Health-related Quality of Life Change Over a Competitive Season for Division 1 Collegiate Athletes.

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It has been well established when examining outcome measures collegiate athletes have more positive responses than the general US population. However, looking at how athlete’s responses differ before and after their competitive season has yet to be investigated. **PURPOSE:** To compare health-related quality of life information of Division 1 collegiate athletes over time. **METHODS:** The SF-12 was completed at 2 time points (pre-season 2013-14 (PRE) and post-season 2013-14 (POST)) by 112 athletes across 4 sports: cross country (n=58), football (n=89), soccer (n=49), and volleyball (n=16). Wilcoxon signed rank tests were conducted to compare results between time points across all sports and within each sport. **RESULTS:** Of all 8 health domains (physical function (PF), role physical (RP), bodily pain (BP), general health (GH), vitality, social function (SF), role emotional (RE), and mental health) and 2 composite summaries (mental component summary and physical component summary), 3 had significant differences when comparing scores pre- and post-season across all sports. GH decreased (PRE 58.08 ± 6.36; POST 56.44±6.39; p<0.0001) while SF (PRE 50.85±11.63; POST 53.81±6.15; p=0.001) and RE (PRE 49.75±12.88; POST 53.15±6.43; p=0.002) increased after the season. Examining results within each sport football showed the same changes (p<0.01) in GH, SF, and RE during post-season screening and also had an increased RP (PRE 50.54±12.21; POST 54.69±4.87; p=0.003). Volleyball had less BP (p=0.035) post-season (54.89±4.56) then pre-season (45.98±15.29). Soccer demonstrated the same changes (p<0.030) seen when all sports were grouped in GH and RE and also saw a decreased RP (PRE 56.47±0.0; POST 54.54±6.14; p=0.028). Cross country did not show a change in any of the domains or composites. **CONCLUSION:** While general health reportedly decreased over the course of the season social function and emotional health increased when all sports were grouped. However, the changes over the season in physical domains were different depending on sport. Next steps include determining if seasonal changes are influenced by gender or year of eligibility, and expanding to include more sports.