Body-related self-conscious emotions and sport participation among adolescent females

Summary to Participants/Parents

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Researchers from the University of British Columbia are conducting a research study to examine teenage girls’ experiences and well-being in sport. Research findings show that participation in sport in girls has been linked to positive body image, positive self-esteem, enhanced peer relationships and social skills, and overall positive youth development. Unfortunately, girls consistently report lower rates of sport participation and are less likely to enjoy and continue in sport compared to boys. These findings suggest the important implications of conducting sport research to promote healthy active living in teenage girls!

In particular, we are investigating relationships among body image factors related to emotions, perceptions of competence and sporting outcomes such as motivation, sport commitment, and sport enjoyment. Participation in this study will consist of players completing scientific measures regarding their body related thoughts, feelings and perceptions regarding their physical self. Players will also complete measures of sport motivation and sport enjoyment. The questionnaire will take approximately 20 to 40 minutes to complete online. Players do not have to provide any personal identifier on the questionnaire: all responses are confidential.

Players who participate in this study will be entered into a random draw for one of 10 $25 Sport Chek gift cards.

Participation in this study is completely voluntary and will not impact participation in the sport. Players will need to take a parental consent form home to parents and then return it to their coach or the researcher. Players will be able to complete the questionnaire at home through an online survey platform. Additionally, participants can withdraw from the study at ANY POINT IN TIME without any consequences.