

## Psychometrics At a Glance

The tables below summarize reliability and confirmatory factor analyses performed on the data from almost 3,300 student-athletes and about 440 coaches and coaching staff from a range of collegiate athletics teams and departments from NCAA Divisions I, II, and III.

**Data from student-athletes:** Cronbach’s alphas range from 0.918 to 0.938 indicating ‘excellent’ reliability (internal consistency) observed in the data. Factor analyses explain between 61.1% and 69.4% of the variance in student-athlete data confirming the validity of the survey content.

### Means, Reliability Alphas, and Variance Explained in Confirmatory Factor Analysis

Data from Athletes	Valid N	Cronbach's Alpha	% Variance Explained	N of Factors	N of Items	Mean	Std. Deviation
Performance: Competitive Greatness	3,272	0.938	64.5	1	10	3.84	0.790
Performance: Personal and Team Integrity	3,215	0.919	68.9	2	10	3.92	0.750
Performance: Selfless Teamwork	3,228	0.936	63.6	1	10	4.00	0.772
Performance: Grounded Self-Awareness & Growth Mindset	3,225	0.928	61.1	1	10	3.84	0.753
Coaching: Communication to Clarify and Reinforce Expectations	3,236	0.920	64.3	1	8	3.94	0.870
Coaching: Targeted Practice for Habit Development and Growth	3,123	0.919	63.9	1	8	3.91	0.854
Coaching: Accountability through Support & Challenge	3,138	0.918	64.2	1	8	4.00	0.856
Coaching: Mental Preparation and Mindset Formation	3,128	0.934	69.4	1	8	3.92	0.871

## Psychometrics At a Glance (cont)

### Data from Coaches

Cronbach’s alphas range from 0.874 to 0.928 indicating ‘very good’ to ‘excellent’ reliability (internal consistency) observed in the data from coaches. Factor analyses explain between 54.3% and 67.9% of the variance confirming the validity of the survey content.

### Means, Reliability Alphas, and Variance Explained in Confirmatory Factor Analysis

Data from Coaches	Valid N	Cronbach's Alpha	% Variance Explained	N of Factors	N of Items	Mean	Std. Deviation
Performance: Competitive Greatness	446	0.928	60.9	1	10	3.67	0.694
Performance: Personal and Team Integrity	420	0.904	64.9	2	10	3.79	0.645
Performance: Selfless Teamwork	442	0.917	67.9	2	10	3.83	0.658
Performance: Grounded Self-Awareness & Growth Mindset	444	0.914	56.7	1	10	3.66	0.659
Coaching: Communication to Clarify and Reinforce Expectations	445	0.892	57.1	1	8	4.12	0.600
Coaching: Targeted Practice for Habit Development and Growth	420	0.874	67.2	2	8	3.94	0.645
Coaching: Accountability through Support & Challenge	438	0.878	54.3	1	8	4.20	0.571
Coaching: Mental Preparation and Mindset Formation	433	0.898	59.6	1	8	3.97	0.643