|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Participation  | .009 |  -.139\* | -- |  .071 |  .074 |  .009 |  .057 |  .058 |  .009 | .061 | .058 |  .009 |  -.035 | -.158\* |
| 2. Frequency |  | .515\*\* | -.003 |  -.123\* |  -.091 |  -.043 |  .034 |  .083 |  .054 | .132 | -.058 |  -.151\* | .157 | .251\*\* |
| 3. Competence |  |  | -.006 | -.213\*\* | -.224\*\* | -.201\*\* |  -.190\* |  -.145 |  -.126 | -.137 | -.089 | -.070 |  .181\* |  .052 |
| 4. Team  |  |  |  |  -.101 |  -.001 |  .077 |  -.064 |  .006 |  .103 | .128 |  .150\* | -.301\*\* |  -.003 | -.023 |
| 5. T1 Anxiety |  |  |  |  |  .718\*\* | .542\*\* | .487\*\* | .437\*\* | .223\*\* | .062 |  .097 |  .101 |  .053 | -.170\*\* |
| 6. T1 Depression |  |  |  |  |  | .620\*\* | .409\*\* | .634\*\* | .231\*\* | .052 | .192\*\* |  .138\* |  -.018 |  -.155\* |
| 7. T1 Somatic |  |  |  |  |  |  |  .205\* | .280\*\* | .325\*\* | .094 |  .099 | .169\*\* |  .064 | -.087 |
| 8. T2 Anxiety |  |  |  |  |  |  |  | .687\*\* | .386\*\* | -.003 | .201\*\* | .210\*\* | -.108 | -.078 |
| 9. T2 Depression |  |  |  |  |  |  |  |  | .435\*\* | .031 | .266\*\* |  .179\* | -.112 | -.083 |
| 10. T2 Somatic |  |  |  |  |  |  |  |  |  | -.025 |  .160\* | .204\*\* | -.026 | -.070 |
| 11. Phys Act |  |  |  |  |  |  |  |  |  |  |  .202\* |  -.183\* | -.124 |  .000 |
| 12. Age |  |  |  |  |  |  |  |  |  |  |  |  -.032 | -.302\*\* | -.207\*\* |
| 13. Gender |  |  |  |  |  |  |  |  |  |  |  |  |  .024 | -.082 |
| 14. SES |  |  |  |  |  |  |  |  |  |  |  |  |  | .389 |
| 15. Resources |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

\**p* < 0.05, \*\**p* < 0.01, \*\*\* *p* < 0.001

Note. Team (1 = Individual Sport, 2 = Team Sport); Gender (1 = male, 2 = female). Phys Act = T1 Mild Physical Activity, SES = T1 Hollingshead

**Table 3**

|  |  |  |  |
| --- | --- | --- | --- |
| *Prospective Impact of Sports Participation on Depression, Anxiety, and Somatic Symptoms by Total Sample and Gender and Neighborhood* | Total Sample | Gender Moderator | Neighborhood  |
|  |  |  | Male |  | Female |  | Low |  | High |  |
|  | β | SE | β | SE | β | SE | β | SE | β | SE |
| Depression |
| T1  T2 Symptom  | .624\*\*\* | .052 | .288\*\* | .014 | .665\*\*\* | .065 | .523\*\*\* | .079 | .753\*\*\* | .070 |
| PA  T2 Symptom | -.091 | .001 | -.081 | .002 | -.024 | .003 | -.146 | .003 | -.051 | .002 |
| Comp  T2 Symptom | -.189\* | .045 | -.048 | .065 | -.205\* | .056 | -.039 | .065 | -.150 | .06 |
| Freq  T2 Symptom | .175\* | .038 | .088 | .056 | .175 | .046 | .198 | .057 | .091 | .050 |
| Anxiety |
| T1  T2 Symptom  | .495\*\*\* | .062 | .504\*\*\* | .097 | .420\*\*\* | .081 | .461\*\*\* | .095 | .550\*\*\* | .082 |
| PA  T2 Symptom | -.136 | .002 | -.160 | .002 | .137 | .004 | -.158 | .003 | -.149 | .002 |
| Comp  T2 Symptom | -.235\* | .053 | -.185 | .083 | -.269\* | .064 | -.175 | .076 | -.237 | .074 |
| Freq  T2 Symptom | .204\* | .044 | .175 | .073 | .232\* | .053 | .128 | .068 | .206 | .062 |
| Somatic |
| T1  T2 Symptom  | .343\*\* | .058 | .563\*\*\* | .076 | .194 | .086 | .164  | .107 | .604\*\*\* | .061 |
| PA  T2 Symptom | -.176 | .001 | -.196 | .001 | .038 | .004 | -.095 | .004 | -.225\* | .001 |
| Comp  T2 Symptom | -.270\* | .049 | -.246 | .059 | -.255\* | .067 | -.081 | .081 | -.343\*\* | .055 |
| Freq  T2 Symptom | .238\* | .041 | .161 | .051 | .258\* | .056 | .124 | .071 | .278\* | .046 |

Systems Level Stressors Measure

**Directions**: The next questions ask you to think about your school and neighborhood. Answer the questions as honestly as you can.

|  |  |  |  |
| --- | --- | --- | --- |
| **Named in Dataset** | **Full item** | **Coding** | **Coding Notes** |
| SLS\_diff\_schoolneigh1\_t1 | School has: computers for everyone | 1 = Yes |  |
| SLS\_diff\_schoolneigh2\_t1 | School has: a beautiful building | 1 = Yes |  |
| SLS\_diff\_schoolneigh3\_t1 | School has: a lot of disrespect and arguments | 1 = Yes |  |
| SLS\_diff\_schoolneigh4\_t1 | School has: a gymnasium | 1 = Yes |  |
| SLS\_diff\_schoolneigh5\_t1 | School has: art supplies | 1 = Yes |  |
| SLS\_diff\_schoolneigh6\_t1 | School has: a lot of stealing and crime | 1 = Yes |  |
| SLS\_diff\_schoolneigh7\_t1 | School has: internet | 1 = Yes |  |
| SLS\_diff\_schoolneigh8\_t1 | School has: principals and staff who work well with kids | 1 = Yes |  |
| SLS\_diff\_schoolneigh9\_t1 | School has: after school programs | 1 = Yes |  |
| SLS\_diff\_schoolneigh10\_t1 | School has: a lot of people who are in gangs | 1 = Yes |  |
| SLS\_diff\_schoolneigh11\_t1 | School has: a building that is falling apart | 1 = Yes |  |
| SLS\_diff\_schoolneigh12\_t1 | School has: notebooks, pens, pencils, calculators | 1 = Yes |  |
| SLS\_diff\_schoolneigh13\_t1 | School has: books for everyone | 1 = Yes |  |
| SLS\_diff\_schoolneigh14\_t1 | School has: a lot of fights and violence | 1 = Yes |  |
| SLS\_diff\_schoolneigh15\_t1 | School has: a lot of safe places to hang out | 1 = Yes |  |
| SLS\_diff\_schoolneigh16\_t1 | School has: teachers who know their subjects | 1 = Yes |  |
| SLS\_diff\_schoolneigh17\_t1 | School has: clubs or activities | 1 = Yes |  |
| SLS\_diff\_schoolneigh18\_t1 | School has: sports teams | 1 = Yes |  |
| SLS\_diff\_schoolneigh19\_t1 | School has: teachers for every class | 1 = Yes |  |
| SLS\_diff\_schoolneigh20\_t1 | School has: sports equipment | 1 = Yes |  |
| SLS\_diff\_schoolneigh21\_t1 | School has: musical instruments | 1 = Yes |  |
| SLS\_diff\_schoolneigh22\_t1 | School has: a lot of drinking or using ot selling drugs | 1 = Yes |  |
| SLS\_diff\_schoolneigh23\_t1 | School has: many trees | 1 = Yes |  |
| SLS\_diff\_schoolneigh24\_t1 | School has: quiet places to study | 1 = Yes |  |
| SLS\_diff\_schoolneigh25\_t1 | School has: teachers who work well with kids | 1 = Yes |  |
| SLS\_diff\_schoolneigh26\_t1 | School has: students who don't listen to adults | 1 = Yes |  |
| SLS\_diff\_schoolneigh27\_t1 | School has: a library | 1 = Yes |  |
| SLS\_diff\_schoolneigh28\_t1 | School has: metal detectors | 1 = Yes |  |
| SLS\_diff\_schoolneigh29\_t1 | How long have you been at this school? (like "all my life" or "since 9th grade") | (text entry) |  |
| SLS\_diff\_schoolneigh30\_t1 | Neighborhood has: lots of trees and grass |  |  |
| SLS\_diff\_schoolneigh31\_t1 | Neighborhood has: safe places for children to play | 1 = Yes |  |
| SLS\_diff\_schoolneigh32\_t1 | Neighborhood has: streets and sidewalks that are clean | 1 = Yes |  |
| SLS\_diff\_schoolneigh33\_t1 | Neighborhood has: neighbors who will help you | 1 = Yes |  |
| SLS\_diff\_schoolneigh34\_t1 | Neighborhood has: people drinking or using or selling drugs | 1 = Yes |  |
| SLS\_diff\_schoolneigh35\_t1 | Neighborhood has: safe places to hang out during the day | 1 = Yes |  |
| SLS\_diff\_schoolneigh36\_t1 | Neighborhood has: a club or church where kids can go | 1 = Yes |  |
| SLS\_diff\_schoolneigh37\_t1 | Neighborhood has: a liquor store | 1 = Yes |  |
| SLS\_diff\_schoolneigh38\_t1 | Neighborhood has: a library | 1 = Yes |  |
| SLS\_diff\_schoolneigh39\_t1 | Neighborhood has: buildings that no one is living in | 1 = Yes |  |
| SLS\_diff\_schoolneigh40\_t1 | Neighborhood has: lots of graffiti | 1 = Yes |  |
| SLS\_diff\_schoolneigh41\_t1 | Neighborhood has: a lot of disrespect and arguments | 1 = Yes |  |
| SLS\_diff\_schoolneigh42\_t1 | Neighborhood has: flowers in spring and summer | 1 = Yes |  |
| SLS\_diff\_schoolneigh43\_t1 | Neighborhood has: safe places to hang out at night | 1 = Yes |  |
| SLS\_diff\_schoolneigh44\_t1 | Neighborhood has: a lot of crime | 1 = Yes |  |
| SLS\_diff\_schoolneigh45\_t1 | Neighborhood has: a lot of trash | 1 = Yes |  |
| SLS\_diff\_schoolneigh46\_t1 | Neighborhood has: a grocery store | 1 = Yes |  |
| SLS\_diff\_schoolneigh47\_t1 | Neighborhood has: neighbors you can trust | 1 = Yes |  |
| SLS\_diff\_schoolneigh48\_t1 | Neighborhood has: police who are kind and want to help | 1 = Yes |  |
| SLS\_diff\_schoolneigh49\_t1 | Neighborhood has: parks with jungle gyms and sports courts | 1 = Yes |  |
| SLS\_diff\_schoolneigh50\_t1 | Neighborhood has: restaurants where families can eat | 1 = Yes |  |
| SLS\_diff\_schoolneigh51\_t1 | Neighborhood has: gangs | 1 = Yes |  |
| SLS\_diff\_schoolneigh52\_t1 | Neighborhood has: fights and violence | 1 = Yes |  |
| SLS\_diff\_schoolneigh53\_t1 | Neighborhood has: a nice place for running or sports | 1 = Yes |  |
| SLS\_diff\_schoolneigh54\_t1 | Neighborhood has: lots of businesses and places to got jobs | 1 = Yes |  |
| SLS\_diff\_schoolneigh55\_t1 | Neighborhood has: gang lines you can't cross safely | 1 = Yes |  |
| SLS\_diff\_schoolneigh56\_t1 | Neighborhood has: a lot of noise | 1 = Yes |  |
| SLS\_diff\_schoolneigh57\_t1 | How long have you lived in this neighborhood? (like "since I was 2" or "about a year") | (text entry) |  |