

International

# REPORT



Socio Psychological Profile  
Questionnaire Analysis



BE LIKE  
AN ATHLETE







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**Project:**

**Be Like an Athlete**

**02. BLA Socio-sychological Profile**



# Socio Psychological Profile Questionnaire 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.
- 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  $\geq$  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.

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

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**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)
<b>Age</b>	
Mean (SD)	16.4 (1.3)
Median (Q1, Q3)	17.0 (16.0, 17.0)
Min - Max	14.0 - 18.0
Missing	4
<b>Well-being</b>	
Mean (SD)	63.9 (19.4)
Median (Q1, Q3)	68.0 (52.0, 76.0)
Min - Max	8.0 - 100.0
Missing	5
<b>Resilience</b>	
Mean (SD)	28.4 (6.8)
Median (Q1, Q3)	29.0 (24.0, 34.0)
Min - Max	2.0 - 40.0
Missing	35
<b>Passion School</b>	
Mean (SD)	27.0 (6.4)
Median (Q1, Q3)	27.0 (23.0, 31.0)
Min - Max	8.0 - 40.0
Missing	48
<b>Passion Sport</b>	
Mean (SD)	35.2 (6.2)
Median (Q1, Q3)	38.0 (33.0, 40.0)
Min - Max	12.0 - 40.0
Missing	57
<b>Career Planning</b>	
Mean (SD)	15.2 (3.0)
Median (Q1, Q3)	16.0 (13.0, 17.0)
Min - Max	4.0 - 20.0
Missing	74
<b>Social Competencies</b>	
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

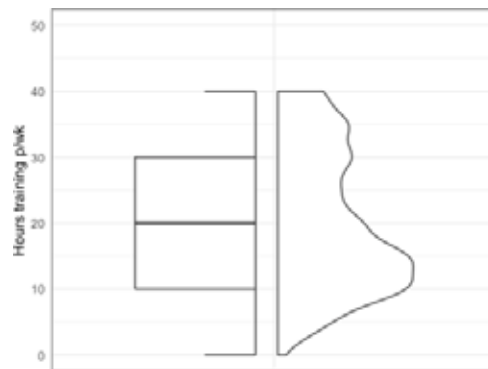
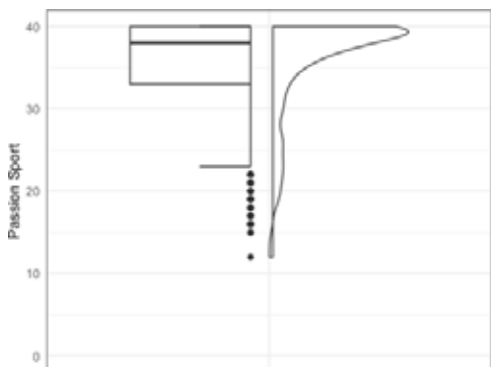
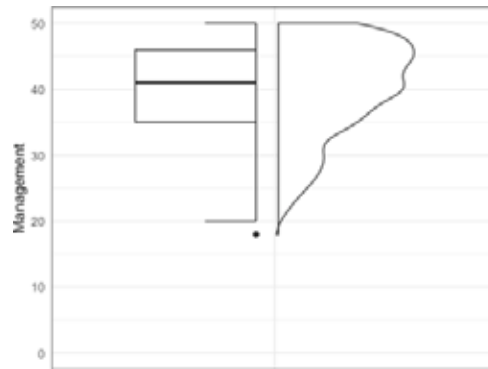
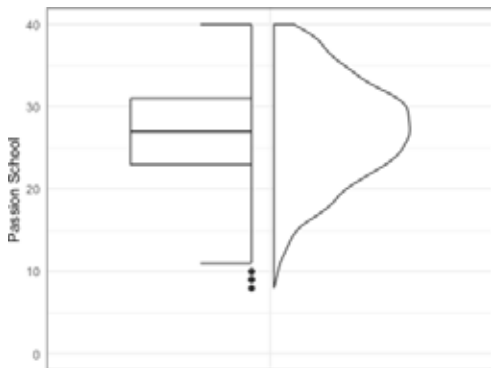
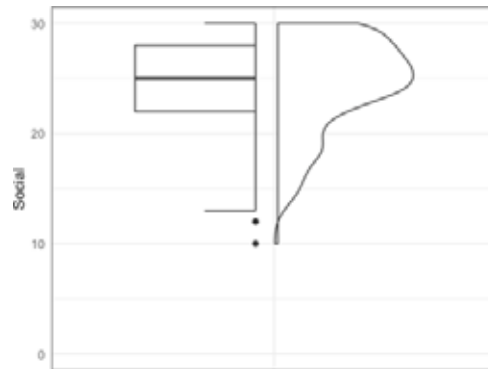
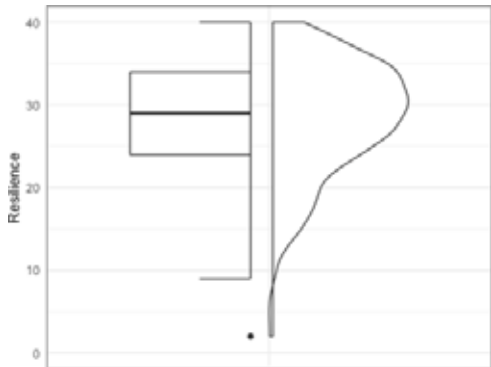
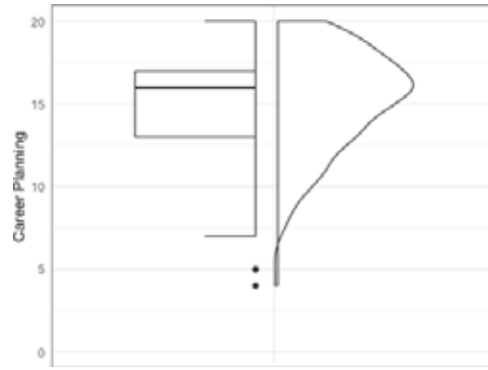
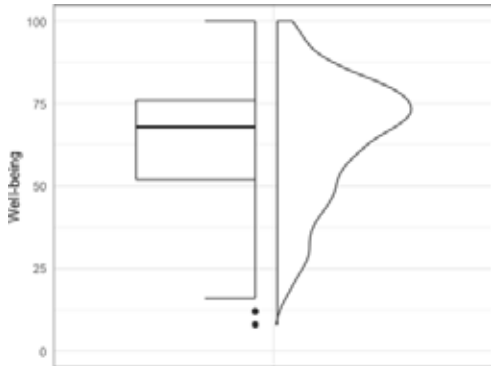
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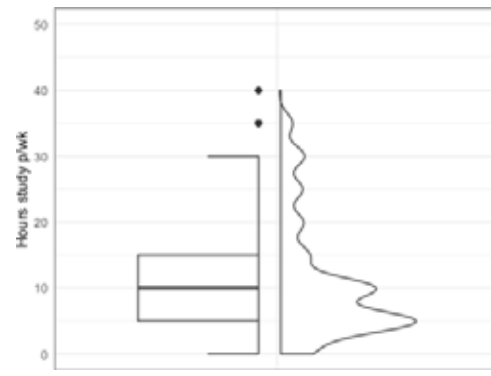
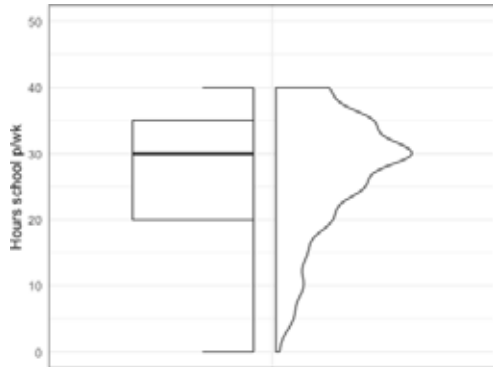
N-Miss	3
Club	265 (22.3%)
International	415 (34.9%)
National	265 (22.3%)
Provincial/regional	178 (15.0%)
University	66 (5.6%)

**Country**

Ireland	166 (13.9%)
Italy	212 (17.8%)
Portugal	569 (47.7%)
Spain	104 (8.7%)
Sweden	141 (11.8%)

# Boxplots per variable

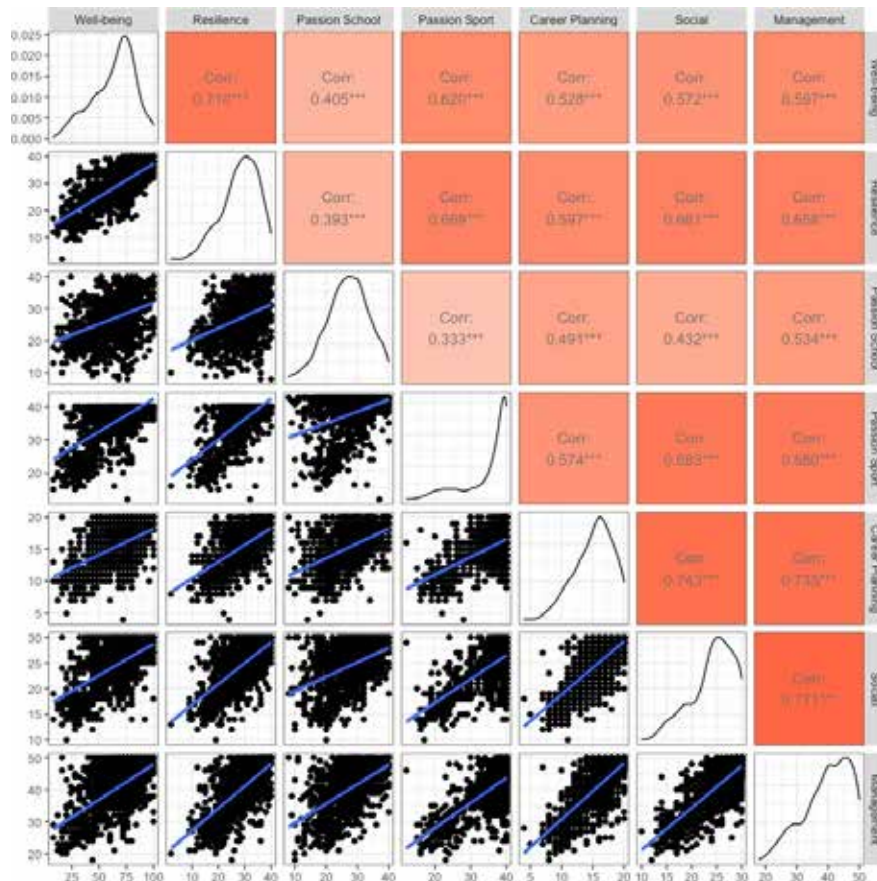






# Correlation between scores

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

	Female (N=527)	Male (N=657)	Total (N=1184)
<b>Age</b>			
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

<b>Well-being</b>			
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

<b>Resilience</b>			
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

<b>Passion School</b>			
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

<b>Passion Sport</b>			
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

<b>Career Planning</b>			
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

<b>Social Competencies</b>			
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

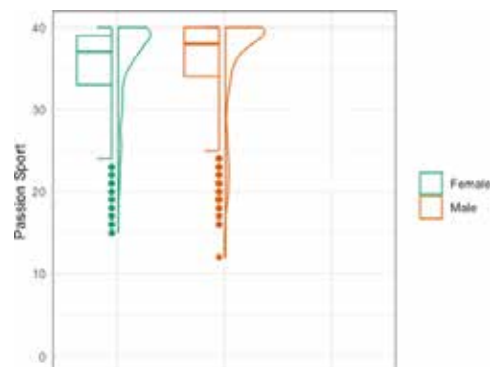
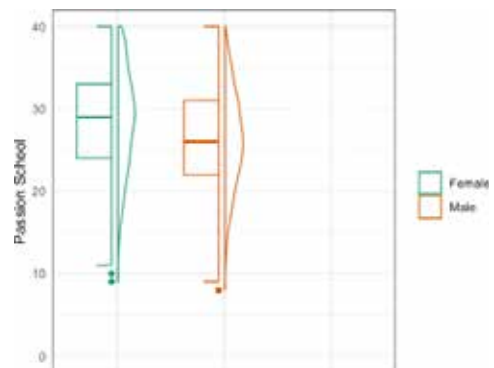
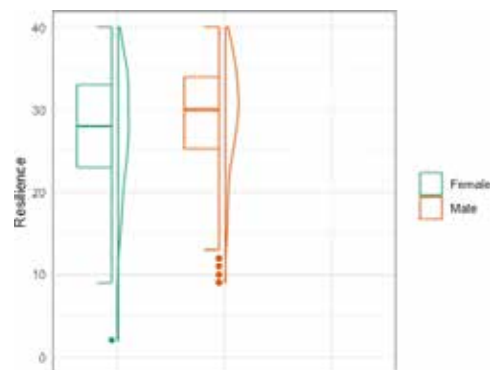
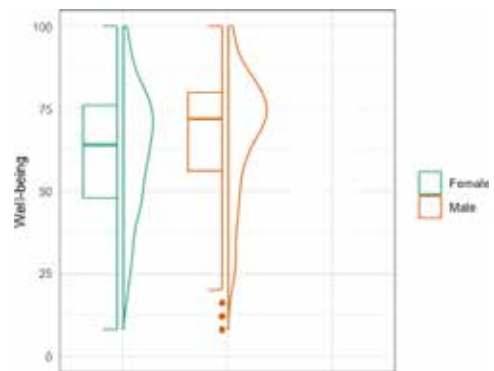
<b>Management</b>			
Mean (SD)	40.9 (7.1)	39.2 (7.3)	39.9 (7.2)
Median (Q1, Q3)	43.0 (37.0, 47.0)	40.0 (35.0, 45.0)	41.0 (35.0, 46.0)
Min - Max	20.0 - 50.0	18.0 - 50.0	18.0 - 50.0
Missing	53	46	99

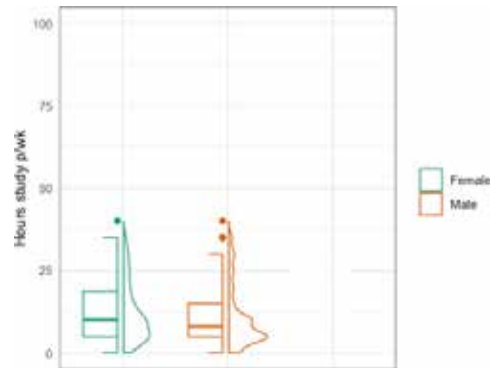
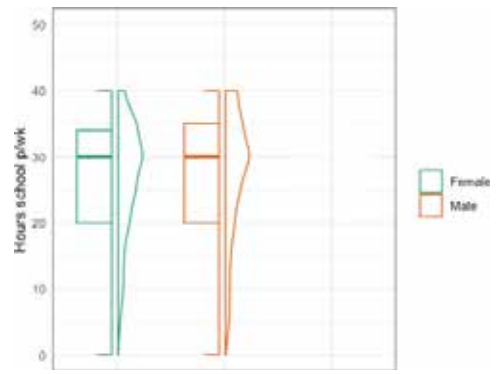
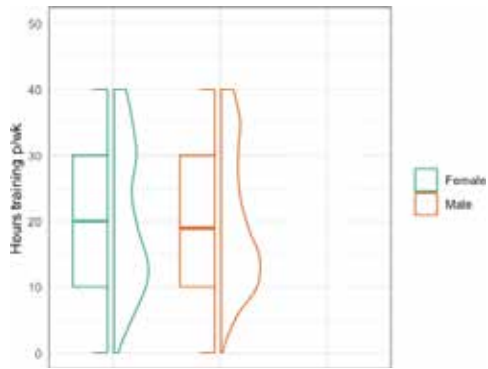
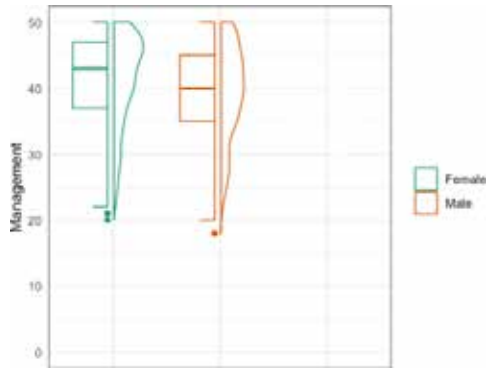
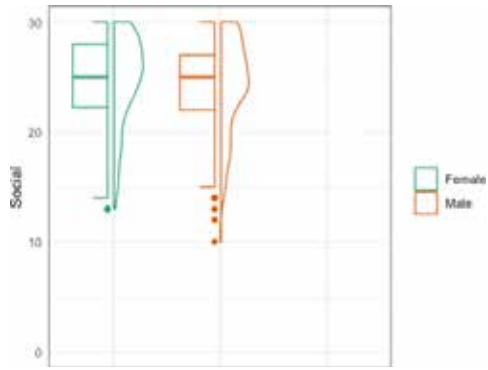
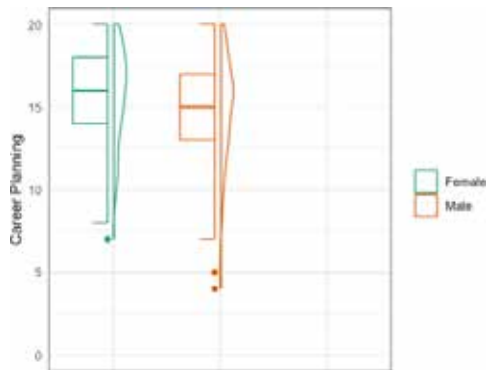
<b>Hrs p/w training</b>			
Mean (SD)	20.2 (11.0)	20.2 (10.5)	20.2 (10.7)
Median (Q1, Q3)	20.0 (10.0, 30.0)	19.0 (10.0, 30.0)	20.0 (10.0, 30.0)
Min - Max	0.0 - 40.0	0.0 - 40.0	0.0 - 40.0
Missing	53	43	96

<b>Hrs p/w school</b>			
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

<b>Hrs p/w study (outside school)</b>			
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

<b>Highest level of sport</b>			
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%)
<b>Country</b>			
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%)
University	41 (7.8%)	25 (3.8%)	66 (5.6%)







PASSION LED



# 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 by country

	Ireland (N=166)	Italy (N=212)	Portugal (N=569)	Spain (N=104)	Sweden (N=141)	Total (N=1192)
<b>Age</b>						
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
<b>Well-being</b>						
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
(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
<b>Resilience</b>						
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
<b>Passion School</b>						
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
<b>Career Planning</b>						
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

<b>Social Competencies</b>						
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

<b>Management</b>						
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, 5.0	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

<b>Gender</b>						
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%)
Male	53 (32.3%)	123 (59.1%)	360 (63.4%)	65 (63.1%)	56 (39.7%)	657 (55.5%)

<b>Hrs p/w training</b>						
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

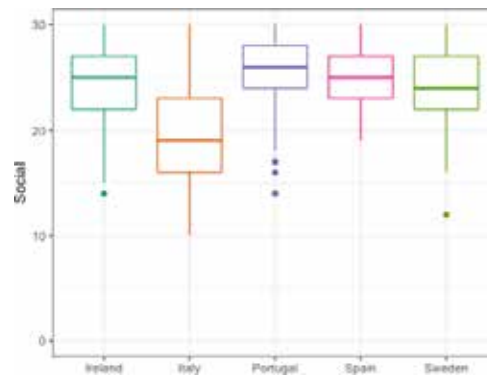
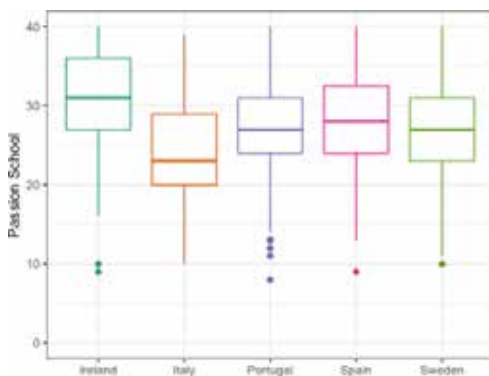
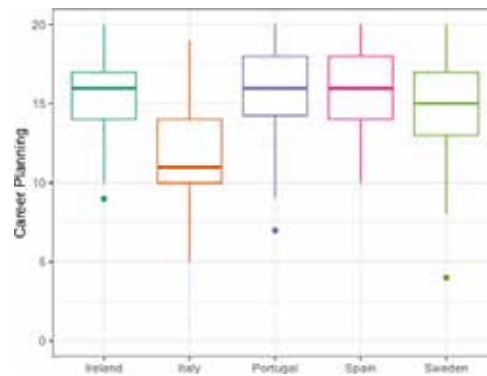
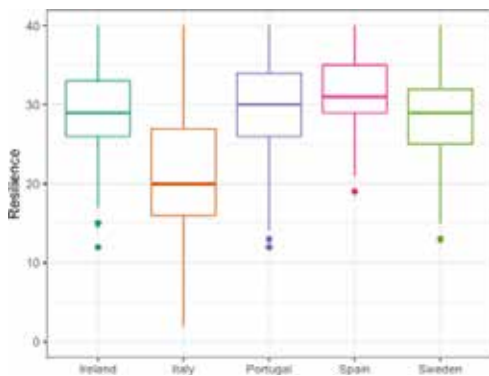
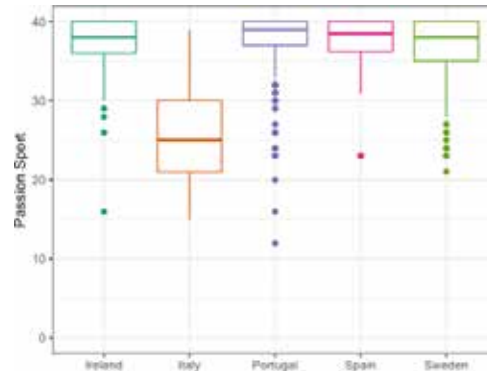
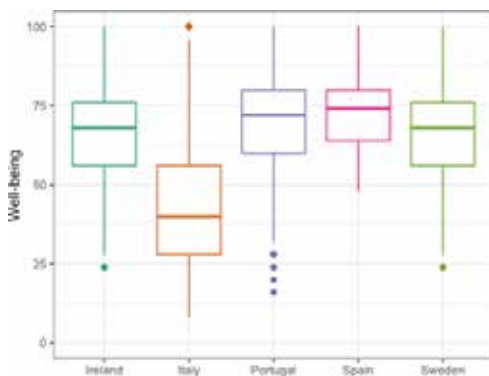
<b>Hrs p/w school</b>						
Mean (SD)	30.9 (7.1)	29.3 (6.1)	24.7 (10.9)	28.6 (9.0)	23.8 (7.8)	26.6 (9.5)
Median	32.0	30.0	25.0	30.0	26.0	30.0
(Q1, Q3)	28.0, 35.0	25.0, 35.0	15.0, 35.0	20.0, 35.0	20.0, 30.0	20.0, 35.0
Min - Max	6.0 - 40.0	0.0 - 40.0	0.0 - 40.0	5.0 - 40.0	0.0 - 30.0	0.0 - 40.0
Missing	33	0	37	12	19	101

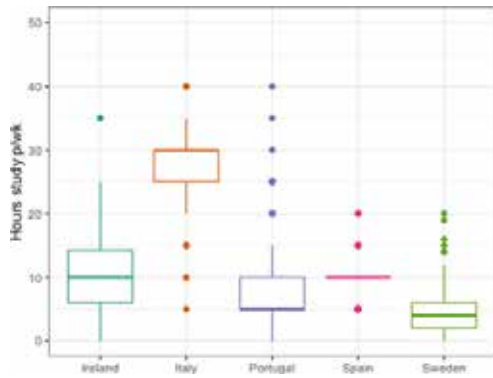
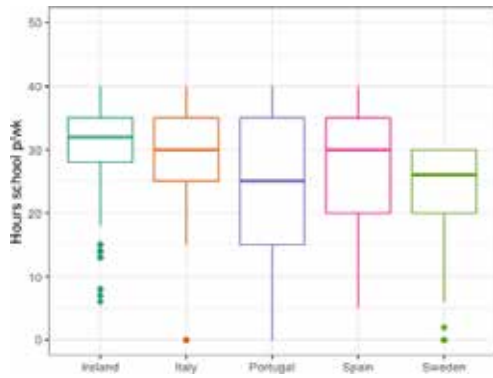
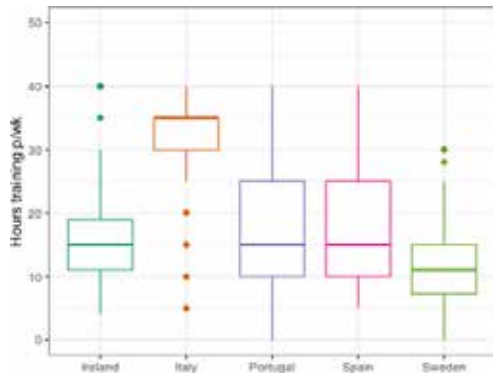
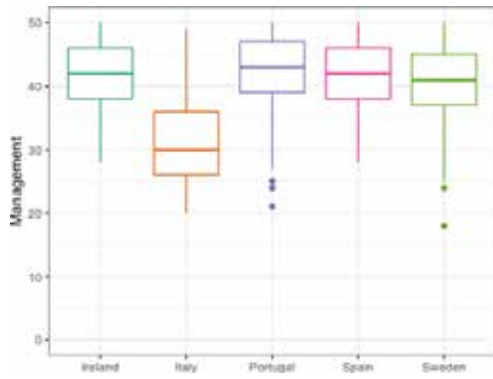
<b>Hrs p/w study (outside school)</b>						
Mean (SD)	10.7 (6.2)	27.3 (6.2)	7.5 (5.3)	10.5 (4.1)	4.8 (4.1)	11.7 (9.5)
Median	10.0	30.0	5.0	10.0	4.0	10.0
(Q1, Q3)	6.0, 14.2	25.0, 30.0	5.0, 10.0	10.0, 10.0	2.0, 6.0	5.0, 15.0
Min - Max	0.0 - 35.0	5.0 - 40.0	0.0 - 40.0	5.0 - 20.0	0.0 - 20.0	0.0 - 40.0
Missing	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 by country





# Correlation between scales by country

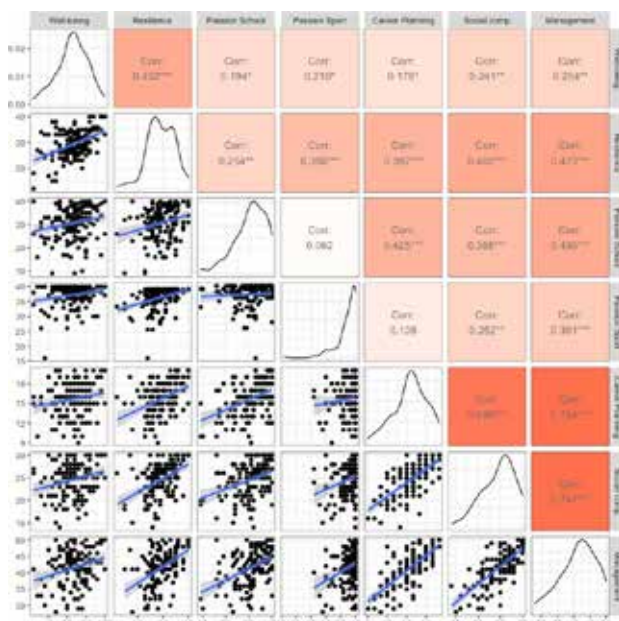
In general, the Pearson correlations between the measurement scale scores of respondents from Ireland tended to be lower than in the other countries. Similarly the Pearson correlations between the scores of respondents from Italy were much higher than in the other countries. Correlations between all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

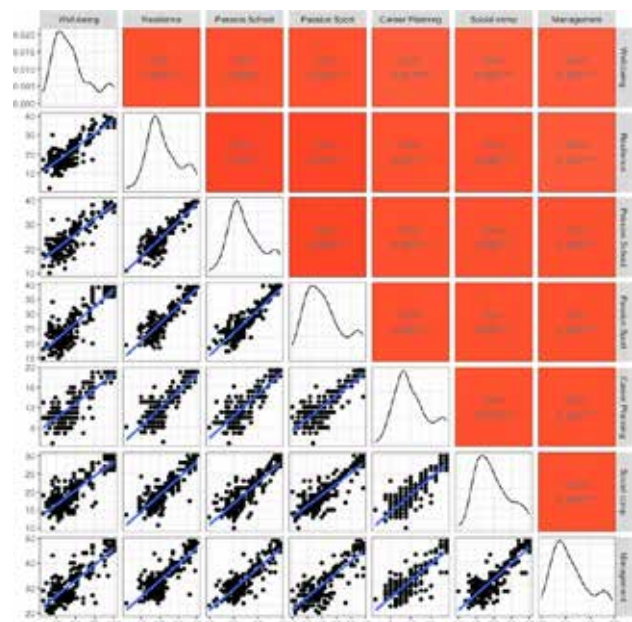
Well-being and resilience were moderate to strongly correlated across all countries ( $r = 0.45$  to  $0.87$ ). The correlation between these scores was weakest in respondents from Ireland and strongest in those from Italy.

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 ( $r = 0.62$ ).

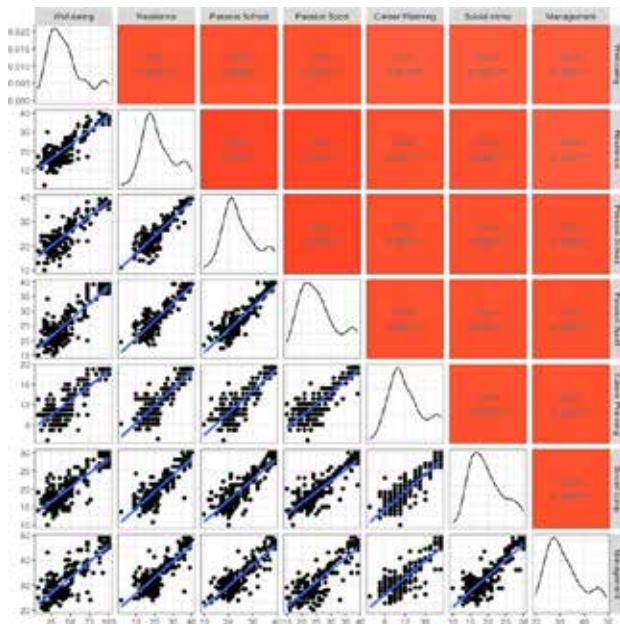
## Ireland



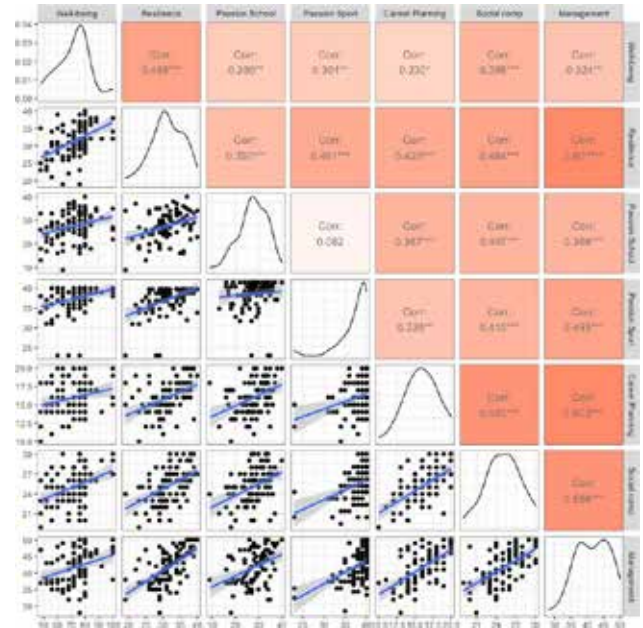
## Italy



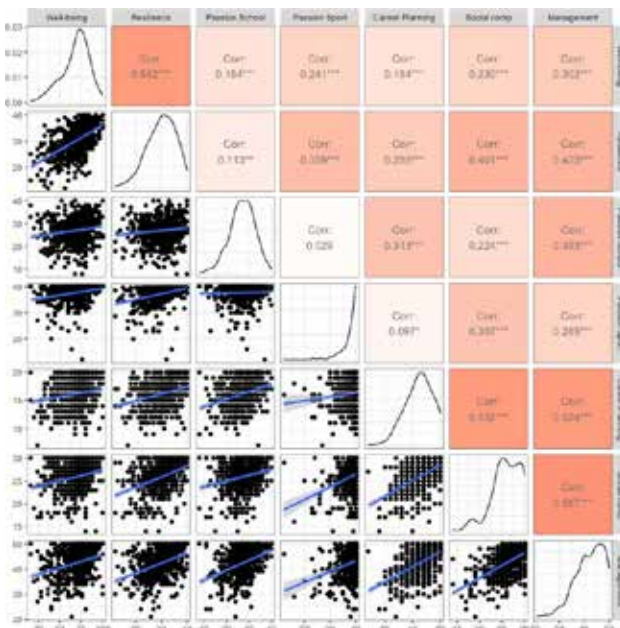
## Italy



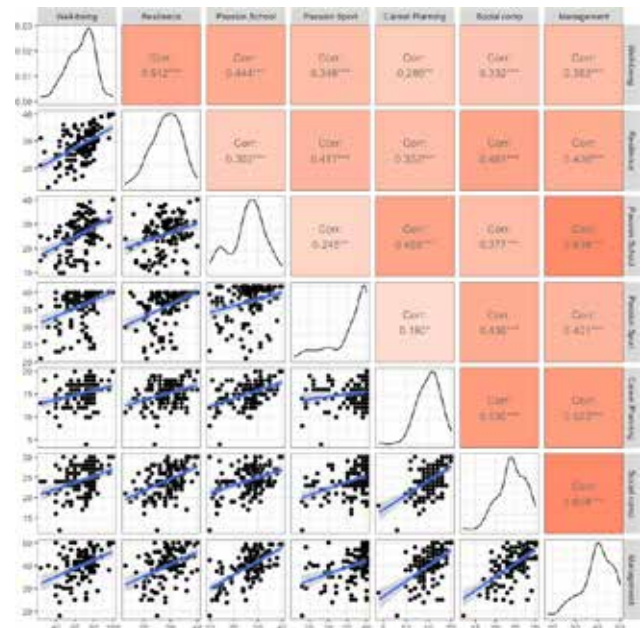
## Spain



## Portugal



## Sweden







# Analysis by country and gender



## 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 significant ( $p$ -value = 0.19, 95% CI: -2.4, 11.6). All other variables were similar.

**Portugal:** Boys had significantly 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 significantly 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.

### Ireland

	Female (N=527)	Male (N=657)	Total (N=1184)
<b>Well-being</b>			
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
<b>Resilience</b>			
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
<b>Passion School</b>			
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
<b>Passion Sport</b>			
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
<b>Career Planning</b>			
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

<b>Social Competencies</b>			
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
<b>Management</b>			
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
<b>Hrs p/w training</b>			
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
<b>Hrs p/w study (outside school)</b>			
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
<b>Highest level of sport</b>			
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

	<b>Female (N=527)</b>	<b>Male (N=657)</b>	<b>Total (N=1184)</b>
<b>Well-being</b>			
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
<b>Resilience</b>			
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
<b>Passion School</b>			
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
<b>Passion Sport</b>			
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
<b>Career Planning</b>			
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

<b>Social Competencies</b>			
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
<b>Management</b>			
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
<b>Hrs p/w training</b>			
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
<b>Hrs p/w study</b>			
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
<b>Hrs p/w study (outside school)</b>			
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
<b>Highest level of sport</b>			
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

	Female (N=527)	Male (N=657)	Total (N=1184)
<b>Well-being</b>			
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
<b>Resilience</b>			
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
<b>Passion School</b>			
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
<b>Passion Sport</b>			
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
<b>Career Planning</b>			
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

<b>Social Competencies</b>			
Mean (SD)	26.1 (3.1)	25.7 (3.2)	25.9 (3.2)
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
<b>Management</b>			
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
<b>Hrs p/w training</b>			
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
<b>Hrs p/w study</b>			
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
<b>Hrs p/w study (outside school)</b>			
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
<b>Highest level of sport</b>			
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

	<b>Female (N=527)</b>	<b>Male (N=657)</b>	<b>Total (N=1184)</b>
<b>Well-being</b>			
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
<b>Resilience</b>			
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
<b>Passion School</b>			
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
<b>Passion Sport</b>			
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
<b>Career Planning</b>			
Mean (SD)	16.5 (2.5)	15.7 (2.1)	16.0 (2.3)
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

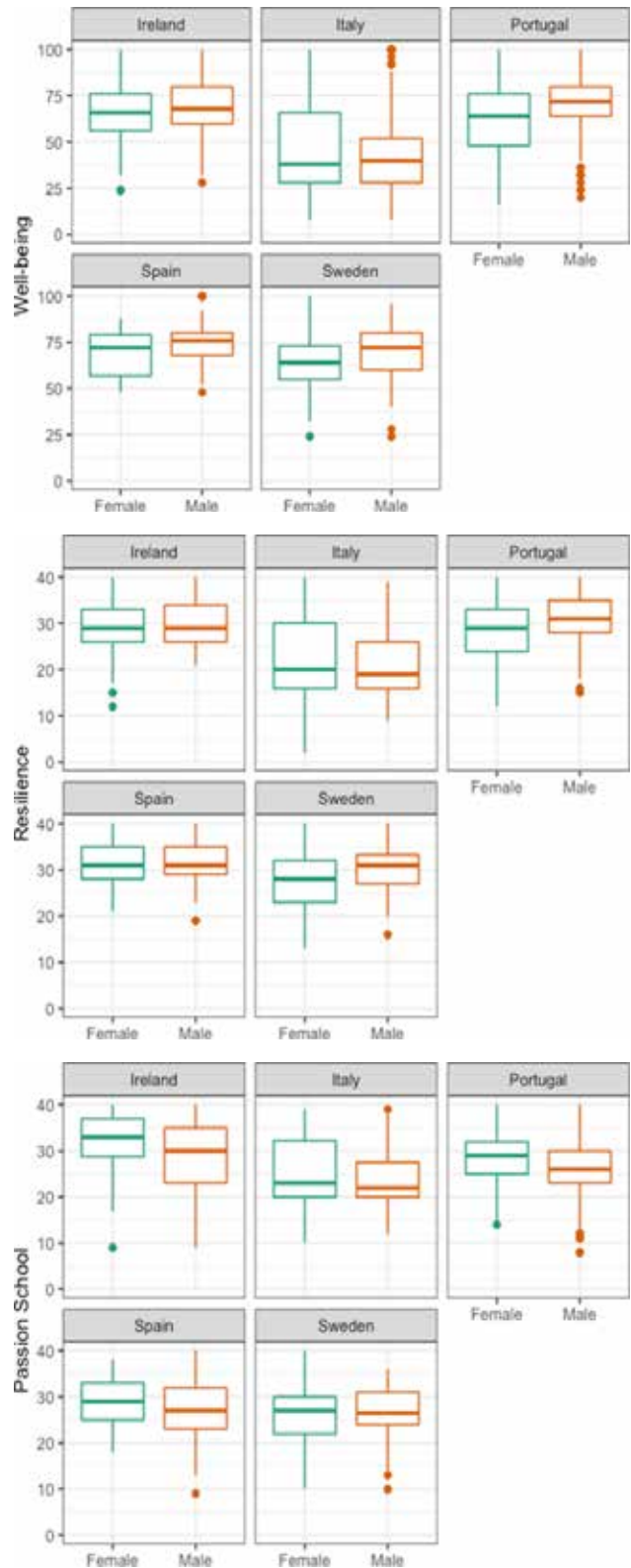
<b>Social Competencies</b>			
Mean (SD)	25.3 (2.6)	25.0 (2.6)	25.1 (2.6)
Median	26.0	25.0	25.0
(Q1, Q3)	23.5, 27.0	23.0, 27.0	23.0, 27.0
Missing	3	6	9
<b>Management</b>			
Mean (SD)	43.5 (4.5)	40.5 (5.0)	41.6 (5.0)
Median	44.0	40.5	42.0
(Q1, Q3)	40.0, 47.0	37.0, 45.0	38.0, 46.0
Missing	5	9	14
<b>Hrs p/w training</b>			
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
<b>Hrs p/w study</b>			
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
<b>Hrs p/w study (outside school)</b>			
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
<b>Highest level of sport</b>			
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%)

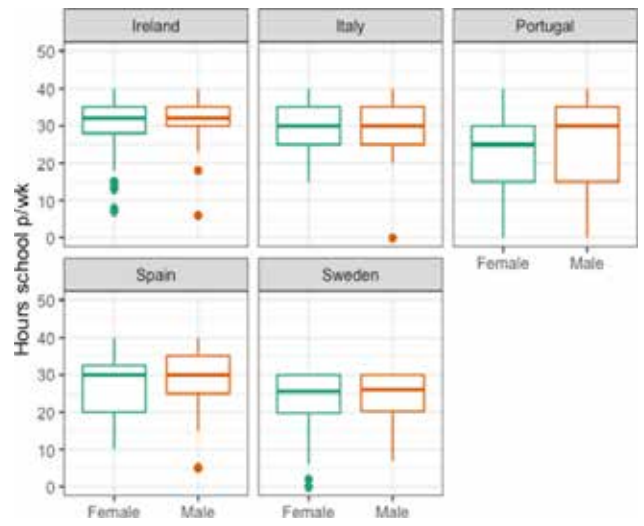
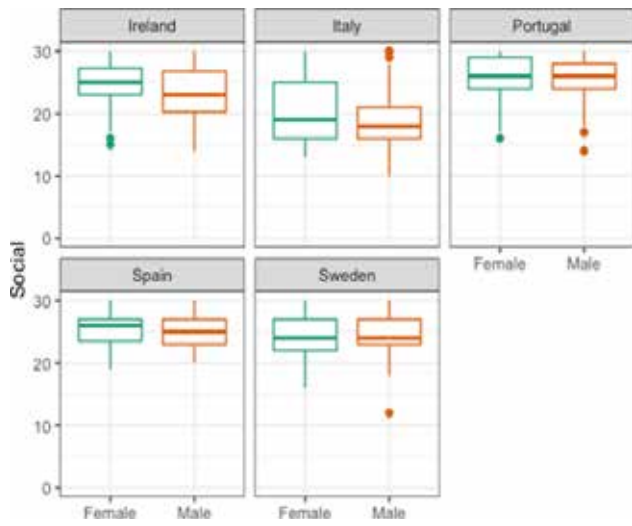
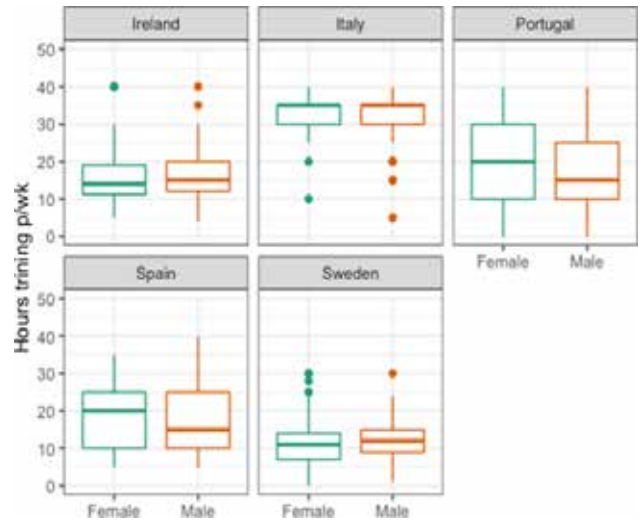
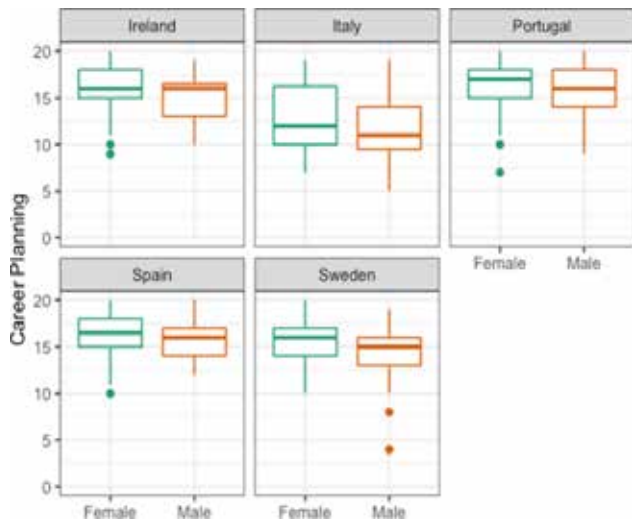
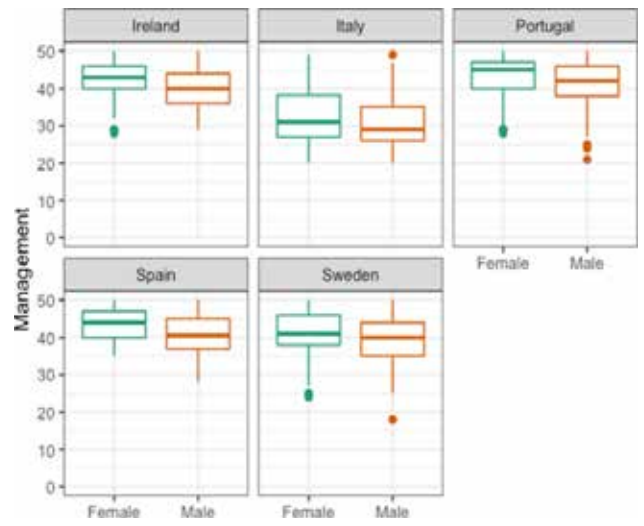
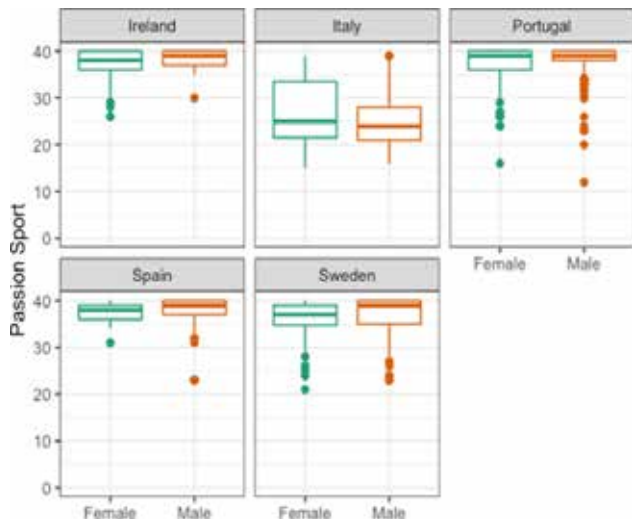
## Sweden

	Female (N=527)	Male (N=657)	Total (N=1184)
<b>Well-being</b>			
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
<b>Resilience</b>			
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
<b>Passion School</b>			
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
<b>Passion Sport</b>			
Mean (SD)	35.8 (4.7)	36.3 (5.1)	36.0 (4.9)
Median	37.0	39.0	38.0
(Q1, Q3)	34.8, 39.0	35.0, 40.0	35.0, 40.0
Missing	5	2	7
<b>Career Planning</b>			
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

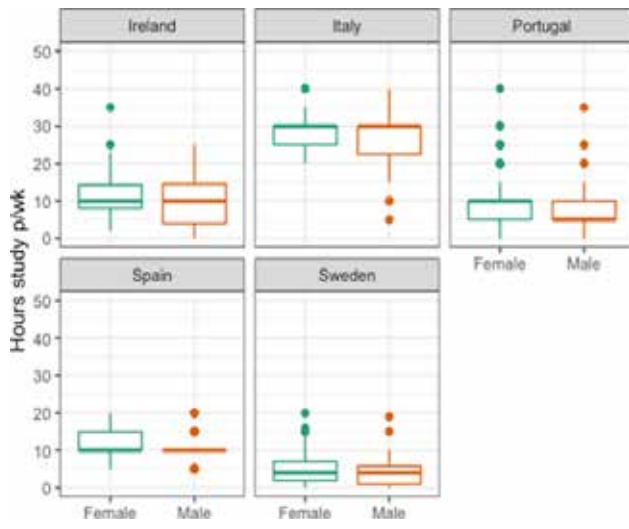
<b>Social Competencies</b>			
Mean (SD)	24.3 (3.5)	24.0 (3.5)	24.2 (3.5)
Median	24.0	24.0	24.0
(Q1, Q3)	22.0, 27.0	23.0, 27.0	22.0, 27.0
Missing	7	3	10
<b>Management</b>			
Mean (SD)	40.7 (6.5)	39.1 (7.2)	40.0 (6.8)
Median	41.0	40.0	41.0
(Q1, Q3)	38.0, 46.0	35.0, 44.0	37.0, 45.0
Missing	12	7	19
<b>Hrs p/w training</b>			
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
<b>Hrs p/w school</b>			
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
<b>Hrs p/w study (outside school)</b>			
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
<b>Highest level of sport</b>			
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 by country and gender













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