



FEMALE ATHLETE RESILIENCE STUDY

WHAT IT IS

You are invited to participate in a research study to investigate psychological resilience among those competing as female athletes. This research is being conducted by investigators at Pennington Biomedical Research Center and Harvard University.

ELIGIBILITY

- Age 18+
- Identify as female
- Member of a University or other-sponsored athletic team or actively involved in another athletic endeavor (e.g., dance, CrossFit)
- Must be able and willing to provide informed consent, complete all study measurements, and comply with the study protocol
- Can read English

PURPOSE, DURATION, PROCEDURES

- The purpose of this research study is to identify essential components of psychological resilience among female athletes
- Your expected time in this study will be 12 months consisting of four data collection time points to be completed remotely
- The procedures involved in this study include completion of electronic questionnaires
- You are eligible to receive up to \$80 in Amazon gift cards as compensation (\$25 for baseline, \$15 at 3 months, \$20 at 6, and \$20 at 12 months)

