Motivation among Varsity Athletes during COVID-19

A Data Management Plan created using DMP Assistant

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Project abstract:

Our understanding of the impact that social distancing and lockdown (SD/L) policies due to COVID-19 had on the training and mental health among Canadian varsity athletes is unclear. It is also unclear how an athletes' motivation may have lessened the negative impact of SD/L policies and helped them maintain their training. Our study aimed to assess the impact SD/L policies had on varsity athletes' training routines and mental health, and how these related to an athlete's motivation. We collected online survey data from 433 varsity athletes across Canada. Participants completed questions about the sport they played, training and exercise routines during the pandemic, questions about barriers to training, Profile of Mood Scale (POMS), and the Sport Motivation Scale II (SMS-II). The results showed that approximately 33.3% of athletes expected to return to playing their sport within three to six months. Athletes reported exercising less during a week, with approximately 25% exercising two or fewer days a week. About 35% reported decreasing their training load and intensity by a lot or a great deal. Having access to fitness resources and sport-specific equipment was a significant barrier for athletes, as 25% of athletes reported not having equipment to train at home. Barriers to training included access to equipment and experiencing emotional distractions, which was significantly greater for female athletes compared to male athletes. Athletes with higher levels of intrinsic motivation reported maintaining the intensity of their workouts compared to athletes with higher levels of amotivation, and significantly lower mood disturbance compared to athletes with higher levels of introjected motivation, extrinsic motivation, or amotivation. We discuss strategies coaches and trainers can implement to best support their varsity athletes during stressful times.

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Data Collection

What types of data will you collect, create, link to, acquire and/or record?

1. Demographic data (age, gender, etc)
2. Numerical data from questionnaires (POMS, Sport Motivation Scale II)
3. Written responses from an open-ended question

What file formats will your data be collected in? Will these formats allow for data re-use, sharing and long-term access to the data?

Spreadsheets
Case report form

What conventions and procedures will you use to structure, name and version-control your files to help you and others better understand how your data are organized?

The file will be stored on the Google drive accessible to the research team. The datafile will be named accordingly:
- Athletes and COVID Study, original - for the original raw data
- Athletes and COVID Study, final 2022 - for the final, cleaned data
Only the final datafile will be used for analysis.

In the datafile, the participants are labelled numerically (1, 2, 3,...), and the variable name is explained in the "codebook" tab of excel.

Documentation and Metadata

What documentation will be needed for the data to be read and interpreted correctly in the future?

Research methodology, units of measurement, hypothesis, description of the data capture and collection methods will be documented for future use.

How will you make sure that documentation is created or captured consistently throughout your project?

Unsure

If you are using a metadata standard and/or tools to document and describe your data, please list here.

Unsure

Storage and Backup

What are the anticipated storage requirements for your project, in terms of storage space (in megabytes, gigabytes, terabytes, etc.) and the length of time you will be storing it?

The storage requirements may be about 500MB. We will be storing it according to University of Alberta ethics guidelines of five years.

How and where will your data be stored and backed up during your research project?

Data gathered from the research project will be stored in an encrypted flash drive.
Data will be regularly (every week) backed up on my ualberta Google Drive account.

How will the research team and other collaborators access, modify, and contribute data throughout the project?

The data can be shared via Google drive to ualberta accounts.

Preservation

Where will you deposit your data for long-term preservation and access at the end of your research project?

Data gathered from the research project that contains sensitive information such as open-ended responses will be stored in an encrypted Google drive and not shared.

The numerical data (probably less than 500MB) will be deposited in Dataverse.

Indicate how you will ensure your data is preservation ready. Consider preservation-friendly file formats, ensuring file integrity, anonymization and de-identification, inclusion of supporting documentation.

Numeric data will be saved in excel.

Sharing and Reuse

What data will you be sharing and in what form? (e.g. raw, processed, analyzed, final).

The analyzed data will be shared.

Have you considered what type of end-user license to include with your data?

Unsure

What steps will be taken to help the research community know that your data exists?

Repositories, word-of-mouth, publications.

Responsibilities and Resources

Identify who will be responsible for managing this project's data during and after the project and the major data management tasks for which they will be responsible.

The responsibilities lie on the researcher (myself).

How will responsibilities for managing data activities be handled if substantive changes happen in the personnel overseeing the project's data, including a change of Principal Investigator?

The responsibilities lie on the researcher (myself).

What resources will you require to implement your data management plan? What do you estimate the overall cost for data management to be?

Unsure

Ethics and Legal Compliance

If your research project includes sensitive data, how will you ensure that it is securely managed and accessible only to approved members of the project?

The research project does not contain sensitive information. However, participants did not indicate their consent to have their data shared beyond the research team, therefore only the final, analyzed results will be shared so that their project aligns with our REB.

If applicable, what strategies will you undertake to address secondary uses of sensitive data?

n/a

How will you manage legal, ethical, and intellectual property issues?

Data from our research project will be shared via final analyzed results. Anyone viewing the data may do so but we are not responsible for how they use the data.