disorder can lead to the formation of one. According to Maniar et al. (2005), the athletic culture "...emphasizes being mentally tough, showing no sign of weakness, and fighting through the pain" may also be a contributing factor to the high rate of depression among athletes.

According to research, social media can have a harmful effect on the mental health of not only student-athletes, but young adults in general. For instance, McLoughlin et al. (2019) discovered that adolescents who had experienced cyberbullying displayed significantly lower levels of social connectivity and had significantly greater levels of anxiety, despair, and stress. According to research on college students, 22% of them reported experiencing cyberbullying, and 38% said they knew someone who had been cyberbullied (Bell & Wilfert, 2014). This suggests the possibility that college students may potentially be experiencing detrimental effects to their mental health.

A few years ago, 32.9% of college students responded in a poll that they had received a professional diagnosis or treatment for a variety of mental health-related conditions, including anorexia, depression, and panic attacks. In the same study, 60% of respondents said they had experienced severe anxiety in the previous 12 months, and 57% of students said their overall stress levels were higher than those of their friends who were not students. Such mental health

issues might have a detrimental effect on young adults' academic achievement and professional growth (McLoughlin et al., 2019).

However, because of the stigma they might encounter from their family, friends, teachers, or other students, many college students with mental health disorders choose not to seek help. The National Alliance on Mental Health conducted a study of college students and discovered that 50% of those who dropped out did not take advantage of the campus-based mental health resources and support. According to the National Survey of Counseling Center Directors, 87% of students who committed suicide in 2010 did not use the counseling or mental health services offered on their campuses (McLoughlin et al., 2019). In addition, due to the stigma students might encounter from their family, friends, teachers, or other students, many college students with mental health disorders choose not to seek help.

Elite Interviewing Methodology

During this study, a qualitative form of elite interviewing was used. The term "elite" in this study was defined according to the widely accepted definition, which is as a member of a group of people who hold a significant amount of power or influence within a broader group or organization. Although elite interviewing has primarily been used at the highest levels of coherent professional or occupational groups, such as US politicians and healthcare executives, its adaptability and underlying theory aligned well with the multi-sectoral interests of our target interviewees (Sally et al.).

In this scenario student athletes are categorized as an elite group of individuals outside of typical individuals in society. Elite interviewing, while a sort of semi structured interviewing

style, necessitates an advanced approach to planning, carrying out, and data processing, which is essential for successful research.

For the purpose of this research, three male former student athletes from Kansas State University and the University of Memphis were interviewed. They were asked about their experiences with anxiety, depression, and social media. The researcher spoke with former K-State (2016-2018) linebacker Chris Hudgins (age 27), former K-State (2015-2019) point guard Kamau Stokes (age 27), and former University of Memphis defensive back Quindell Johnson (age 23). All three former student athletes were asked if they have experienced or have been diagnosed with anxiety and all three expressed that they have had experience with anxiety but were not formally diagnosed.

Results

Hudgins was asked if he has ever experienced fans saying harmful things about them on social media. Hudgins said, *“For sure. More times than not it’s usually somebody who has never played a sport or only played for a little bit of time, or analyst. I’ve definitely had my fair share of people expressing themselves towards games.”* He told the researcher negative comments used to hurt early in his collegiate career and used to hurt his thought process on what to do next. He also added,

At the time you understand how big and impactful social media can be, you also don’t realize how fake it is at the same time. Especially when you’re younger, you just look at and think, ‘Dang. Everybody thinks like this?’, or ‘a couple of people think like this?’, ‘what does everybody else think?’ It just gets you in your head.

He then was asked if he has ever felt nervous playing, after knowing what people say about him. Hudgins shared that he had been nervous to even step foot in class. He explained how the comments do not always come from the outside: it could be a classmate or your peers on campus. *“Just thinking about how impactful social media is, sometimes I used to think, ‘Dang. I’m going to walk into this class and people are going to be looking at me weird.’”*

Hudgins was asked why the topic of mental health is a taboo conversation among athletes. He began by saying how he wished he had been offered mental health services starting at a young age; then it may have been easier to confront. He explained,

I know when I was coming up if you got something going on with you, it’s like, ‘alright, throw some dirt on it and keep it pushing,’ you know what I’m saying? But that’s more traumatizing. And nobody understands that until you find somebody who’s going through it so bad and you’re like, ‘well, why are you going through it so bad?’ ”Well, you always just told me to get over it, so I pushed it down so far until I let it go one time.

Hudgins went on to express how having mental health services provided in high school and college would help tremendously.

Kamau Stokes was asked similar questions, but their answers differed. Stokes was asked if he had ever experienced fans say harmful things about him on social media. He responded,

...Pretty much every year. You try not to pay attention to it. I did my best to try and stay off of social media during the season. Instagram wasn’t that bad, but when you go to twitter everybody is trolling and stuff like that. If you had a bad game or even if you beat

a team, those fans don't like you, so you get a lot of backlash especially if you're not playing well or you're not winning.

Stokes was not someone who would particularly spend a lot of time on social media. For an outlet such as twitter, Stokes said he did not get on that platform until his junior year because the team started receiving positive recognition since they had begun to win more games.

Stokes still would spend very little time on social media. He said he would use it to promote a children's camp he would volunteer with, or post something positive in his life or a teammate's life. Stokes has experienced anxiety, but it was never due to social media.

I've experienced anxiety during times when I was injured more so. Basketball is like a safe haven so when I'm feeling stressed or anxious, I just go to the gym to get my mind off of things. But when you're hurt it's a totally different thing, now you can't go to the gym so now it's a lot of anxiety build up, a lot of stress because it's our career, it's our job. When your job is taken away from you for a short period of time, it's like 'what do I do now?' Now you have to try to find something else that will help you relieve that stress.

Stokes was asked if he has ever been nervous or expressed self-doubt. His answer was no: not because he often does not see what people post on social media, but because of where he grew up in Baltimore, Maryland.

Being in Baltimore playing in Baltimore City like you get, you get the meanest, talk like you may not make it home that night if they feel like it's the necessary steps in order for you to lose to another team. So being from Baltimore it's just like you learn to not pay attention to the outside stuff and focus on what you can control," said Stokes.

As it concerns former teammates of Stokes, he said he never saw them directly impacted by fans on social media because Kansas State provided them a team therapist that would speak with them individually on a regular basis. Stokes confirmed that having an in-team therapist was helpful. He said, *“I think it's really important. Because you play so many games at a high level that you're on this big pedestal and everybody expects you to not mess up. Even NBA players, overseas professional players, everybody expects you not to mess up because you're a professional when the world doesn't work like that at all.”*

Former University of Memphis defensive back and current Chicago Bear, Quindell Johnson was then interviewed about his thoughts and experience. Johnson has never personally experienced harsh language used towards him on social media, but it is something he has seen extensively directed at other players.

They come on, say whatever they want and we (athletes) just look at it like you know, 'is it true?' You know, it's so much that goes on in your head when you see you know these comments especially when you know you have a bad game. You know you see all these negative comments so it kind of makes you wonder, are you that good or do you belong here and stuff like that. So, I feel like it does take a toll on student athletes when you see these things.

Johnson explained that he has never been personally attacked by fans on social media and therefore never had related anxiety, which also goes hand in hand with never being nervous when he plays football. He talked about having a “next play” mentality, which is a term several players use that means “moving on.” Johnson explains that it does not matter if the play was good or bad; or if thoughts are going through his head. He applies the “next play” mentality in

his everyday life. *“I’m not worried about, you know what anybody else thinks. I know who I am. I know what I can do. I know what I’m capable of,”* said Johnson.

The conversation about mental health among athletes is still a taboo conversation, especially amongst male athletes. Hudgins, Stokes, and Johnson were asked if they ever felt comfortable talking about their mental health with their teammates and in their own way each had a different answer. Johnson explained how as men, they do not talk enough about mental health and he feels that it is their biggest downfall. That men do not want other people to know that whatever they are holding in is hurting them. Hudgins’ explanation was more about the lack of trust. At the time that he was playing, he would not have felt comfortable talking with his teammates about mental health and anxiety because he felt that people would have taken advantage of him, or they truly would not have cared. Stokes did feel comfortable talking with his teammates about mental health due to the team therapist. Even if the team did not have a therapist, he said certain teammates would still feel comfortable discussing their mental health.

Discussion

When speaking with three former student athletes, they were very open about discussing their mental health with me. Hudgins and Stokes actively had fans say hurtful things about them on social media, and each one dealt with it differently. Hudgins was mentally affected by it earlier in his playing career. It caused his heart to race, made him feel nervous about going to class more than being on the field, due to the possibility of classmates confronting him. The more he matured as a person and as an athlete, he viewed what people said on social media as noise and stopped paying attention to it. Stokes did not have anxiety associated with fans on social media because of where he grew up in Baltimore, Maryland. Fans hurling threatening comments in

person to him and his teammates at a younger age, taught him to not pay attention to that negativity, and to instead focus on what he can control. Johnson also has not experienced anxiety related to fans on social media, due to him never being personally attacked. Although he has seen it happen to other players and knows how negative comments can affect an athlete, he continues how you must have that “next play” mentality.

Conclusion

The purpose of this thesis report was to research how social media is related to anxiety in male student athletes focusing on the two most popular sports in the United States: football, and men’s basketball at the collegiate level. As previously indicated, there have been occasions when members of the media and fans on social media have gone to extremes, taking advantage of the attention and criticism that comes along with being an athlete. Research suggests athletes may be more likely to downplay or minimize the severity of their own mental health issues. That is due to the widespread perception that they are expected to have greater physical and mental fortitude than the average person. In using the method of elite interviewing, of the three former student athletes interviewed, only one said that he has experienced anxiety, due to comments made about him by fans on social media platforms. The other two former student athletes have experienced anxiety, but it was not related to social media. One credited the lack of anxiety to his surroundings when growing up, and the other not being personally targeted by fans. Anxiety in student athletes is prominent, but more on the terms of their personal life rather than social media. Although whether male student athletes’ anxiety is affected by social media or not, the reluctance to discuss with their peers is relevant.

The limitations of the research done is the lack of participants. Only three participants were used in the research and it concluded only one athlete's mental health was impacted by the comments of fans and media. With more participants in the future, there may be more opportunities for conclusive evidence.

Further research on the matter is encouraged to bring awareness to conversations around mental health. As well as research on mental health in the Black community, as most male athletes in football and men's basketball are African American. Little can be done to stop an average fan from negatively posting, sharing, and commenting about a current player on their favorite or least favorite collegiate team. However, awareness can be spread to the casual fans that their words are felt and that proper mental health resources to collegiate athletes may help to soften the blow.

References

- Addis, M. E., & Mahalik, J. R. (2003). Men, masculinity, and the contexts of help seeking. *American Psychologist*, 58(1), 5–14. <https://doi.org/10.1037/0003-066x.58.1.5>
- Alexander, B. (2020). *How Student-Athletes' Self-Esteem and Performance Are Influenced by Social Media Sports Fandom* (Master's thesis, Syracuse University).
- Blaszka, M., Cianfrone, B., & Walsh, P. (2018). An analysis of collegiate athletic department social media practices, strategies, and challenges.
- Brougham, J. K. (2021). The impact of social media on the mental health of student-athletes across NCAA divisions. *Journal of Issues in Intercollegiate Athletics*, 14(1), 33.
- Chong, D., & Druckman, J. N. (2007). Framing theory. *Annu. Rev. Polit. Sci.*, 10, 103-126.
- Correia, M. E., & Rosado, A. (2019, May 20). Anxiety in Athletes: Gender and Type of Sport Differences. *International Journal of Psychological Research*, 12(1), 9–17. <https://doi.org/10.21500/20112084.3552>
- Cox, R. H., Martens, M. P., & Russell, W. D. (2003). Measuring anxiety in athletics: the revised competitive state anxiety inventory–2. *Journal of sport and exercise psychology*, 25(4), 519-533.
- Foskett, R. L., & Longstaff, F. (2018). The mental health of elite athletes in the United Kingdom. *Journal of science and medicine in sport*, 21(8), 765-770.
- Gavilán, M. T. N. (2011). Framing the news: from political conflict to peace. How the Framing Theory and Political Context Model can enhance the peace journalism model. *Journal of Latin American Communication Research*, 1(2), 48-61.
- Lewis, N., & Weaver, A. J. (2013, October 15). More Than a Game. *Communication & Sport*, 3(2), 219–242. <https://doi.org/10.1177/2167479513508273>
- Kim, H. (2013). *Uses and Gratification of Sports Media Audiences* (Doctoral dissertation, Temple University Libraries).
- McGale, N., McArdle, S., & Gaffney, P. (2011, March 11). Exploring the effectiveness of an integrated exercise/CBT intervention for young men's mental health. *British Journal of Health Psychology*, 16(3), 457–471. <https://doi.org/10.1348/135910710x522734>
- Proctor, S. L., & Boan-Lenzo, C. (2010, September). Prevalence of Depressive Symptoms in Male Intercollegiate Student-Athletes and Nonathletes. *Journal of Clinical Sport Psychology*, 4(3), 204–220. <https://doi.org/10.1123/jcsp.4.3.204>

- Millero, M. R. (n.d.). *E-commerce uses and gratifications and framing study on media portrayal and perspectives of the retail e-commerce Web site industry*. The Research Repository @ WVU. <https://researchrepository.wvu.edu/etd/10772>
- Khan, A. (2017, October 25). Effects of Anxiety on Athletic Performance. *Research & Investigations in Sports Medicine*, 1(2). <https://doi.org/10.31031/rism.2017.01.000508>
- Rice, S. M., Purcell, R., De Silva, S., Mawren, D., McGorry, P. D., & Parker, A. G. (2016, February 20). The Mental Health of Elite Athletes: A Narrative Systematic Review. *Sports Medicine*, 46(9), 1333–1353. <https://doi.org/10.1007/s40279-016-0492-2>
- Rubin, L. M., & Moreno-Pardo, M. D. (2018, March 22). Burnout Among Student-Athlete Services Professionals. *Journal of Higher Education Athletics & Innovation*, 3, 1–25. <https://doi.org/10.15763/issn.2376-5267.2018.1.3.1-25>
- Ruggiero, T. E. (2000). Uses and gratifications theory in the 21st century. *Mass communication & society*, 3(1), 3-37.
- Ryan, H., Gayles, J. G., & Bell, L. (2018, July 11). Student-Athletes and Mental Health Experiences. *New Directions for Student Services*, 2018(163), 67–79. <https://doi.org/10.1002/ss.20271>
- Sanderson, J. (2013). Stepping into the (Social Media) Game. *Handbook of Research on Technoself*, 419–438. <https://doi.org/10.4018/978-1-4666-2211-1.ch023>
- Social media fans posts and reactions and their effect on men basketball athletes in Lebanon (2019). *Social media fans posts and reactions and their effect on men basketball athletes in Lebanon*. ir.ndu.edu.lb:8080/xmlui/bitstream/handle/123456789/1418/Jad%20Barakat.pdf?sequence=1&isAllowed=y.
- The Application of ‘Elite Interviewing’ Methodology in Transdisciplinary Research: a Record of Process and Lessons Learned during a 3-Year Pilot in Urban Planetary Health Research. (2021). *The Application of ‘Elite Interviewing’ Methodology in Transdisciplinary Research: A Record of Process and Lessons Learned During a 3-Year Pilot in Urban Planetary Health Research*. <https://doi.org/10.1007/s11524-021-00542-1>
- The Relationship Between Anxiety and Performance: A Cognitive-Behavioral Perspective. (1999). *The Relationship Between Anxiety and Performance: A Cognitive-Behavioral Perspective*. <https://citeseerx.ist.psu.edu/document?repid=rep1&type=pdf&doi=92d9cefa6388ed52bba07ac49f656d423d2b6c7a>
- Trella, M. E. (2022). *Mental Health Stigma and Attitudes Toward Help-Seeking in College Student-Athletes Competing with Physical Disabilities* (Doctoral dissertation, Concordia University Chicago).

- Yamaguichi, S., Nakamura, M., Noguri, R., & Shibabta, N. (2020). Athlete's Mental Health and Psychological Support. *Juntendo Medical Journal*, 66(Suppl.1), 78–82. <https://doi.org/10.14789/jmj.2020.66.jmj19-p03>
- Vornholt, P., & De Choudhury, M. (2021, July 12). *Understanding the Role of Social Media–Based Mental Health Support Among College Students: Survey and Semistructured Interviews*. JMIR Mental Health. <https://doi.org/10.2196/24512>

