

## Background



Sports participation and perceived competence are negatively correlated with internalizing symptoms (Murphey et al., 2020, Donaldson et al., 2006).

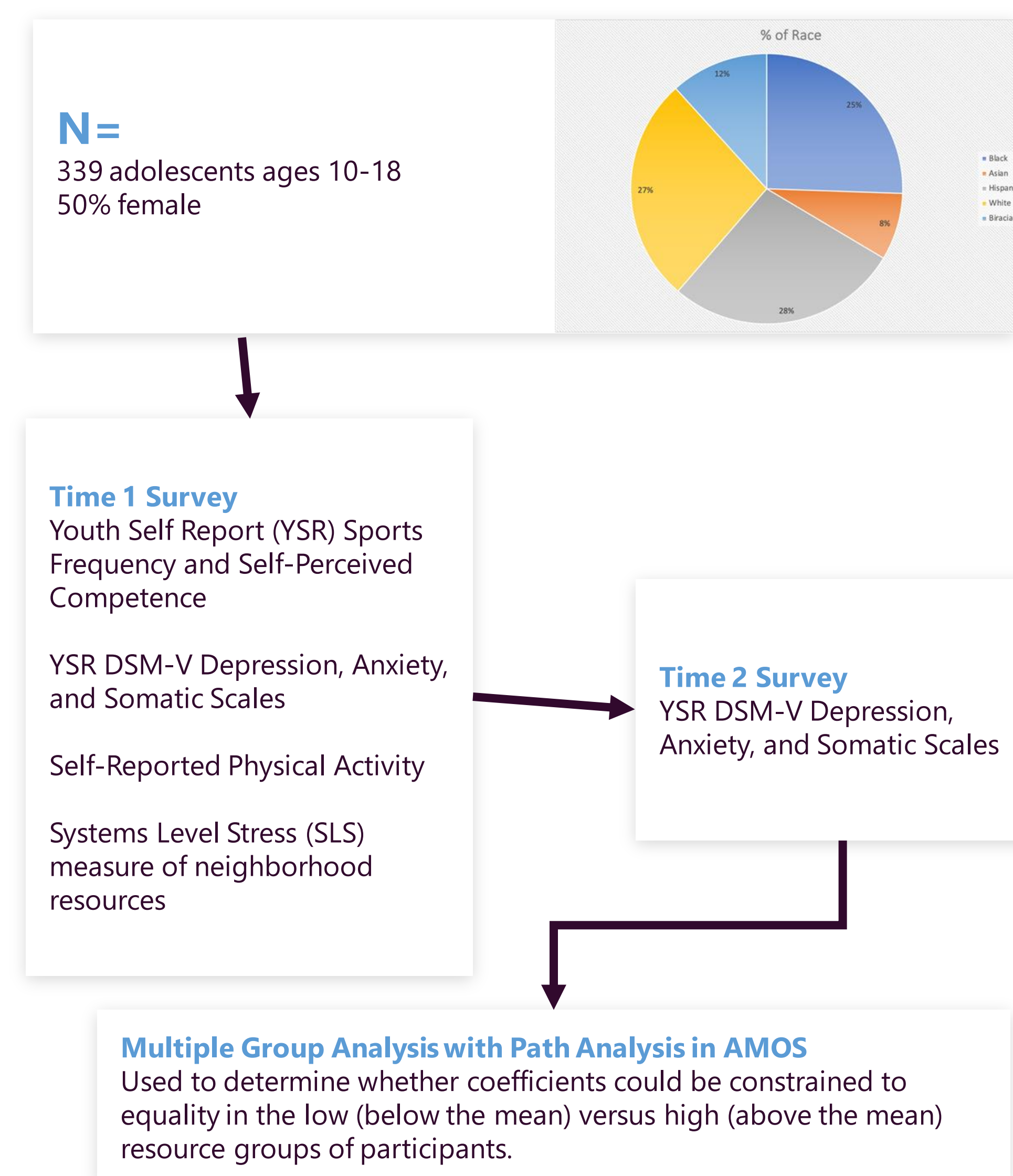


Neighborhood resources impact the opportunity to participate in sports (Hyde et al., 2020).



Resources may impact the relationship between time spent playing sports and perceived competence with youth anxiety, depression, and somatic symptoms.

## Methods



## Results



Somatic and Anxiety Symptoms results hold only for youth in higher resourced neighborhoods while Depression. Results apply to the whole sample without significant group differences between those in low versus high resourced neighborhoods.



In the Somatic and Depression models, greater frequency was associated with increased symptoms.



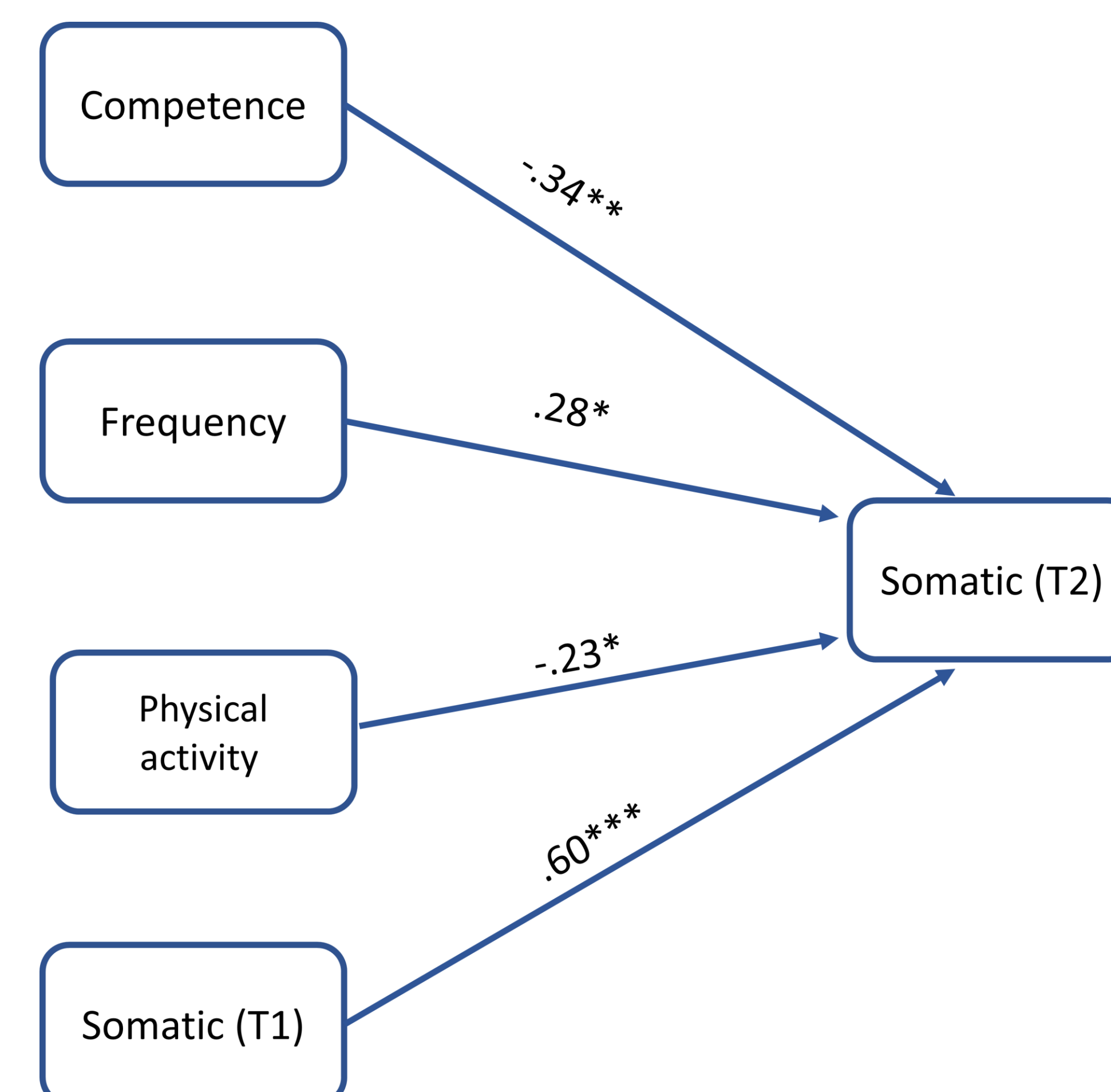
Whether or not a youth participated in sports did not predict changes in any type of internalizing symptom.



# Sports competence predicts lower somatic, anxious, and depressive symptoms in youth six months later.

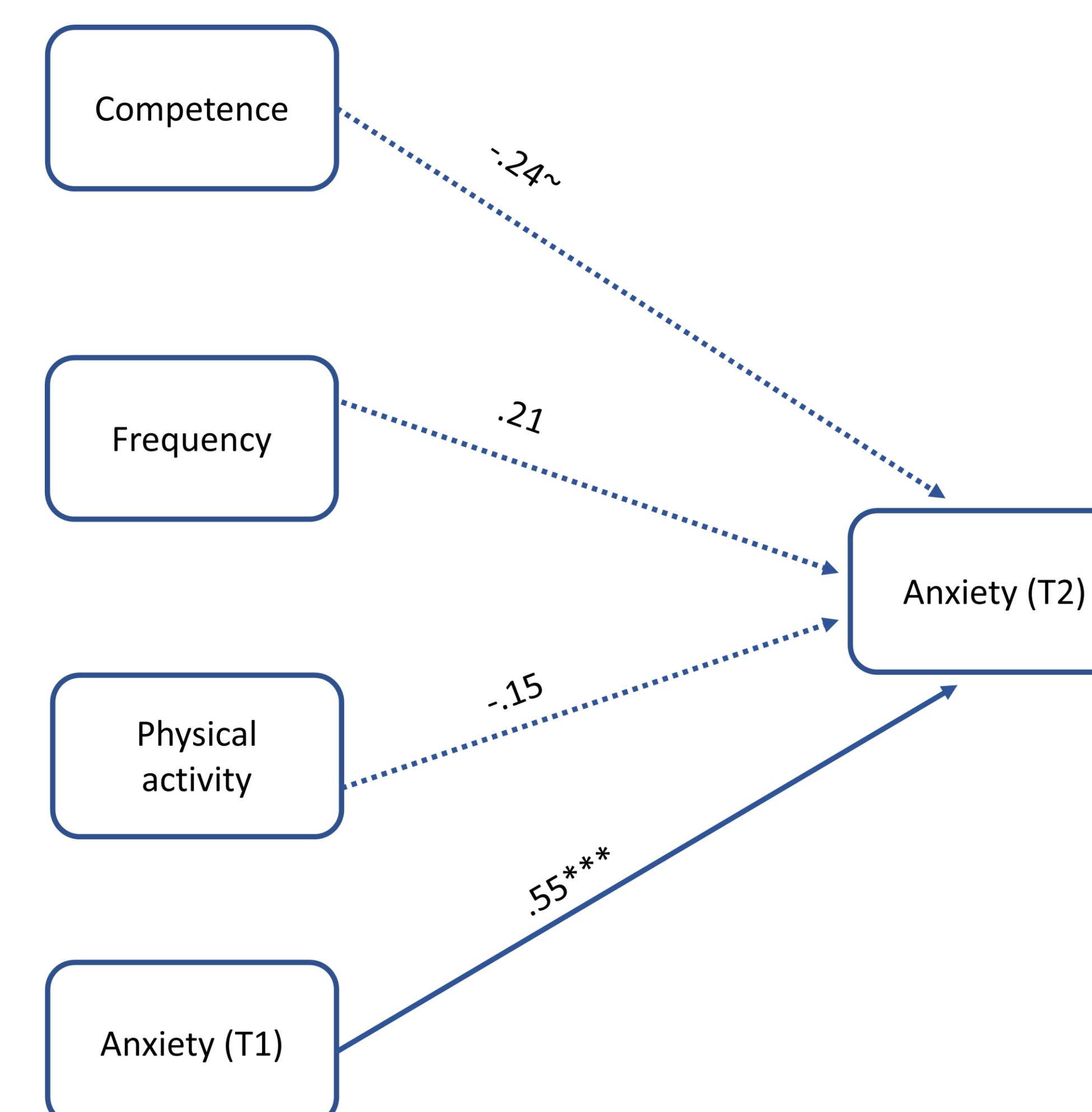
BUSHNELL, DABNEY, YUSUF, & CARTER

### High Resource Group



$\chi^2(4, N = 339) = 9.453, p < .001$ ;  
RMSEA = .061, CFI = .958

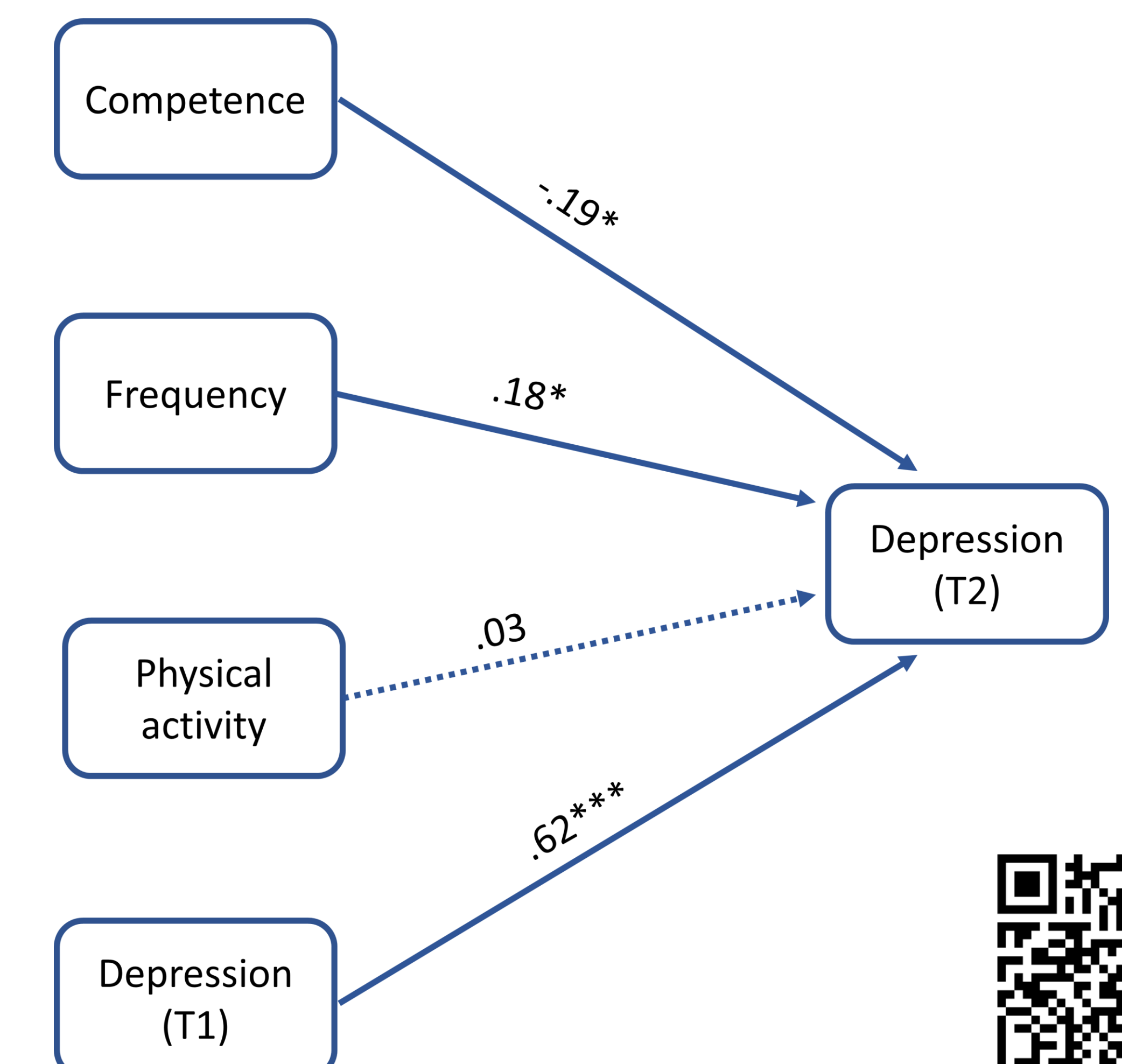
### High Resource Group



$\chi^2(4, N = 339) = 7.616, p = .107$ ;  
RMSEA = .049, CFI = .974

~: trend

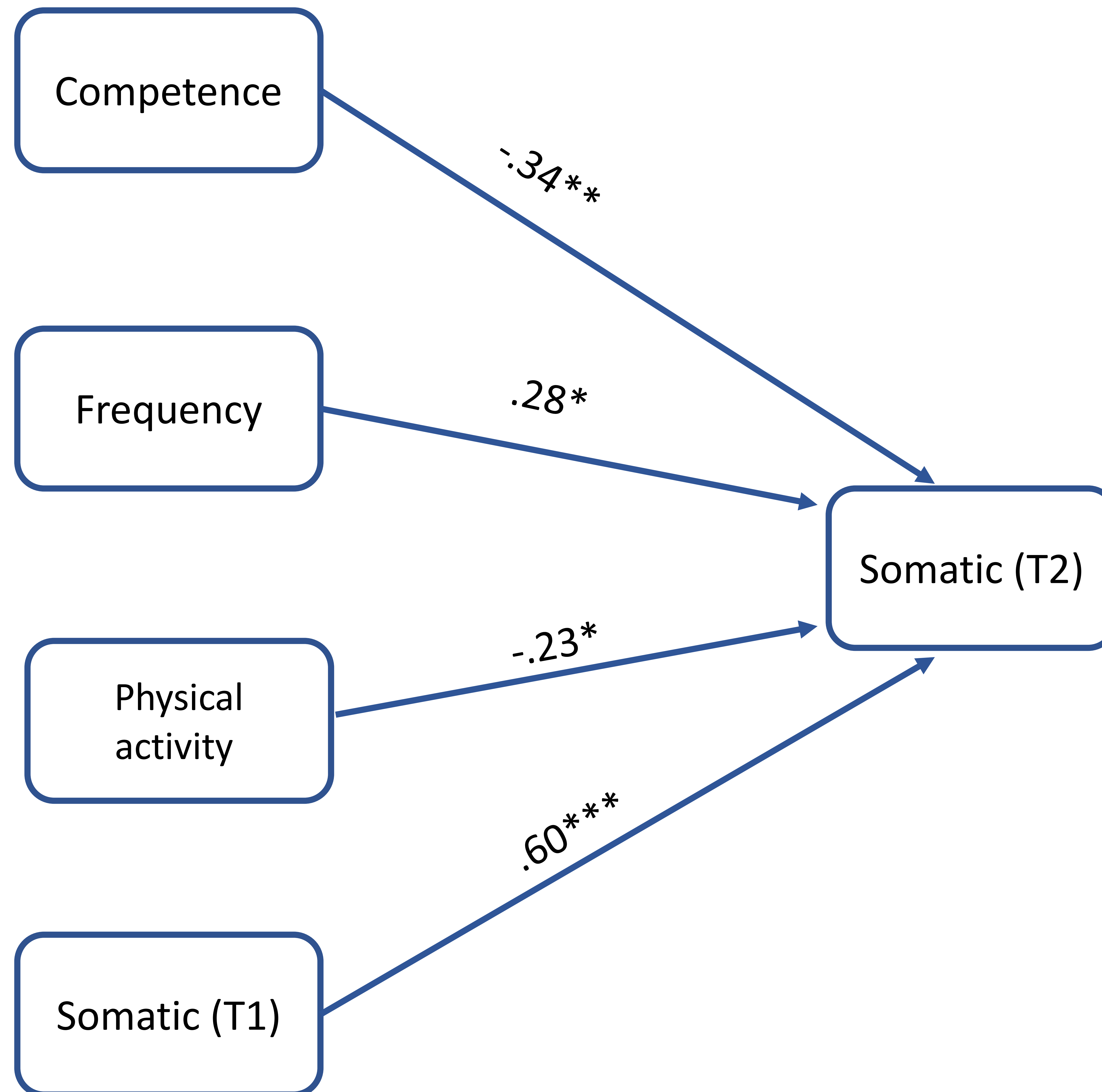
### Total Sample



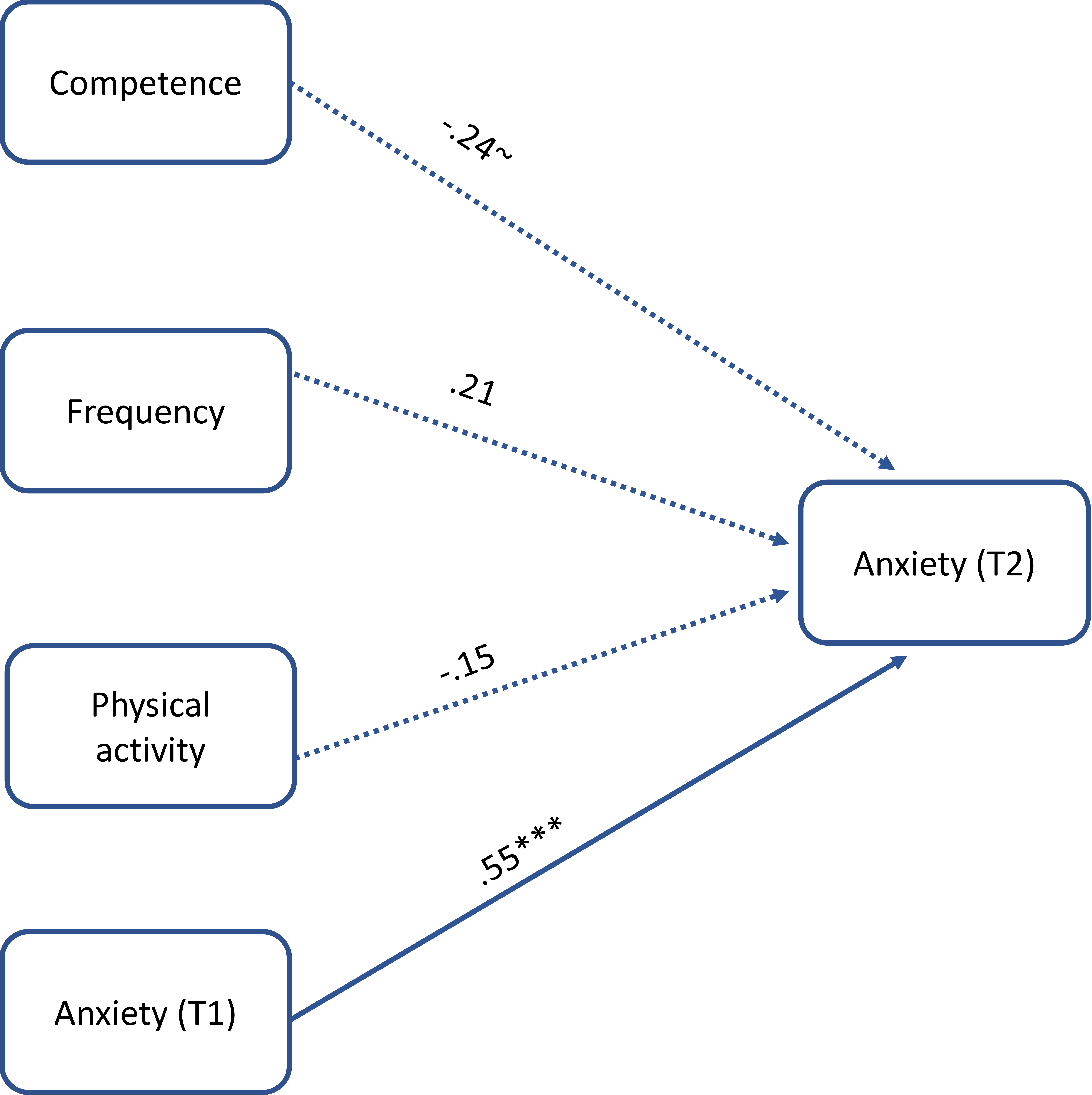
$\chi^2(2, N = 339) = 7.299, p = .026$ ;  
RMSEA = .080, CFI = .973



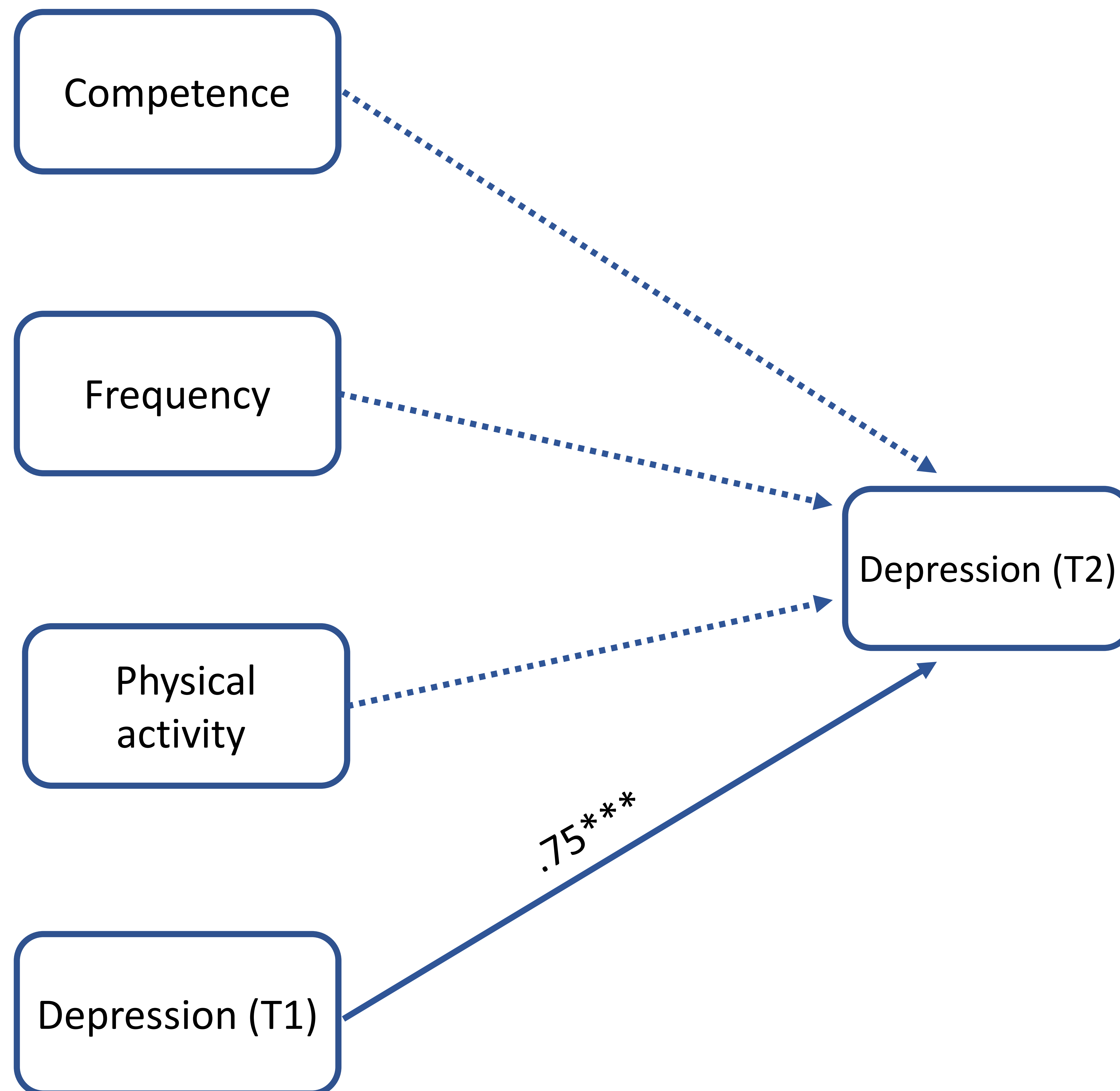




$\chi^2(4, N = 339) = 9.453, p < .001$ ; RMSEA = .061, CFI = .958, TLI = .559)  
High resource group

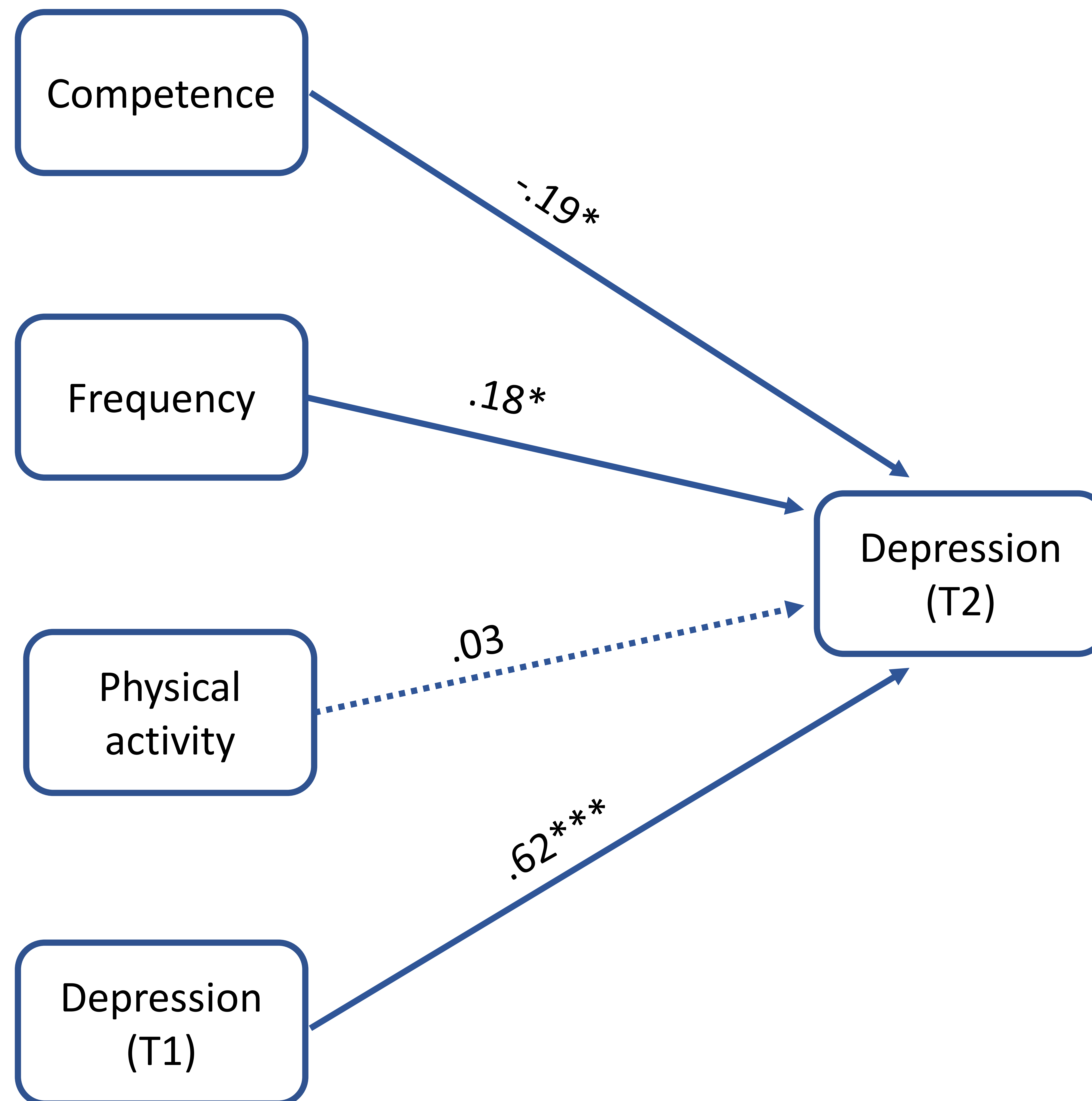


$\chi^2(4, N = 339 = 7.616, p = .107;$   
RMSEA = .049, CFI = .974  
High Resource  
Group



High resource group

$\chi^2(14, N = 339) = 8.139, p = .087$ ; RMSEA = .053, CFI = .891,



Overall sample

$\chi^2(2, N = 339) = 7.299, p = .026$ ; RMSEA = .080, CFI = .973



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