Be Like an Athlete Survey analysis

Methods

A full exploratory analysis was carried out on the data for the full dataset and then the data for each country. Descriptive statistics and exploratory plots (boxplots, scatterplots) were determined to assess the distribution of each variable and identify possible outliers. The mean (SD) are reported for symmetrically distributed variables, while the median (IQR) are reported for non-symmetrically distributed variables. For categorical variables the number and proportion of individuals belonging to each class are reported. Pearson correlation coefficients were calculated to determine the magnitude and direction of any association between the validated scale variables (total scores). These were cross-checked with Spearman correlation coefficients, which handle non-Normal data and outliers, with no change to the results. Thus the Pearson correlation coefficients are reported.

Key findings:

- There were very high response rates for all questions (all over 90%).

- The overall results reflect similarly to what we saw in the original analysis in the older cohort.

- There may be some issues with the reporting of hours spent training/in school/studying - to be discussed.

- There was some difference in well-being scores between boys and girls. In Portugal, Spain and Sweden well-being was higher for boys than girls. However in Italy well-being was marginally higher for girls than boys. There was little difference in well-being for boys and girls from Ireland.

Analysis full dataset

Summary statistics per variable

Well-being: The maximum possible well-being score is 100. 1187 out of 1192 participants completed this scale (*response rate = 99.5%*). The median well-being score of respondents was 68 (IQR = 52 to 76). 25% of respondents (approx. $n = 297$) scored below 52 and 25% of respondents scored above 76. 76% of respondents ($n = 903$) had a well-being score ≥ 50.

Resilience: The maximum possible resilience score is 40. 1157 out of 1192 participants completed this scale (*response rate = 97%*). The median resilience score of respondents was 29 (IQR = 24 to 34). 25% of respondents (approx. $n = 290$) scored below 24, and 25% of respondents scored above 34.

Passion: The maximum possible passion score for both school and sport is 40. 1144 out of 1192 participants completed the passion for school scale (*response rate = 96%*). The median passion for school score of respondents was 27 (IQR = 23 to 31). 25% ($n = 286$) of respondents had a passion for school score below 23 and 25% of respondents scored above 31.

1135 out of 1192 participants completed the passion for sport scale (*response rate = 95%*). The median passion for sport score of respondents was 38 (IQR = 32 to 40). 25% of respondents (approx. $n = 284$) had a passion for sports score below 32 and 25% of participants scored a maximum of 40.

Passion for sport in this cohort was higher than passion for school.

Career planning: The maximum possible career planning score is 20. 1118 out of 1192 participants completed this scale (*response rate = 94%*). The median career planning score of respondents was 16 (IQR = 13 to 17). 25% of respondents (approx. $n = 280$) had a career planning score below 13 and 25% of respondents scored above 17.

Social competencies: The maximum possible social competencies score is 30. 1117 out of 1192 participants completed this scale (*response rate = 94%*). The median social competency score of respondents was 25 (IQR = 22 to 28). 25% of respondents (approx. $n = 280$) had a social competencies score below 22 and 25% of respondents scored above 28.

Management: The maximum possible management score is 50. 1092 out of 1192 participants completed this scale (*response rate = 92%*). The median management score of respondents was 41 (IQR = 35 to 46). 25% of respondents (approx. $n = 273$) had a management score below 35, and 25% scored above 46.

Gender: 1184 participants reported their gender (*response rate = 99%*). Of these, 55.5% ($n = 657$) were male and 44.5% ($n = 527$) were female.

Hours per week spent training: 1095 participants responded to this question (*response rate = 92%*). The median number of hours spent training per week was 20 (IQR = 10 to 30). 25% of participants (approx. $n = 274$) reported spending over 30 hours per week training.

Hours per week spent in school: 1091 participants reported the number of hours spent per week in school (*response rate = 91.5%*). The median number of hours spent in school was 30 (IQR = 20 to 35 hours).

Hours per week spent studying outside of school: 1080 participants reported the number of hours spent studying outside school per week (*response rate = 91%*). The median number of hours spent studying outside of school was 10 (IQR = 5 to 15). 46 participants spent more than 30 hours per week studying outside of school.

Highest level of sport: 1189 out of 1192 participants responded to this question (*response rate = 99.7%*). Of those that responded, 35% ($n = 415$) were international athletes, 22% ($n = 265$) were national level athletes, 6% ($n = 66$) were university athletes, 15% ($n = 178$) were provincial/regional athletes and 22% ($n = 265$) were club level athletes.

Country: 14% ($n = 166$) of the sample were from Ireland, with a further 18% ($n = 212$) from Italy. 48% ($n = 569$) were from Portugal, 9% *$n = 104$ from Spain and 12% ($n = 141$) were from Sweden.

	Overall (N=1192)
Age	
Mean (SD)	16.4 (1.3)
Median (Q1, Q3)	17.0 (16.0, 17.0)
Min - Max	14.0 - 18.0
Missing	4
Well-being	
Mean (SD)	63.9 (19.4)
Median (Q1, Q3)	68.0 (52.0, 76.0)
Min - Max	8.0 - 100.0
Missing	5
Resilience	
Mean (SD)	28.4 (6.8)
Median (Q1, Q3)	29.0 (24.0, 34.0)
Min - Max	2.0 - 40.0
Missing	35
Passion School	
Mean (SD)	27.0 (6.4)
Median (Q1, Q3)	27.0 (23.0, 31.0)
Min - Max	8.0 - 40.0

	Overall (N=1192)
Missing	48
Passion Sport	
Mean (SD)	35.2 (6.2)
Median (Q1, Q3)	38.0 (33.0, 40.0)
Min - Max	12.0 - 40.0
Missing	57
Career Planning	
Mean (SD)	15.2 (3.0)
Median (Q1, Q3)	16.0 (13.0, 17.0)
Min - Max	4.0 - 20.0
Missing	74
Social Competencies	
Mean (SD)	24.3 (4.2)
Median (Q1, Q3)	25.0 (22.0, 28.0)
Min - Max	10.0 - 30.0
Missing	75
Management	
Mean (SD)	39.9 (7.2)
Median (Q1, Q3)	41.0 (35.0, 46.0)
Min - Max	18.0 - 50.0
Missing	100
Gender	
N-Miss	8
Female	527 (44.5%)
Male	657 (55.5%)
Hrs p/w training	
Mean (SD)	20.2 (10.7)
Median (Q1, Q3)	20.0 (10.0, 30.0)
Min - Max	0.0 - 40.0
Missing	97
Hrs p/w school	
Mean (SD)	26.6 (9.5)
Median (Q1, Q3)	30.0 (20.0, 35.0)
Min - Max	0.0 - 40.0
Missing	101
Hrs p/w study (outside school)	
Mean (SD)	11.7 (9.5)
Median (Q1, Q3)	10.0 (5.0, 15.0)
Min - Max	0.0 - 40.0
Missing	112
Highest level of sport	
N-Miss	3
Club	265 (22.3%)
International	415 (34.9%)
National	265 (22.3%)
Provincial/regional	178 (15.0%)
University	66 (5.6%)
Country	
Ireland	166 (13.9%)
Italy	212 (17.8%)
Portugal	569 (47.7%)
Spain	104 (8.7%)

	Overall (N=1192)
Sweden	141 (11.8%)

Boxplots per variable
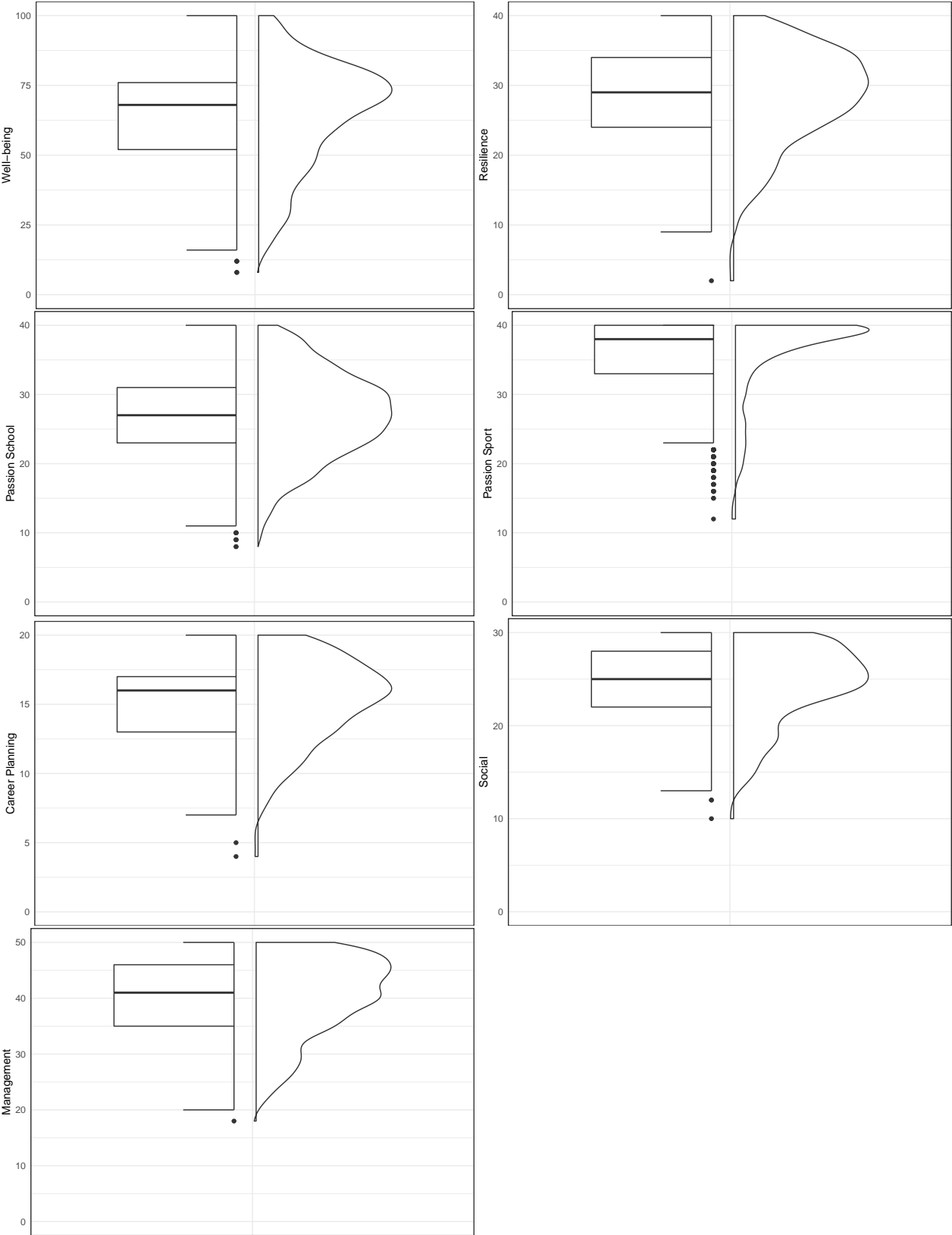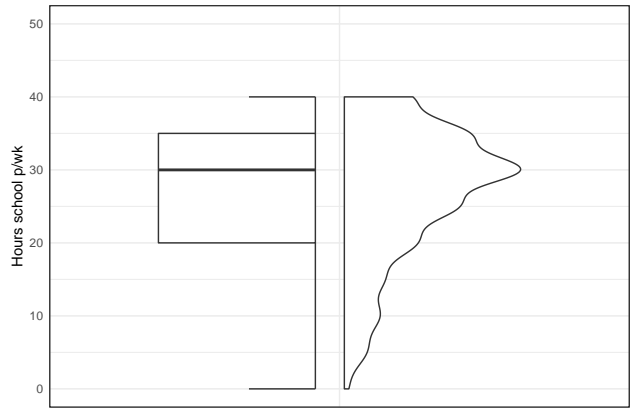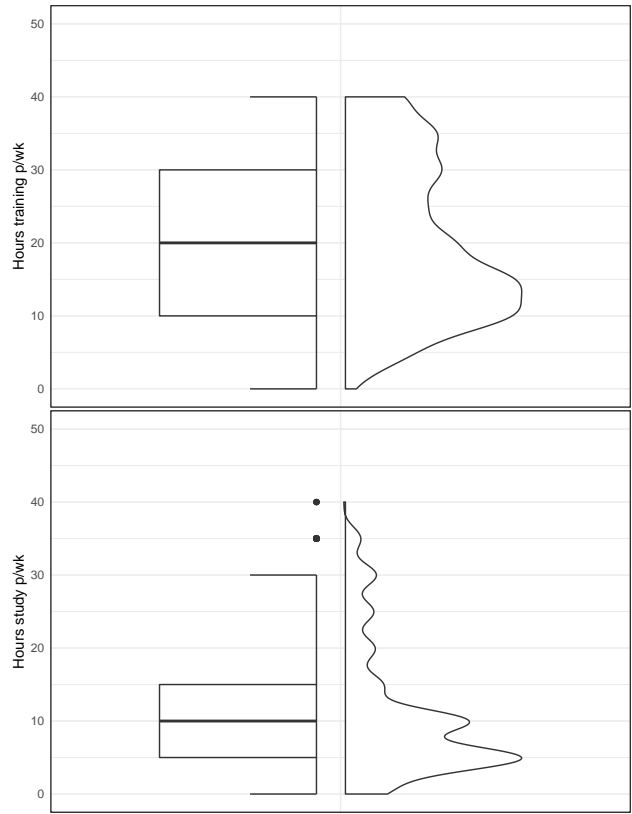
Correlation between scores

The highest Pearson correlations were between the career planning, social competencies and management scores, where strong positive correlations were observed ($r = 0.74$ to 0.77). There was a strong positive correlation between well-being and resilience ($r = 0.71$). There were also moderate to strong positive correlations between passion for sport and social competencies and management ($r = 0.68$), and resilience and passion for sport, social competencies and management ($r = 0.66$ to 0.67).
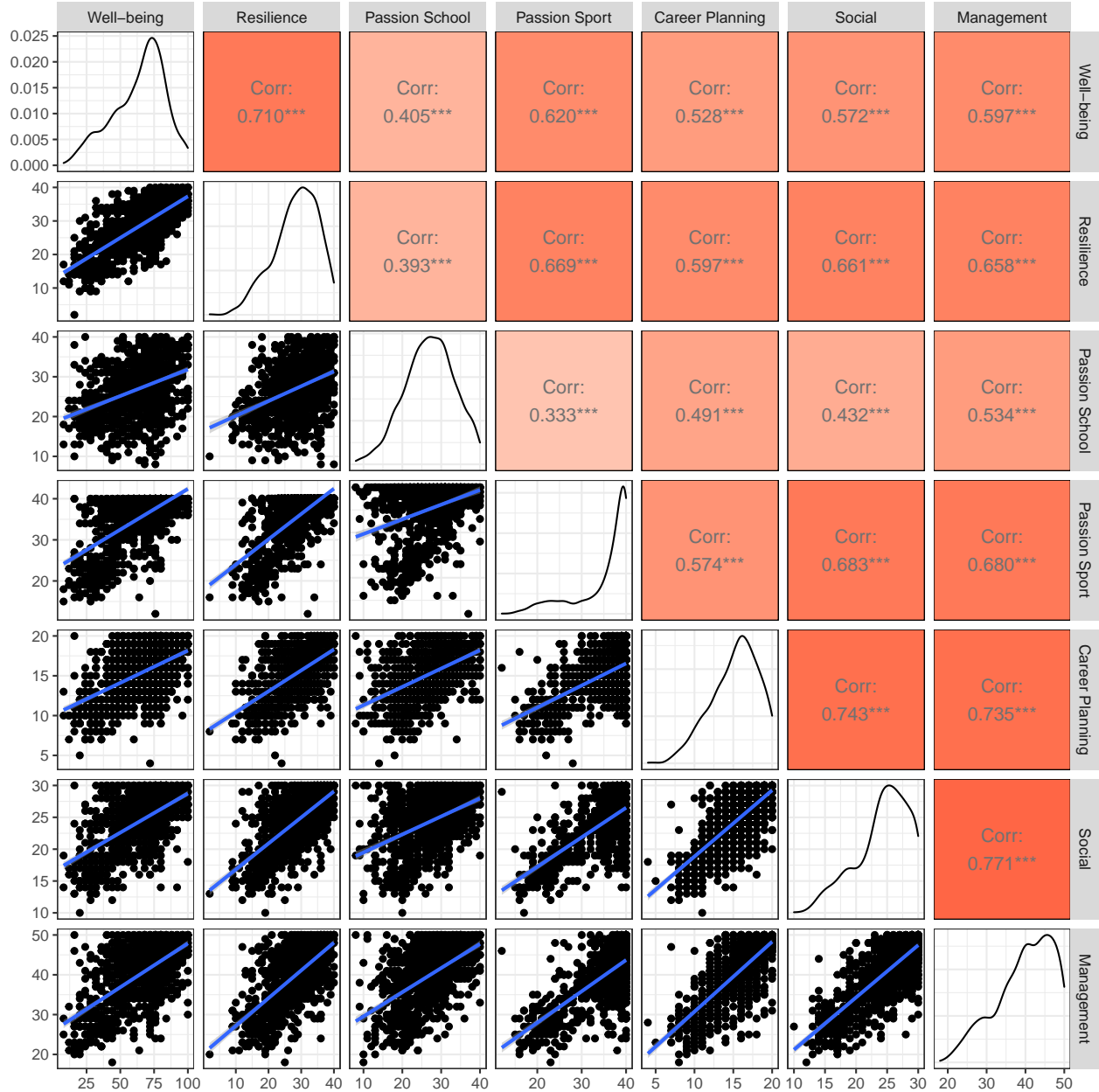
Analysis by gender

There was a statistically significant difference in well-being score between boys and girls (p < 0.001, 95% CI: -6.97, -2.52), with girls having lower well-being scores on average. However, there was little difference in the other scores, hours training, hours of school, hours of study outside school, or highest level of sport achieved between boys and girls.

Summary statistics by gender

	Female (N=527)	Male (N=657)	Total (N=1184)
Age			
Mean (SD)	16.3 (1.3)	16.4 (1.3)	16.4 (1.3)
Median (Q1, Q3)	17.0 (15.0, 17.0)	17.0 (16.0, 17.0)	17.0 (16.0, 17.0)
Min - Max	14.0 - 18.0	14.0 - 18.0	14.0 - 18.0
Missing	3	1	4
Well-being			
Mean (SD)	61.3 (19.3)	66.1 (19.3)	64.0 (19.4)
Median (Q1, Q3)	64.0 (48.0, 76.0)	72.0 (56.0, 80.0)	68.0 (52.0, 78.0)
Min - Max	8.0 - 100.0	8.0 - 100.0	8.0 - 100.0
Missing	3	2	5
Resilience			
Mean (SD)	27.7 (6.8)	29.0 (6.7)	28.4 (6.8)
Median (Q1, Q3)	28.0 (23.0, 33.0)	30.0 (25.2, 34.0)	29.0 (24.0, 34.0)
Min - Max	2.0 - 40.0	9.0 - 40.0	2.0 - 40.0
Missing	16	19	35
Passion School			
Mean (SD)	28.2 (6.5)	26.0 (6.2)	27.0 (6.4)
Median (Q1, Q3)	29.0 (24.0, 33.0)	26.0 (22.0, 31.0)	27.0 (23.0, 31.0)
Min - Max	9.0 - 40.0	8.0 - 40.0	8.0 - 40.0
Missing	25	23	48
Passion Sport			
Mean (SD)	35.1 (5.9)	35.3 (6.4)	35.2 (6.2)
Median (Q1, Q3)	37.0 (33.0, 39.0)	38.0 (34.0, 40.0)	38.0 (34.0, 40.0)
Min - Max	15.0 - 40.0	12.0 - 40.0	12.0 - 40.0
Missing	31	26	57
Career Planning			
Mean (SD)	15.6 (2.9)	14.9 (3.1)	15.2 (3.0)
Median (Q1, Q3)	16.0 (14.0, 18.0)	15.0 (13.0, 17.0)	16.0 (13.0, 17.0)
Min - Max	7.0 - 20.0	4.0 - 20.0	4.0 - 20.0
Missing	38	35	73
Social Competencies			
Mean (SD)	24.6 (4.2)	24.1 (4.3)	24.3 (4.2)
Median (Q1, Q3)	25.0 (22.2, 28.0)	25.0 (22.0, 27.0)	25.0 (22.0, 28.0)
Min - Max	13.0 - 30.0	10.0 - 30.0	10.0 - 30.0
Missing	37	37	74
Management			
Mean (SD)	40.9 (7.1)	39.2 (7.3)	39.9 (7.2)
Median (Q1, Q3)	43.0 (37.0, 47.0)	40.0 (35.0, 45.0)	41.0 (35.0, 46.0)
Min - Max	20.0 - 50.0	18.0 - 50.0	18.0 - 50.0
Missing	53	46	99
Hrs p/w training			
Mean (SD)	20.2 (11.0)	20.2 (10.5)	20.2 (10.7)

	Female (N=527)	Male (N=657)	Total (N=1184)
Median (Q1, Q3)	20.0 (10.0, 30.0)	19.0 (10.0, 30.0)	20.0 (10.0, 30.0)
Min - Max	0.0 - 40.0	0.0 - 40.0	0.0 - 40.0
Missing	53	43	96
Hrs p/w school			
Mean (SD)	26.2 (9.1)	26.8 (9.9)	26.6 (9.6)
Median (Q1, Q3)	30.0 (20.0, 34.0)	30.0 (20.0, 35.0)	30.0 (20.0, 35.0)
Min - Max	0.0 - 40.0	0.0 - 40.0	0.0 - 40.0
Missing	56	44	100
Hrs p/w study (outside school)			
Mean (SD)	12.5 (9.3)	11.0 (9.6)	11.7 (9.5)
Median (Q1, Q3)	10.0 (5.0, 18.8)	8.0 (5.0, 15.0)	10.0 (5.0, 15.0)
Min - Max	0.0 - 40.0	0.0 - 40.0	0.0 - 40.0
Missing	57	53	110
Highest level of sport			
N-Miss	2	1	3
Club	117 (22.3%)	142 (21.6%)	259 (21.9%)
International	181 (34.5%)	232 (35.4%)	413 (35.0%)
National	104 (19.8%)	161 (24.5%)	265 (22.4%)
Provincial/regional	82 (15.6%)	96 (14.6%)	178 (15.1%)
University	41 (7.8%)	25 (3.8%)	66 (5.6%)
Country			
Ireland	111 (21.1%)	53 (8.1%)	164 (13.9%)
Italy	85 (16.1%)	123 (18.7%)	208 (17.6%)
Portugal	208 (39.5%)	360 (54.8%)	568 (48.0%)
Spain	38 (7.2%)	65 (9.9%)	103 (8.7%)
Sweden	85 (16.1%)	56 (8.5%)	141 (11.9%)

Boxplots per variable by gender
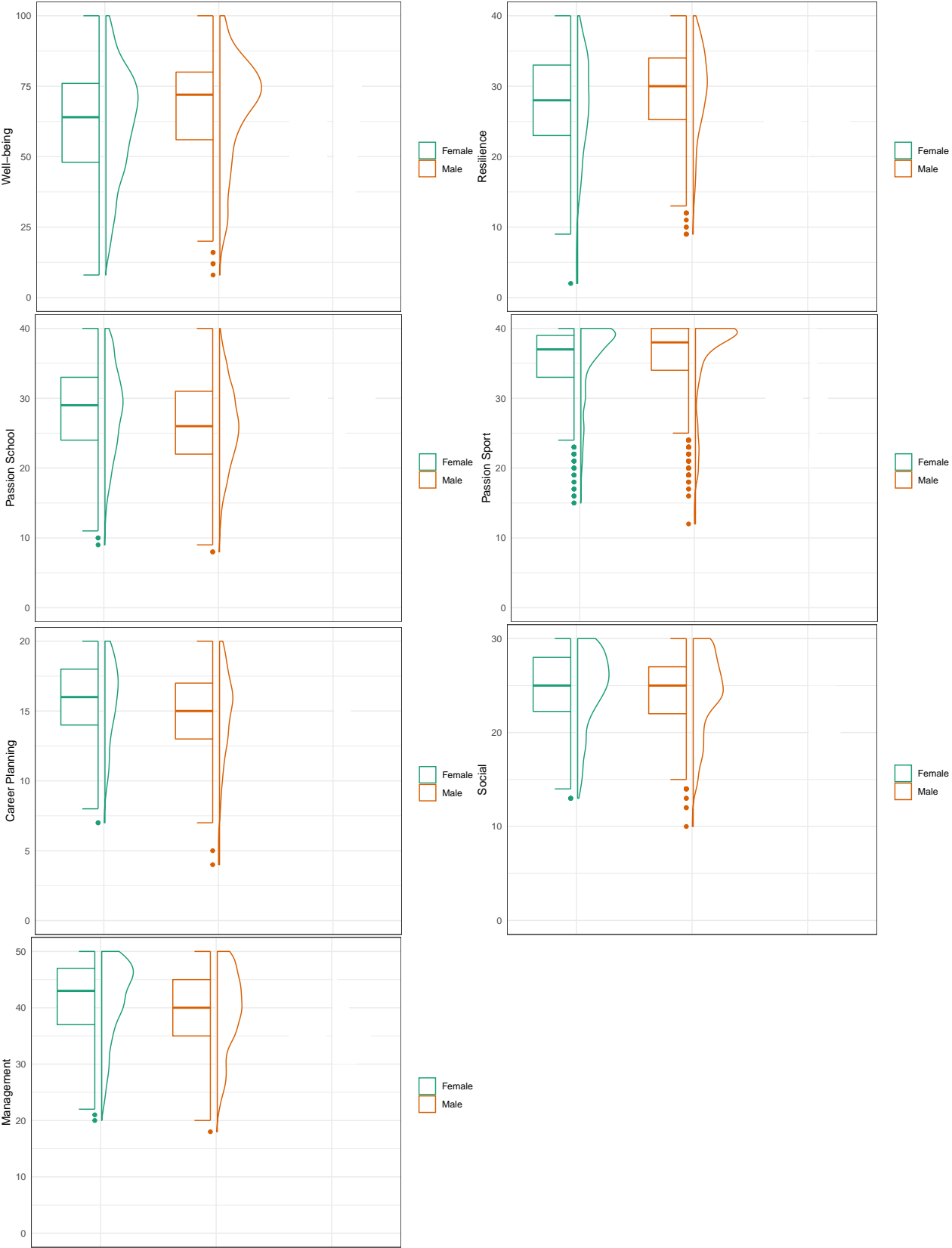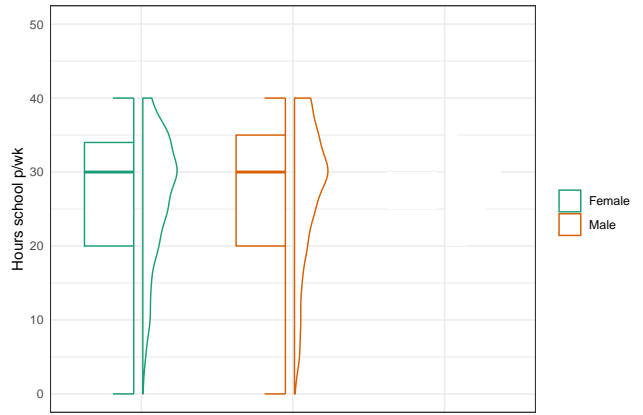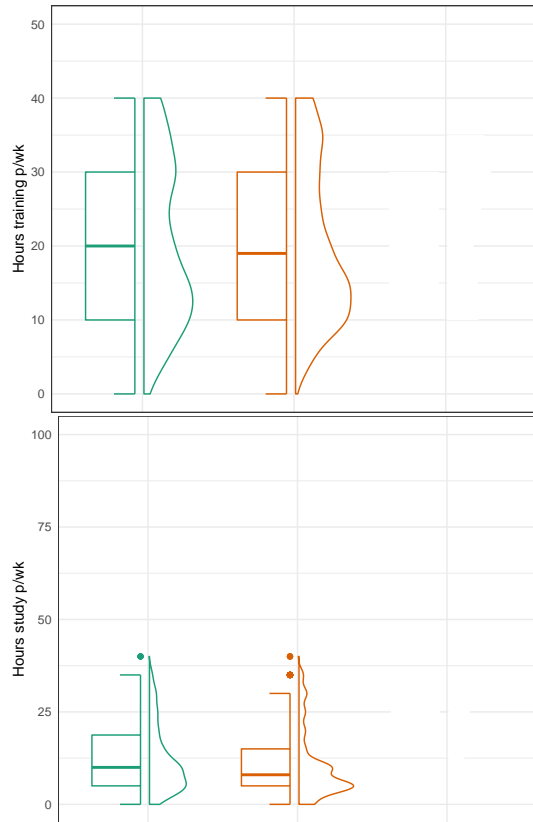
Analysis by country

Well-being to Management: The distribution of scores for each of the validated scales well-being, resilience, passion for school, passion for sport, career planning, social competencies and management showed similar behaviour across Ireland, Portugal, Spain and Sweden. However, Italy consistently had the lowest scores across all scales.

Gender: There were large discrepancies in the proportions of boys and girls participating in the study across the different countries. In Ireland and Sweden, respondents were predominantly girls: 68% ($n = 111$) in Ireland; 60% ($n = 85$) in Sweden. In Italy, Portugal and Spain, respondents were predominantly boys: 59% ($n = 123$) in Italy; 63% ($n = 360$) in Portugal; 63% ($n = 65$) in Spain.

Highest level of sport: The highest level of sport achieved by respondents from Portugal and Spain was international level. 57% ($n = 325$) of respondents from Portugal and 63.5% ($n = 66$) of respondents from Spain competed at international level. A further 32% ($n = 183$) and 27% ($n = 28$) of respondents competed at a national level in Portugal and Spain respectively.

The highest level of sport achieved by respondents from Ireland and Italy was club level, with 51% ($n = 84$) of those responding competing at club level in Ireland and 62% ($n = 132$) competing at club level in Italy. In Ireland, 21% ($n = 35$) competed at provincial/regional level, 14.5% ($n = 24$) competed at international level and 13% ($n = 21$) competed at a national level. In Italy, 37% ($n = 79$) of respondents competed at a provincial/regional level.

44% ($n = 62$) of respondents from Sweden reported their highest level of sport as university level. 23% ($n = 32$) competed at national level, 22% ($n = 31$) competed at provincial/regional level and 11% ($n = 15$) competed at club level.

Average hours per week spent training: Respondents from Italy reported significantly higher hours per week spent training (median = 35 hours) compared with a median of 15 hours per week for respondents from Ireland, Portugal and Spain, and a median of 11 hours per week for respondents from Sweden.

Average hours per week spent in school: Irish students had the highest average hours per week spent in school (median = 32 hours). This was followed by Italy and Spain (median = 30 hours). Sweden and Portugal had the lowest average hours per week spent in school with a median of 26 hours and 25 hours respectively.

Average hours per week spent studying outside of school: Italy had significantly higher average hours per week studying outside of school (median = 30 hours) versus a median of 10 hours for Ireland and Spain. Portugal and Sweden had the lowest number of hours spent studying outside of school with a median of 5 and 4 hours respectively.

Summary statistics

	Ireland (N=166)	Italy (N=212)	Portugal (N=569)	Spain (N=104)	Sweden (N=141)	Total (N=1192)
Age						
Mean (SD)	16.3 (1.3)	17.0 (0.9)	16.0 (1.4)	16.5 (1.2)	16.8 (0.9)	16.4 (1.3)
Median	16.0	17.0	16.0	17.0	17.0	17.0
(Q1, Q3)	15.0, 17.0	16.0, 18.0	15.0, 17.0	16.0, 18.0	16.0, 18.0	16.0, 17.0
Min - Max	14.0 - 18.0	14.0 - 18.0	14.0 - 18.0	14.0 - 18.0	15.0 - 18.0	14.0 - 18.0
Missing	0	0	2	1	1	4
Well-being						
Mean (SD)	65.7 (16.2)	44.9 (23.7)	68.4 (16.1)	72.0 (11.9)	65.8 (14.8)	63.9 (19.4)
Median	68.0	40.0	72.0	74.0	68.0	68.0

	Ireland (N=166)	Italy (N=212)	Portugal (N=569)	Spain (N=104)	Sweden (N=141)	Total (N=1192)
(Q1, Q3)	56.0, 76.0	28.0, 56.0	60.0, 80.0	64.0, 80.0	56.0, 76.0	52.0, 76.0
Min - Max	24.0 - 100.0	8.0 - 100.0	16.0 - 100.0	48.0 - 100.0	24.0 - 100.0	8.0 - 100.0
Missing	1	3	0	0	1	5
Resilience						
Mean (SD)	29.3 (5.3)	22.0 (8.2)	30.0 (5.6)	31.3 (4.7)	28.5 (5.5)	28.4 (6.8)
Median	29.0	20.0	30.0	31.0	29.0	29.0
(Q1, Q3)	26.0, 33.0	16.0, 27.0	26.0, 34.0	29.0, 35.0	25.0, 32.0	24.0, 34.0
Min - Max	12.0 - 40.0	2.0 - 40.0	12.0 - 40.0	19.0 - 40.0	13.0 - 40.0	2.0 - 40.0
Missing	14	5	13	3	0	35
Passion School						
Mean (SD)	30.7 (6.8)	24.8 (6.7)	27.0 (5.7)	27.6 (6.0)	25.9 (6.9)	27.0 (6.4)
Median	31.0	23.0	27.0	28.0	27.0	27.0
(Q1, Q3)	27.0, 36.0	20.0, 29.0	24.0, 31.0	24.0, 32.5	23.0, 31.0	23.0, 31.0
Min - Max	9.0 - 40.0	10.0 - 39.0	8.0 - 40.0	9.0 - 40.0	10.0 - 40.0	8.0 - 40.0
Missing	15	1	21	5	6	48
Passion Sport						
Mean (SD)	37.2 (3.6)	25.8 (6.4)	37.6 (3.5)	37.4 (3.4)	36.0 (4.9)	35.2 (6.2)
Median	38.0	25.0	39.0	38.5	38.0	38.0
(Q1, Q3)	36.0, 40.0	21.0, 30.0	37.0, 40.0	36.2, 40.0	35.0, 40.0	33.0, 40.0
Min - Max	16.0 - 40.0	15.0 - 39.0	12.0 - 40.0	23.0 - 40.0	21.0 - 40.0	12.0 - 40.0
Missing	21	3	20	6	7	57
Career Planning						
Mean (SD)	15.7 (2.5)	12.3 (3.3)	16.1 (2.4)	16.0 (2.3)	15.1 (2.6)	15.2 (3.0)
Median	16.0	11.0	16.0	16.0	15.0	16.0
(Q1, Q3)	14.0, 17.0	10.0, 14.0	14.2, 18.0	14.0, 18.0	13.0, 17.0	13.0, 17.0
Min - Max	9.0 - 20.0	5.0 - 19.0	7.0 - 20.0	10.0 - 20.0	4.0 - 20.0	4.0 - 20.0
Missing	26	1	27	9	11	74
Social Competencies						
Mean (SD)	24.6 (3.7)	19.7 (4.6)	25.8 (3.2)	25.1 (2.6)	24.2 (3.5)	24.3 (4.2)
Median	25.0	19.0	26.0	25.0	24.0	25.0
(Q1, Q3)	22.0, 27.0	16.0, 23.0	24.0, 28.0	23.0, 27.0	22.0, 27.0	22.0, 28.0
Min - Max	14.0 - 30.0	10.0 - 30.0	14.0 - 30.0	19.0 - 30.0	12.0 - 30.0	10.0 - 30.0
Missing	27	5	24	9	10	75
Management						
Mean (SD)	41.5 (5.4)	31.9 (7.4)	42.3 (5.6)	41.7 (5.0)	40.0 (6.8)	39.9 (7.2)
Median	42.0	30.0	43.0	42.0	41.0	41.0
(Q1, Q3)	38.0, 46.0	26.0, 36.0	39.0, 47.0	38.0, 46.0	37.0, 45.0	35.0, 46.0
Min - Max	28.0 - 50.0	20.0 - 49.0	21.0 - 50.0	28.0 - 50.0	18.0 - 50.0	18.0 - 50.0
Missing	33	3	31	14	19	100
Gender						
N-Miss	2	4	1	1	0	8
Female	111 (67.7%)	85 (40.9%)	208 (36.6%)	38 (36.9%)	85 (60.3%)	527 (44.5%)

	Ireland (N=166)	Italy (N=212)	Portugal (N=569)	Spain (N=104)	Sweden (N=141)	Total (N=1192)
Male	53 (32.3%)	123 (59.1%)	360 (63.4%)	65 (63.1%)	56 (39.7%)	657 (55.5%)
Hrs p/w training						
Mean (SD)	15.6 (7.1)	33.2 (5.5)	18.6 (9.8)	18.2 (8.1)	11.6 (6.5)	20.2 (10.7)
Median	15.0	35.0	15.0	15.0	11.0	20.0
(Q1, Q3)	11.0, 19.0	30.0, 35.0	10.0, 25.0	10.0, 25.0	7.2, 15.0	10.0, 30.0
Min - Max	4.0 - 40.0	5.0 - 40.0	0.0 - 40.0	5.0 - 40.0	0.0 - 30.0	0.0 - 40.0
Missing	33	0	33	12	19	97
Hrs p/w school						
Mean (SD)	30.9 (7.1)	29.3 (6.1)	24.7 (10.9)	28.6 (9.0)	23.8 (7.8)	26.6 (9.5)
Median	32.0	30.0	25.0	30.0	26.0	30.0
(Q1, Q3)	28.0, 35.0	25.0, 35.0	15.0, 35.0	20.0, 35.0	20.0, 30.0	20.0, 35.0
Min - Max	6.0 - 40.0	0.0 - 40.0	0.0 - 40.0	5.0 - 40.0	0.0 - 30.0	0.0 - 40.0
Missing	33	0	37	12	19	101
Hrs p/w study (outside school)						
Mean (SD)	10.7 (6.2)	27.3 (6.2)	7.5 (5.3)	10.5 (4.1)	4.8 (4.1)	11.7 (9.5)
Median	10.0	30.0	5.0	10.0	4.0	10.0
(Q1, Q3)	6.0, 14.2	25.0, 30.0	5.0, 10.0	10.0, 10.0	2.0, 6.0	5.0, 15.0
Min - Max	0.0 - 35.0	5.0 - 40.0	0.0 - 40.0	5.0 - 20.0	0.0 - 20.0	0.0 - 40.0
Missing	38	0	42	12	20	112
Highest level of sport						
N-Miss	0	0	2	0	1	3
Club	84 (50.6%)	132 (62.3%)	32 (5.6%)	2 (1.9%)	15 (10.7%)	265 (22.3%)
International	24 (14.5%)	0 (0.0%)	325 (57.3%)	66 (63.5%)	0 (0.0%)	415 (34.9%)
National	21 (12.7%)	1 (0.5%)	183 (32.3%)	28 (26.9%)	32 (22.9%)	265 (22.3%)
Provincial/regional	35 (21.1%)	79 (37.3%)	27 (4.8%)	6 (5.8%)	31 (22.1%)	178 (15.0%)
University	2 (1.2%)	0 (0.0%)	0 (0.0%)	2 (1.9%)	62 (44.3%)	66 (5.6%)

Boxplots - validated scales
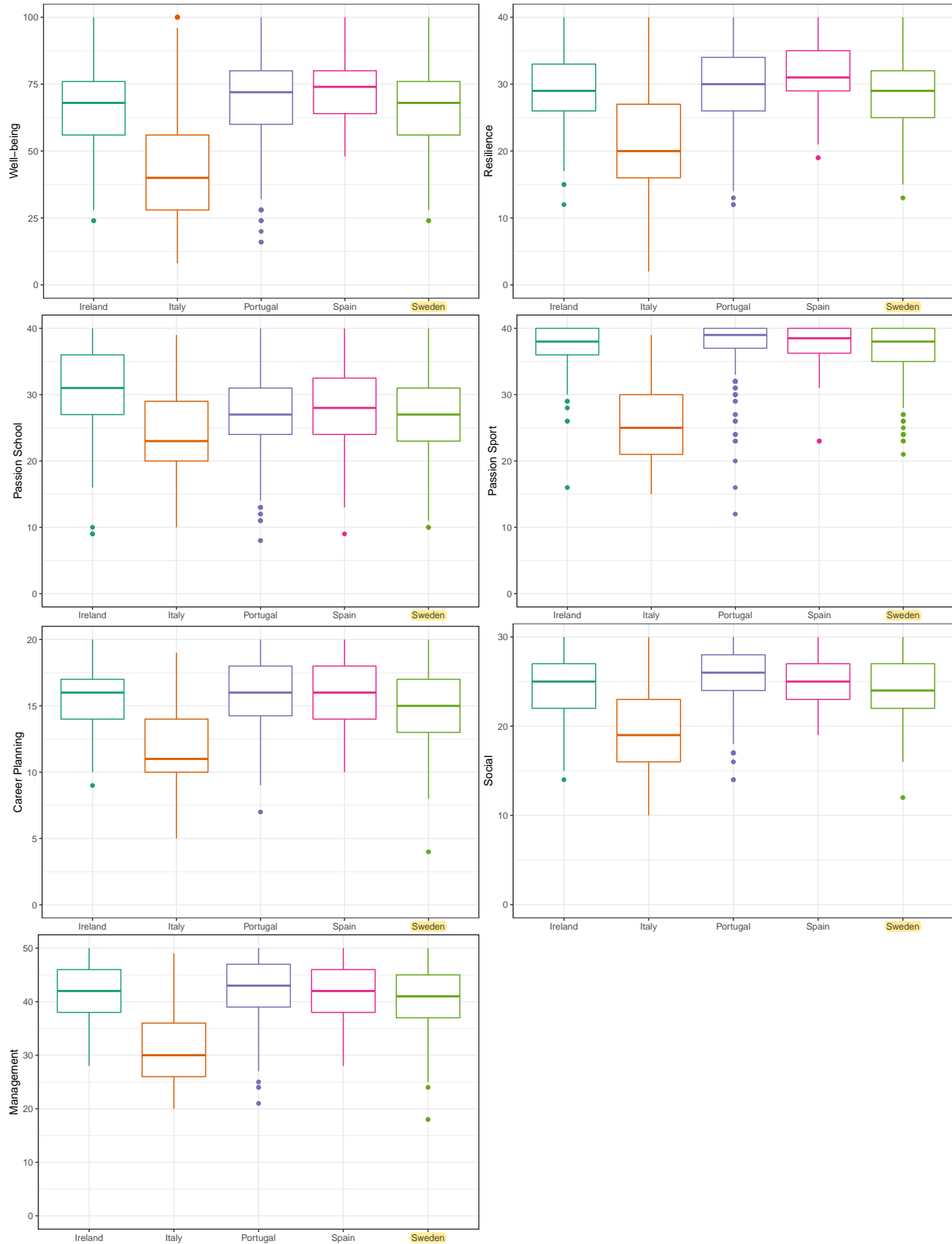
Boxplots - other variables
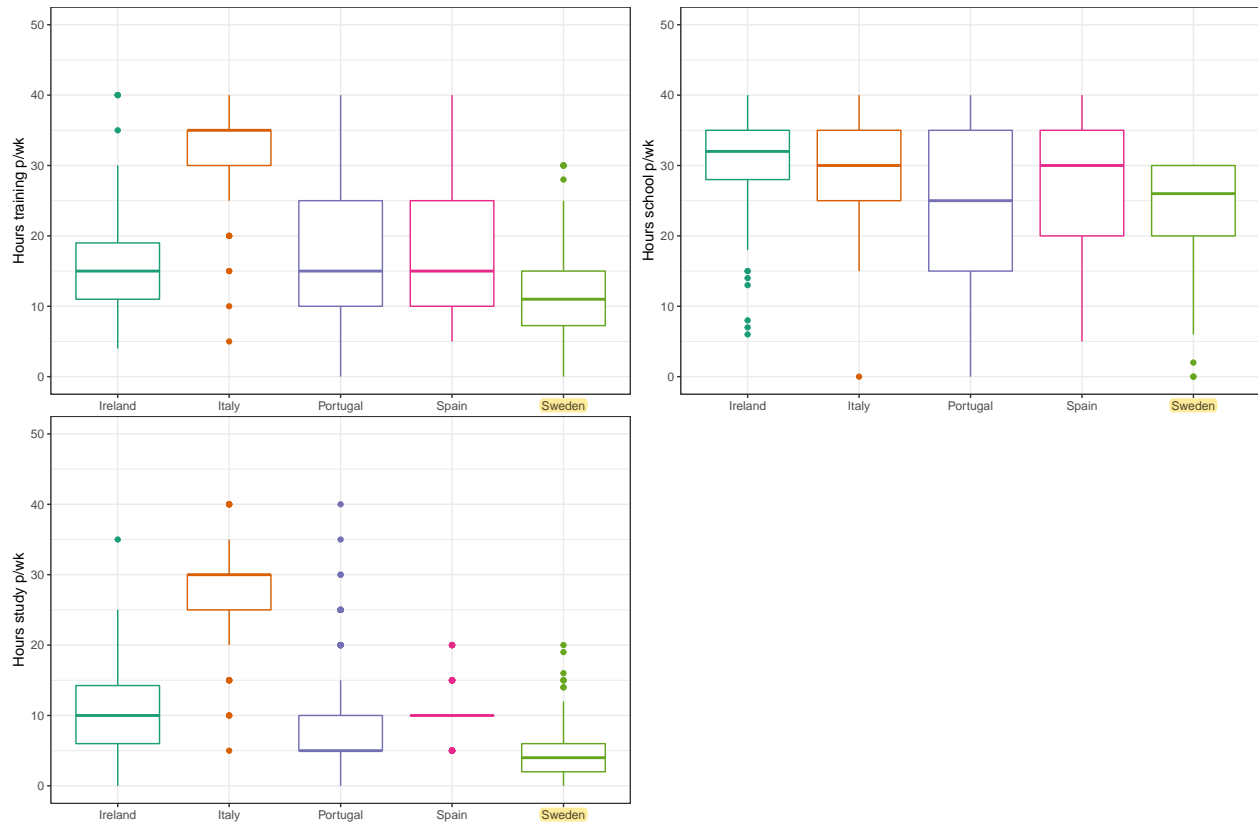

Correlation between scales by country

In general, the Pearson correlations between the measurement scale scores of respondents from Ireland tended to be lower than in the other countries. Similarly the Pearson correlations between the scores of respondents from Italy were much higher than in the other countries. Correlations between all scores were very strongly positive in Italy.

Correlations between the career planning, social competencies and management scales were moderate to strong across all countries ($r = 0.52$ to 0.87) but were particularly strong in respondents from Ireland and Italy.

Well-being and resilience were moderate to strongly correlated across all countries ($r = 0.45$ to 0.87). The correlation between these scores was weakest in respondents from Ireland and strongest in those from Italy.

In Spain, the resilience and management scores had the strongest correlation ($r = 0.61$), while in Sweden the passion for school and management scores had the strongest correlation ($r = 0.62$).

Ireland
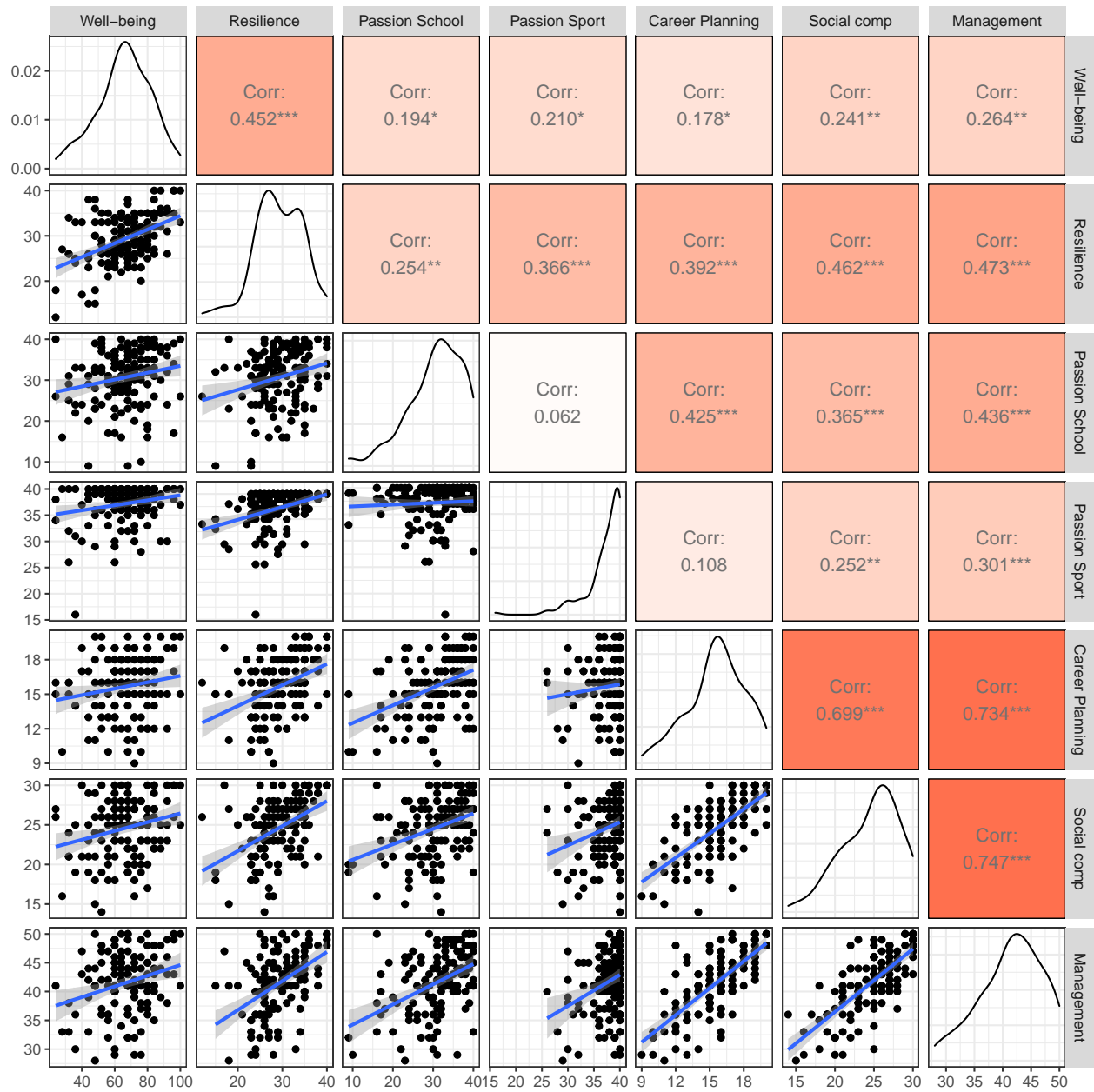
Italy
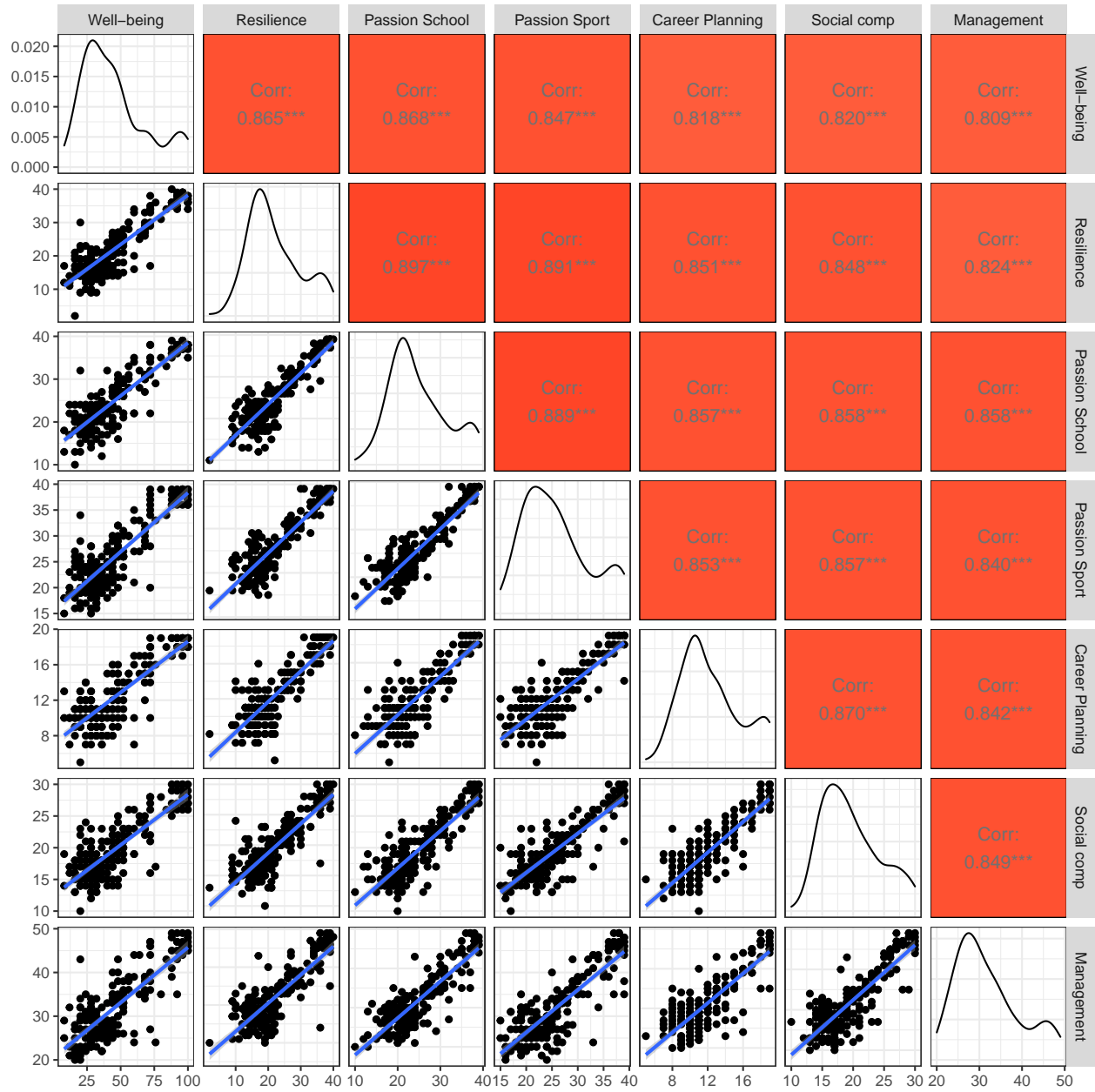
Portugal

Spain

Sweden

Analysis by country and gender

Ireland: There was little difference between boys and girls across all variables.

Italy: Girls had slightly higher levels of well-being than boys on average, though the difference was not statistically signfiicant (p-value = 0.19, 95% CI: -2.4, 11.6). All other variables were similar.
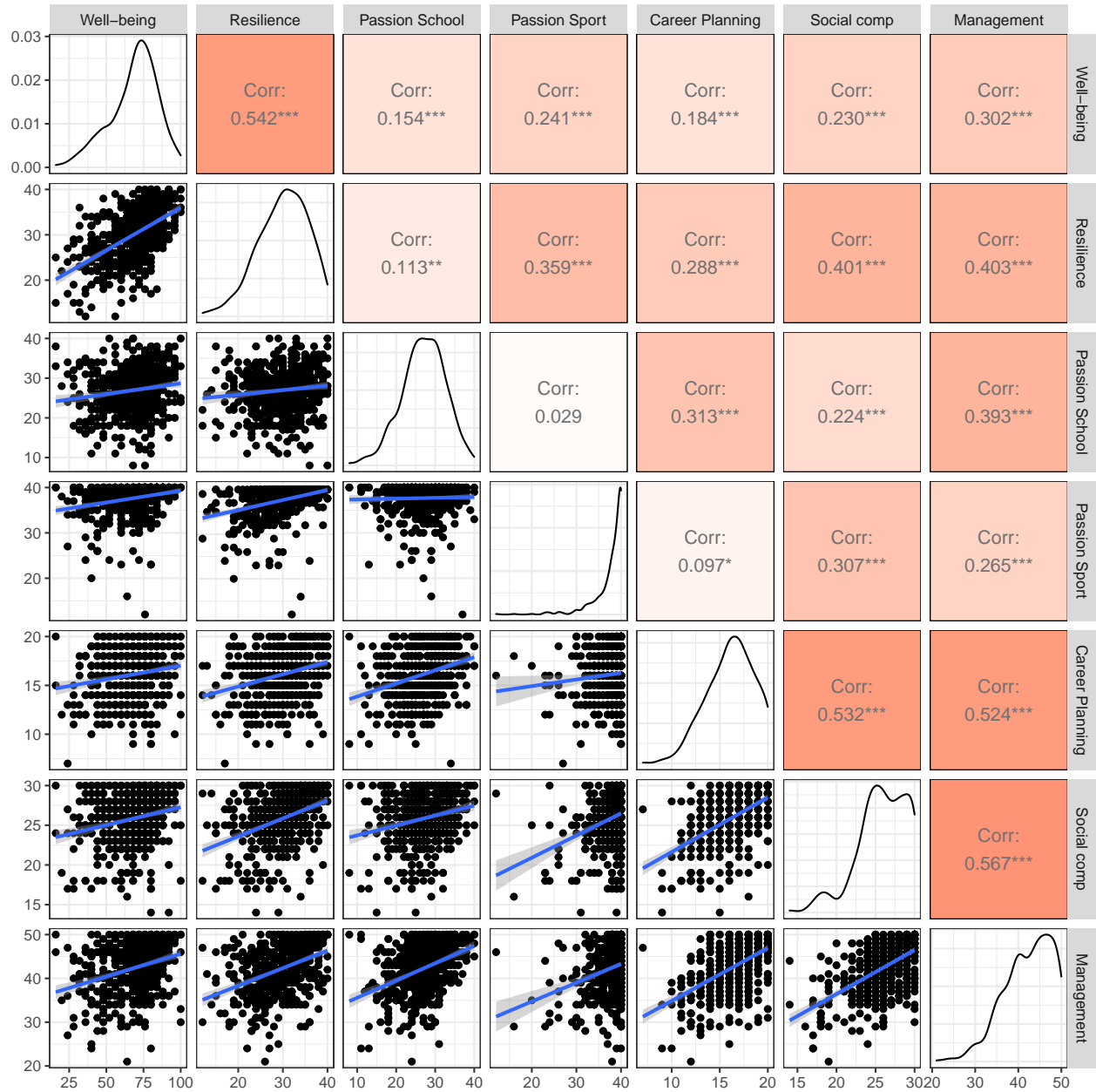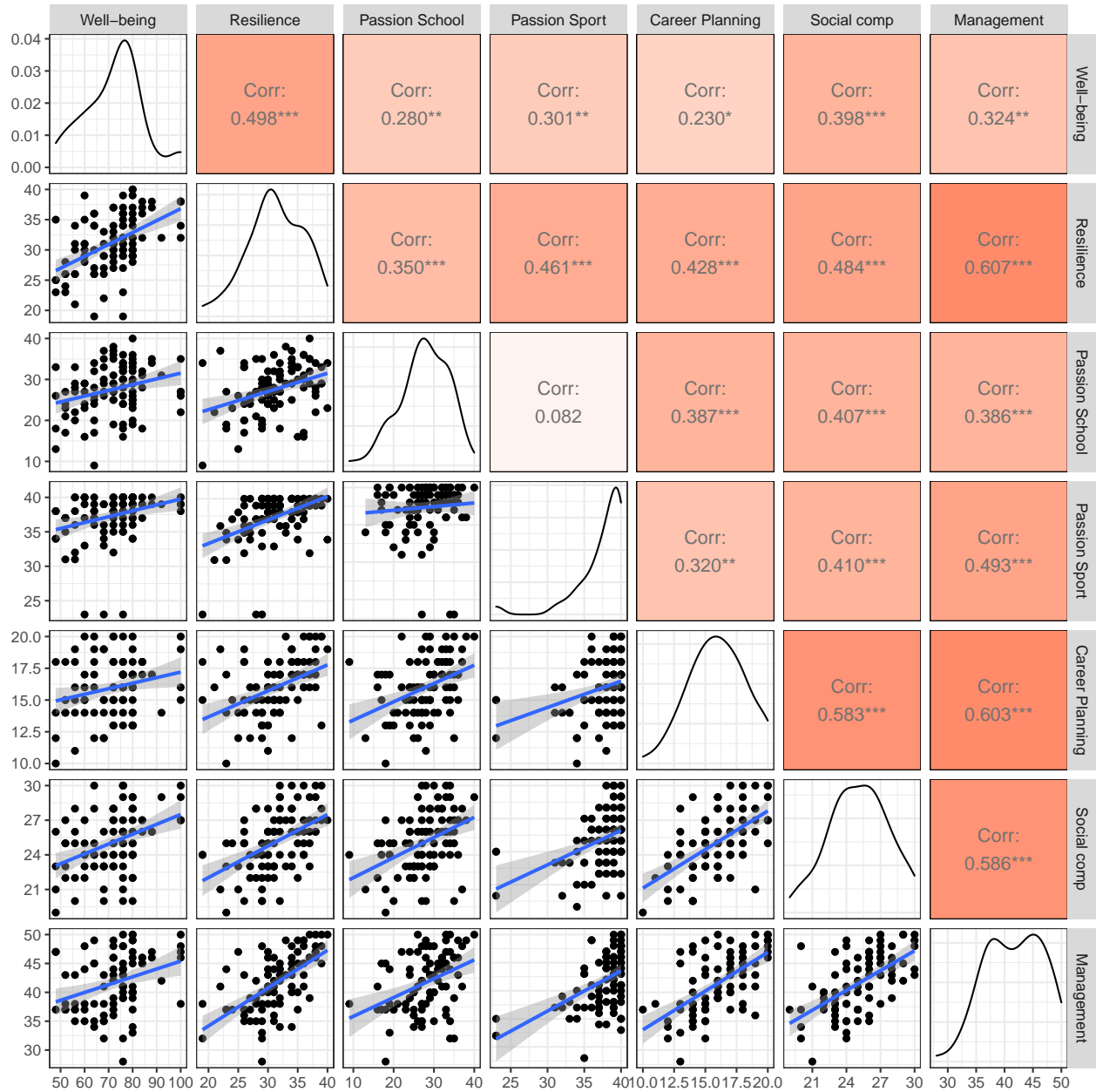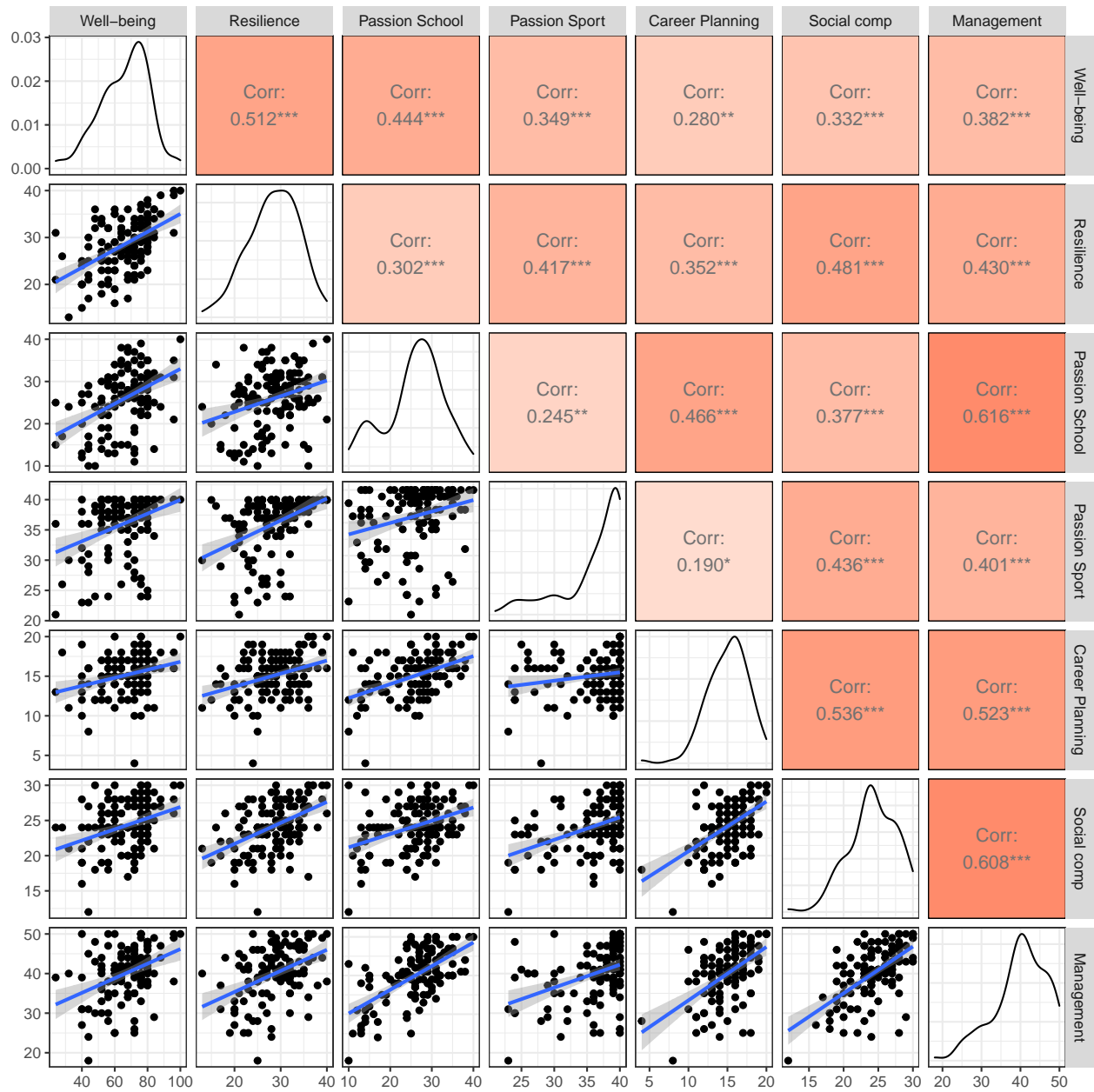
Portugal: Boys had signficantly higher levels of well-being than girls on average (p-value < 0.001, 95% CI: -12.02, -1.38). All other variables were similar.

Spain: Boys had signficantly higher levels of well-being than girls on average (p-value = 0.012, 95% CI: -10.84, -6.45). All other variables were similar.

Sweden: Boys had marginally higher levels of well-being than girls on average (p-value = 0.04, 95% CI: -10.32, -0.24). All other variables were similar.

Summary statistics

Country		Female (N=527)	Male (N=657)	Total (N=1184)
Ireland	**Well-being**			
	Mean (SD)	65.3 (16.3)	66.9 (15.8)	65.8 (16.1)
	Median	66.0	68.0	68.0
	(Q1, Q3)	56.0, 76.0	60.0, 80.0	56.0, 76.0
	Missing	1	0	1
	Resilience			
	Mean (SD)	29.3 (5.6)	29.6 (4.7)	29.4 (5.3)
	Median	29.0	29.0	29.0
	(Q1, Q3)	26.0, 33.0	26.0, 34.0	26.0, 33.0
	Missing	10	4	14
	Passion School			
	Mean (SD)	31.8 (5.9)	28.4 (7.9)	30.7 (6.8)
	Median	33.0	30.0	31.0
	(Q1, Q3)	28.8, 37.0	23.0, 35.0	27.0, 36.0
	Missing	11	4	15
	Passion Sport			
	Mean (SD)	36.9 (3.5)	38.3 (2.0)	37.4 (3.2)
	Median	38.0	39.0	38.0
	(Q1, Q3)	36.0, 40.0	37.0, 40.0	36.0, 40.0
	Missing	14	7	21
	Career Planning			
	Mean (SD)	16.0 (2.5)	14.9 (2.4)	15.7 (2.5)
	Median	16.0	16.0	16.0
	(Q1, Q3)	15.0, 18.0	13.0, 16.5	14.0, 17.0
	Missing	19	6	25
	Social Competencies			
	Mean (SD)	25.2 (3.4)	23.5 (4.0)	24.6 (3.7)
	Median	25.0	23.0	25.0
	(Q1, Q3)	23.0, 27.2	20.2, 26.8	22.0, 27.0
	Missing	19	7	26
	Management			
	Mean (SD)	42.6 (5.1)	39.7 (5.7)	41.6 (5.4)
	Median	43.0	40.0	42.0
	(Q1, Q3)	40.0, 46.0	36.0, 44.0	38.0, 46.0
	Missing	25	7	32

Country		Female (N=527)	Male (N=657)	Total (N=1184)
	Hrs p/w training			
	Mean (SD)	15.4 (6.8)	16.2 (7.7)	15.7 (7.1)
	Median	14.0	15.0	15.0
	(Q1, Q3)	11.2, 19.0	12.0, 20.0	11.8, 19.2
	Missing	25	7	32
	Hrs p/w school			
	Mean (SD)	30.5 (7.5)	31.3 (6.3)	30.8 (7.1)
	Median	32.0	32.0	32.0
	(Q1, Q3)	28.0, 35.0	30.0, 35.0	28.0, 35.0
	Missing	25	7	32
	Hrs p/w study (outside school)			
	Mean (SD)	11.3 (6.0)	9.6 (6.5)	10.7 (6.2)
	Median	10.0	10.0	10.0
	(Q1, Q3)	8.0, 14.2	4.0, 14.5	6.0, 14.5
	Missing	27	10	37
	Highest level of sport			
	Club	60 (54.1%)	22 (41.5%)	82 (50.0%)
	International	19 (17.1%)	5 (9.4%)	24 (14.6%)
	National	11 (9.9%)	10 (18.9%)	21 (12.8%)
	Provincial/regional	19 (17.1%)	16 (30.2%)	35 (21.3%)
	University	2 (1.8%)	0 (0.0%)	2 (1.2%)
Italy	**Well-being**			
	Mean (SD)	47.3 (27.3)	42.7 (21.0)	44.6 (23.8)
	Median	38.0	40.0	40.0
	(Q1, Q3)	28.0, 66.0	28.0, 52.0	28.0, 52.0
	Missing	1	2	3
	Resilience			
	Mean (SD)	23.1 (9.1)	21.0 (7.5)	21.9 (8.2)
	Median	20.0	19.0	19.0
	(Q1, Q3)	16.0, 30.0	16.0, 26.0	16.0, 27.0
	Missing	0	5	5
	Passion School			
	Mean (SD)	25.7 (7.5)	24.1 (6.2)	24.7 (6.8)
	Median	23.0	22.0	23.0
	(Q1, Q3)	20.0, 32.2	20.0, 27.5	20.0, 29.0
	Missing	1	0	1
	Passion Sport			
	Mean (SD)	26.7 (7.1)	25.1 (5.9)	25.8 (6.4)
	Median	25.0	24.0	24.0
	(Q1, Q3)	21.5, 33.5	21.0, 28.0	21.0, 30.0
	Missing	2	1	3
	Career Planning			
	Mean (SD)	12.9 (3.4)	11.8 (3.3)	12.3 (3.4)
	Median	12.0	11.0	11.0
	(Q1, Q3)	10.0, 16.2	9.5, 14.0	10.0, 14.0
	Missing	1	0	1
	Social Competencies			
	Mean (SD)	20.3 (5.2)	19.1 (4.2)	19.6 (4.7)
	Median	19.0	18.0	19.0
	(Q1, Q3)	16.0, 25.0	16.0, 21.0	16.0, 23.0
	Missing	1	4	5
	Management			

Country		Female (N=527)	Male (N=657)	Total (N=1184)
	Mean (SD)	33.1 (8.2)	31.0 (6.8)	31.8 (7.5)
	Median	31.0	29.0	30.0
	(Q1, Q3)	27.0, 38.2	26.0, 35.0	26.0, 36.0
	Missing	1	2	3
	Hrs p/w training			
	Mean (SD)	33.2 (5.4)	33.3 (5.7)	33.3 (5.6)
	Median	35.0	35.0	35.0
	(Q1, Q3)	30.0, 35.0	30.0, 35.0	30.0, 35.0
	Missing	0	0	0
	Hrs p/w school			
	Mean (SD)	29.2 (5.8)	29.5 (6.3)	29.4 (6.1)
	Median	30.0	30.0	30.0
	(Q1, Q3)	25.0, 35.0	25.0, 35.0	25.0, 35.0
	Missing	0	0	0
	Hrs p/w study (outside school)			
	Mean (SD)	27.8 (5.3)	26.9 (6.8)	27.3 (6.3)
	Median	30.0	30.0	30.0
	(Q1, Q3)	25.0, 30.0	22.5, 30.0	25.0, 30.0
	Missing	0	0	0
	Highest level of sport			
	Club	46 (54.1%)	82 (66.7%)	128 (61.5%)
	International	0 (0.0%)	0 (0.0%)	0 (0.0%)
	National	1 (1.2%)	0 (0.0%)	1 (0.5%)
	Provincial/regional	38 (44.7%)	41 (33.3%)	79 (38.0%)
	University	0 (0.0%)	0 (0.0%)	0 (0.0%)
Portugal	**Well-being**			
	Mean (SD)	62.7 (17.3)	71.9 (14.3)	68.5 (16.1)
	Median	64.0	72.0	72.0
	(Q1, Q3)	48.0, 76.0	64.0, 80.0	60.0, 80.0
	Missing	0	0	0
	Resilience			
	Mean (SD)	28.3 (6.1)	31.1 (5.0)	30.1 (5.6)
	Median	29.0	31.0	30.0
	(Q1, Q3)	24.0, 33.0	28.0, 35.0	26.0, 34.0
	Missing	5	8	13
	Passion School			
	Mean (SD)	28.3 (5.5)	26.2 (5.6)	27.0 (5.7)
	Median	29.0	26.0	27.0
	(Q1, Q3)	25.0, 32.0	23.0, 30.0	24.0, 31.0
	Missing	8	13	21
	Passion Sport			
	Mean (SD)	37.0 (3.8)	38.0 (3.2)	37.7 (3.5)
	Median	39.0	39.0	39.0
	(Q1, Q3)	36.0, 40.0	38.0, 40.0	37.0, 40.0
	Missing	8	12	20
	Career Planning			
	Mean (SD)	16.5 (2.4)	15.9 (2.5)	16.1 (2.4)
	Median	17.0	16.0	16.0
	(Q1, Q3)	15.0, 18.0	14.0, 18.0	15.0, 18.0
	Missing	9	18	27
	Social Competencies			
	Mean (SD)	26.1 (3.1)	25.7 (3.2)	25.9 (3.2)

Country		Female (N=527)	Male (N=657)	Total (N=1184)
	Median	26.0	26.0	26.0
	(Q1, Q3)	24.0, 29.0	24.0, 28.0	24.0, 28.0
	Missing	7	17	24
	Management			
	Mean (SD)	43.2 (5.5)	41.8 (5.6)	42.3 (5.6)
	Median	45.0	42.0	43.0
	(Q1, Q3)	40.0, 47.0	38.0, 46.0	39.0, 47.0
	Missing	10	21	31
	Hrs p/w training			
	Mean (SD)	20.3 (10.7)	17.6 (9.2)	18.6 (9.8)
	Median	20.0	15.0	15.0
	(Q1, Q3)	10.0, 30.0	10.0, 25.0	10.0, 25.0
	Missing	12	21	33
	Hrs p/w school			
	Mean (SD)	23.8 (10.1)	25.2 (11.3)	24.7 (10.9)
	Median	25.0	30.0	25.0
	(Q1, Q3)	15.0, 30.0	15.0, 35.0	15.0, 35.0
	Missing	15	22	37
	Hrs p/w study (outside school)			
	Mean (SD)	9.4 (6.2)	6.4 (4.3)	7.5 (5.3)
	Median	10.0	5.0	5.0
	(Q1, Q3)	5.0, 10.0	5.0, 10.0	5.0, 10.0
	Missing	13	28	41
	Highest level of sport			
	N-Miss	1	1	2
	Club	3 (1.4%)	29 (8.1%)	32 (5.7%)
	International	140 (67.6%)	184 (51.3%)	324 (57.2%)
	National	57 (27.5%)	126 (35.1%)	183 (32.3%)
	Provincial/regional	7 (3.4%)	20 (5.6%)	27 (4.8%)
	University	0 (0.0%)	0 (0.0%)	0 (0.0%)
Spain	**Well-being**			
	Mean (SD)	68.1 (11.7)	74.2 (11.6)	72.0 (11.9)
	Median	72.0	76.0	72.0
	(Q1, Q3)	57.0, 79.0	68.0, 80.0	64.0, 80.0
	Missing	0	0	0
	Resilience			
	Mean (SD)	31.1 (4.9)	31.3 (4.7)	31.2 (4.7)
	Median	31.0	31.0	31.0
	(Q1, Q3)	28.0, 35.0	29.0, 35.0	28.8, 35.0
	Missing	1	2	3
	Passion School			
	Mean (SD)	28.8 (5.0)	26.8 (6.5)	27.6 (6.1)
	Median	29.0	27.0	28.0
	(Q1, Q3)	25.0, 33.0	23.0, 32.0	24.0, 32.8
	Missing	1	4	5
	Passion Sport			
	Mean (SD)	37.7 (2.1)	37.1 (4.0)	37.3 (3.4)
	Median	38.0	39.0	38.0
	(Q1, Q3)	36.0, 39.0	37.0, 40.0	36.0, 40.0
	Missing	2	4	6
	Career Planning			
	Mean (SD)	16.5 (2.5)	15.7 (2.1)	16.0 (2.3)

Country	Female (N=527)	Male (N=657)	Total (N=1184)
Median	16.5	16.0	16.0
(Q1, Q3)	15.0, 18.0	14.0, 17.0	14.0, 18.0
Missing	2	7	9
Social Competencies			
Mean (SD)	25.3 (2.6)	25.0 (2.6)	25.1 (2.6)
Median	26.0	25.0	25.0
(Q1, Q3)	23.5, 27.0	23.0, 27.0	23.0, 27.0
Missing	3	6	9
Management			
Mean (SD)	43.5 (4.5)	40.5 (5.0)	41.6 (5.0)
Median	44.0	40.5	42.0
(Q1, Q3)	40.0, 47.0	37.0, 45.0	38.0, 46.0
Missing	5	9	14
Hrs p/w training			
Mean (SD)	18.7 (8.8)	17.9 (7.8)	18.2 (8.1)
Median	20.0	15.0	15.0
(Q1, Q3)	10.0, 25.0	10.0, 25.0	10.0, 25.0
Missing	3	9	12
Hrs p/w school			
Mean (SD)	27.3 (8.6)	29.4 (9.2)	28.6 (9.0)
Median	30.0	30.0	30.0
(Q1, Q3)	20.0, 32.5	25.0, 35.0	20.0, 35.0
Missing	3	9	12
Hrs p/w study (outside school)			
Mean (SD)	11.1 (4.6)	10.0 (3.8)	10.4 (4.1)
Median	10.0	10.0	10.0
(Q1, Q3)	10.0, 15.0	10.0, 10.0	10.0, 10.0
Missing	3	9	12
Highest level of sport			
Club	0 (0.0%)	2 (3.1%)	2 (1.9%)
International	22 (57.9%)	43 (66.2%)	65 (63.1%)
National	13 (34.2%)	15 (23.1%)	28 (27.2%)
Provincial/regional	2 (5.3%)	4 (6.2%)	6 (5.8%)
University	1 (2.6%)	1 (1.5%)	2 (1.9%)
Sweden **Well-being**			
Mean (SD)	63.7 (14.3)	69.0 (15.0)	65.8 (14.8)
Median	64.0	72.0	68.0
(Q1, Q3)	55.0, 73.0	60.0, 80.0	56.0, 76.0
Missing	1	0	1
Resilience			
Mean (SD)	27.6 (5.8)	29.8 (4.8)	28.5 (5.5)
Median	28.0	31.0	29.0
(Q1, Q3)	23.0, 32.0	27.0, 33.2	25.0, 32.0
Missing	0	0	0
Passion School			
Mean (SD)	25.8 (7.1)	26.1 (6.6)	25.9 (6.9)
Median	27.0	26.5	27.0
(Q1, Q3)	22.0, 30.0	24.0, 31.0	23.0, 31.0
Missing	4	2	6
Passion Sport			
Mean (SD)	35.8 (4.7)	36.3 (5.1)	36.0 (4.9)
Median	37.0	39.0	38.0

Country	Female (N=527)	Male (N=657)	Total (N=1184)
(Q1, Q3)	34.8, 39.0	35.0, 40.0	35.0, 40.0
Missing	5	2	7
Career Planning			
Mean (SD)	15.3 (2.5)	14.7 (2.8)	15.1 (2.6)
Median	16.0	15.0	15.0
(Q1, Q3)	14.0, 17.0	13.0, 16.0	13.0, 17.0
Missing	7	4	11
Social Competencies			
Mean (SD)	24.3 (3.5)	24.0 (3.5)	24.2 (3.5)
Median	24.0	24.0	24.0
(Q1, Q3)	22.0, 27.0	23.0, 27.0	22.0, 27.0
Missing	7	3	10
Management			
Mean (SD)	40.7 (6.5)	39.1 (7.2)	40.0 (6.8)
Median	41.0	40.0	41.0
(Q1, Q3)	38.0, 46.0	35.0, 44.0	37.0, 45.0
Missing	12	7	19
Hrs p/w training			
Mean (SD)	11.2 (6.9)	12.2 (5.9)	11.6 (6.5)
Median	11.0	12.0	11.0
(Q1, Q3)	7.0, 14.0	9.0, 15.0	7.2, 15.0
Missing	13	6	19
Hrs p/w school			
Mean (SD)	23.3 (8.4)	24.4 (6.9)	23.8 (7.8)
Median	25.5	26.0	26.0
(Q1, Q3)	19.8, 30.0	20.2, 30.0	20.0, 30.0
Missing	13	6	19
Hrs p/w study (outside school)			
Mean (SD)	5.1 (4.2)	4.4 (3.9)	4.8 (4.1)
Median	4.0	4.0	4.0
(Q1, Q3)	2.0, 7.0	1.0, 5.8	2.0, 6.0
Missing	14	6	20
Highest level of sport			
N-Miss	1	0	1
Club	8 (9.5%)	7 (12.5%)	15 (10.7%)
International	0 (0.0%)	0 (0.0%)	0 (0.0%)
National	22 (26.2%)	10 (17.9%)	32 (22.9%)
Provincial/regional	16 (19.0%)	15 (26.8%)	31 (22.1%)
University	38 (45.2%)	24 (42.9%)	62 (44.3%)

Boxplots - validated scales by country and gender
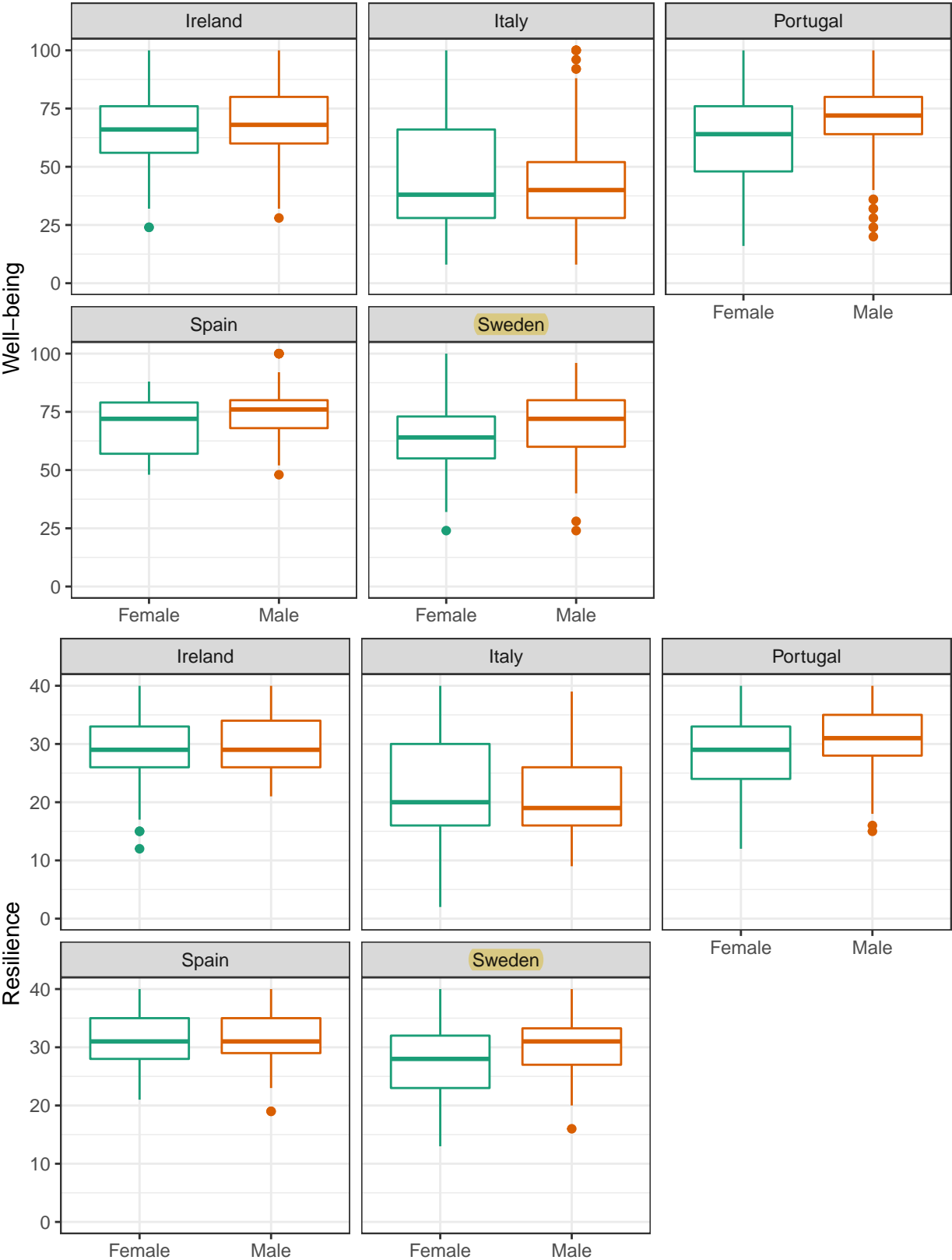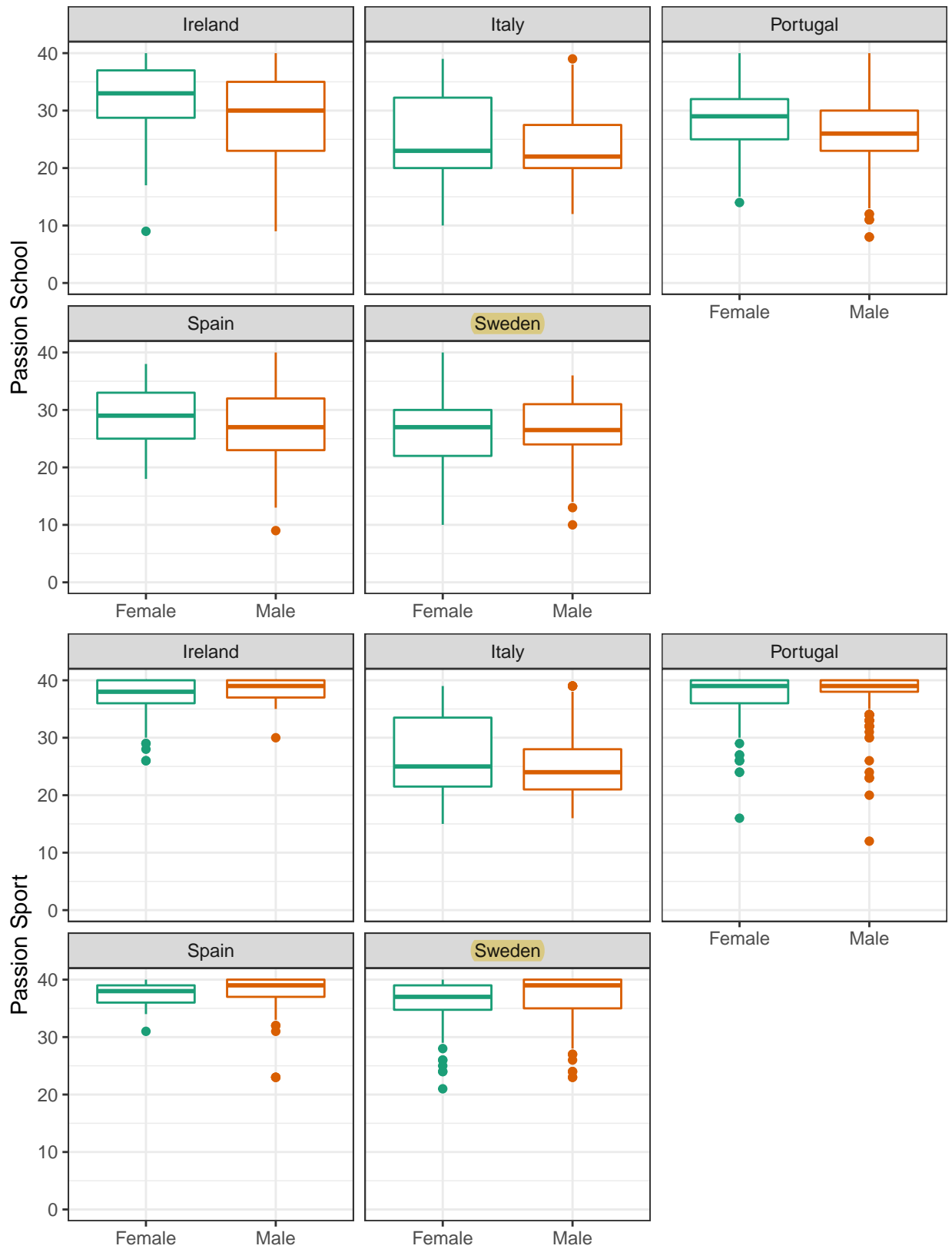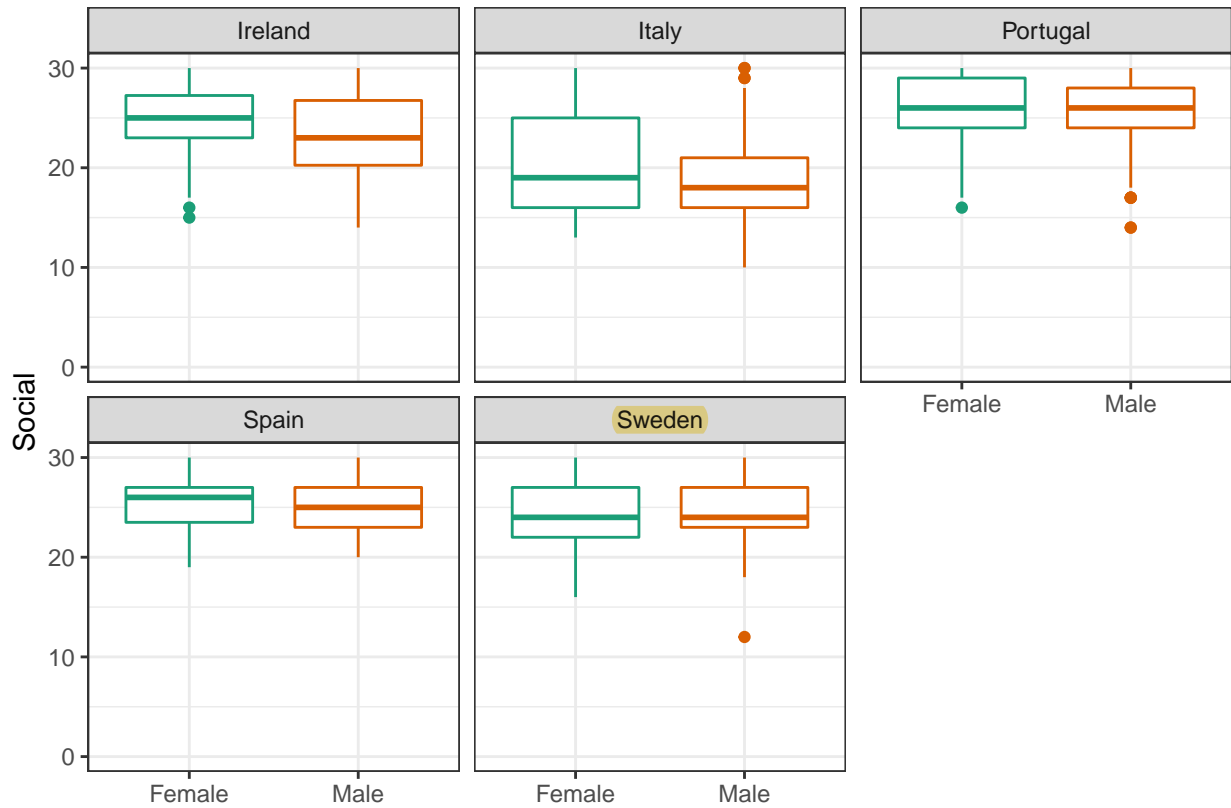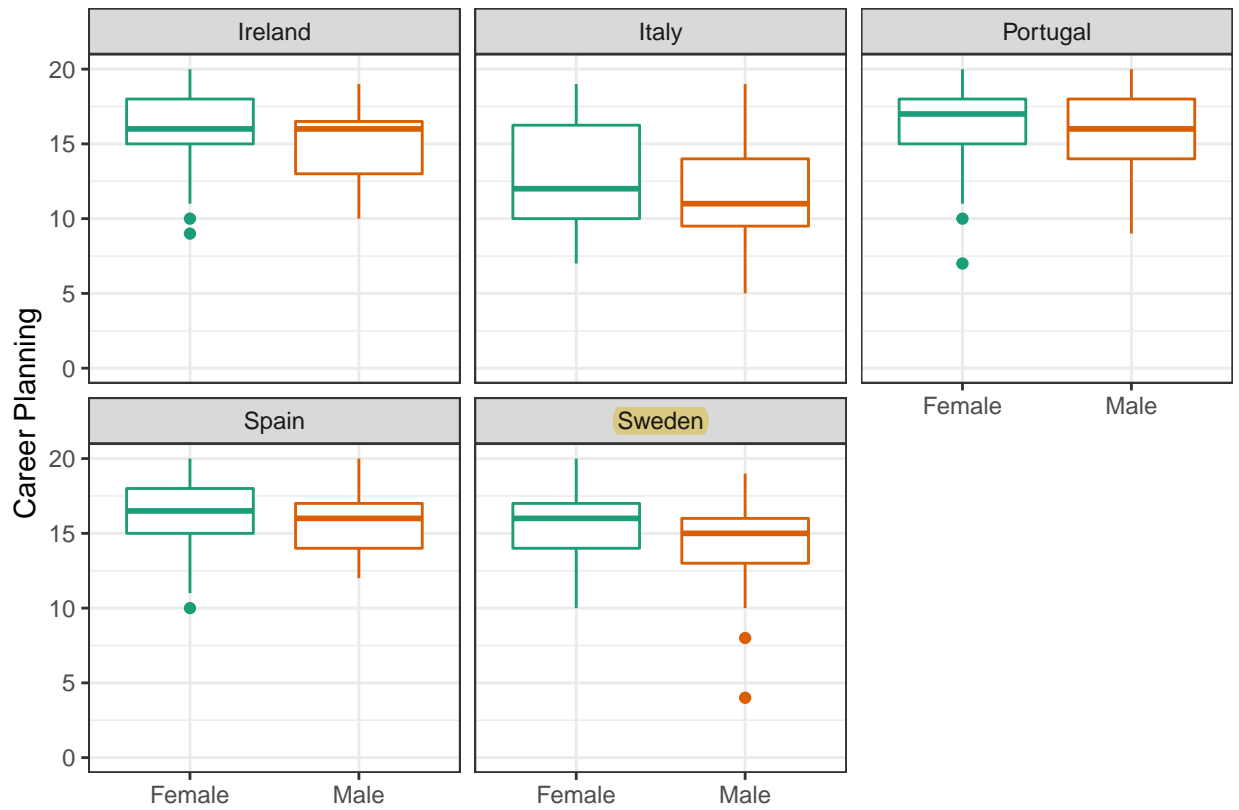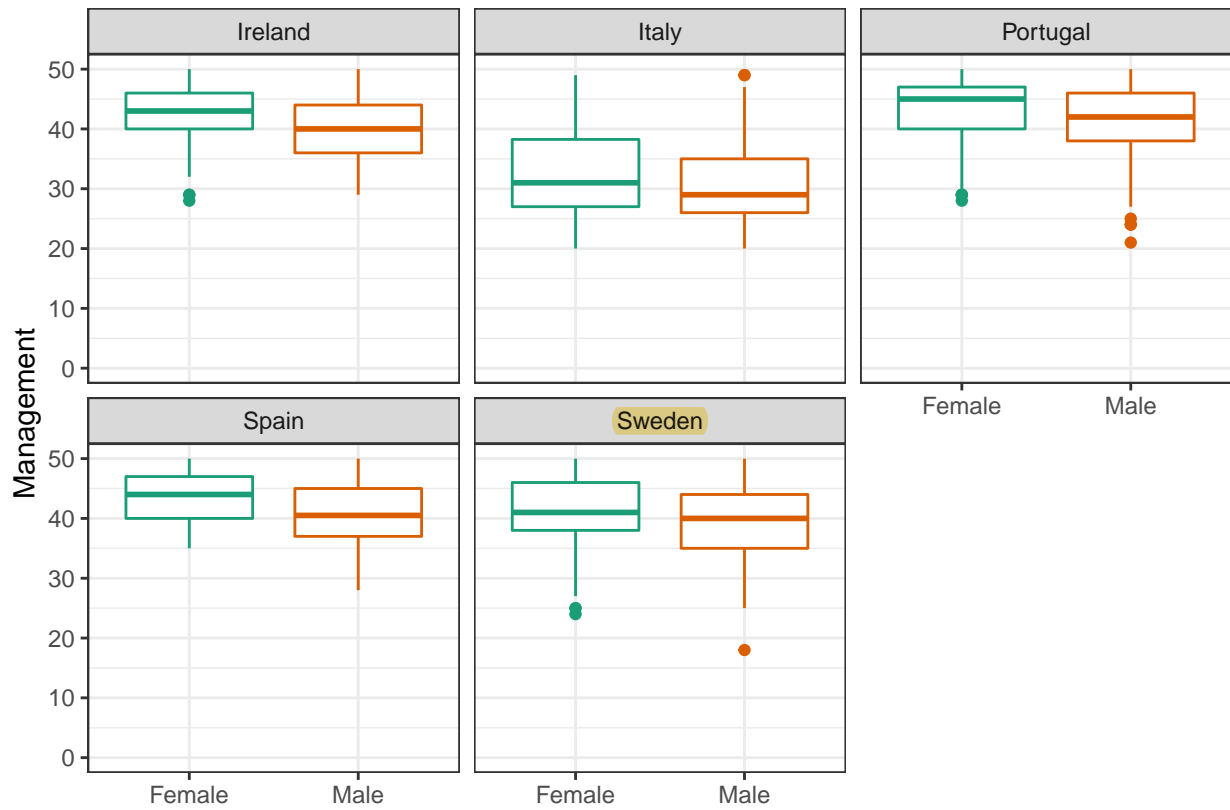
Boxplots - other variables by country and gender