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Research Title: Examining the Impact of Intramural Sports on Doctor of Pharmacy Students' Stress, Anxiety, and Belonging

Union University College of Pharmacy Research Team:

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The following research survey has been approved by the Union University Institutional Review Board. The purpose of this project is to explore the impact of intramural sports participation on the well-being of students enrolled in Doctor of Pharmacy programs. This survey-based research poses minimal risk to study participants. However, it does require self-reflection and self-assessment of stress, anxiety, belonging, and academic performance.

Participation in this research is entirely voluntary and

participants may stop completing the survey at any point if needed. Survey results are anonymous and cannot be linked back to individual participants.

Individuals completing the survey may choose to follow the external link upon survey completion and submit their name and email address to be included in a drawing for a \$50 Amazon gift card. The survey for the drawing is in no way linked to this research's survey results, and participants' responses will remain de-identified.

If you have any questions regarding this research, you may contact Dr. Taylor Mathis via email (pharmwellness@my.uu.edu) at any time.

By clicking into the survey, you are providing consent to participate in this research.

Please select your age range.

- ☐ < 18 years of age
- ☐ ≥ 18 years of age

Does your College/University offer intramural sport participation for Doctor of Pharmacy students?

- ☐ Yes
- ☐ No
- ☐ I do not know.

During the Fall 2024 semester, which statement most accurately reflects your involvement in intramural sports?

- ☐ I have actively played as a part of multiple intramural sporting teams.
- ☐ I have actively played as a part of one intramural sporting team.
- ☐ I have been on one or more intramural sporting teams but have NOT played.
- ☐ I have attended one or more intramural sporting games as a spectator.
- ☐ I have NOT participated in intramural sports at all.

During the Fall 2024 semester, which statement most accurately reflects your exercise habits?

- ☐ I typically do not exercise.
- ☐ I typically exercise 30 minutes to an hour each week.
- ☐ I typically exercise 1-2 hours each week.
- ☐ I typically exercise 2-3 hours each week.
- ☐ I typically exercise > 3 hours each week.

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious, or on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to stop or control worrying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worrying too much about different things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble relaxing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being so restless that it is hard to sit still	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming easily annoyed or irritable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling afraid, as if something awful might happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In the last month, how often have you felt the following?

	Never	Almost Never	Sometimes	Fairly Often	Very Often
Upset because of something that happened unexpectedly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unable to control the important things in your life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nervous and "stressed"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confident about your ability to handle your personal problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Things were going your way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You could not cope with all the things that you had to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Able to control irritations in your life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You were on top of things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Angered because of things that were outside of your control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Difficulties were piling up so high that you could not overcome them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Which statement most closely represents your *perceived* academic performance so far during the Fall 2024 semester?

- ☐ I am making better grades than I had expected at this point in the semester.
- ☐ My grades are what I had expected them to be at this point in the semester.
- ☐ My grades are lower than I had expected them to be at this point in the semester.

Answer the following questions about what pharmacy school is like for you. Choose one of the response options to indicate the extent to which you agree or disagree with each statement using the scale below. Please use the whole range of the scale.

	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
People at my school accept me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like an outsider at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other people understand more than I do about what is going on at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
I think in the same way as do people who do well in my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is a mystery to me how my school works.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel alienated from my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I fit in well at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am similar to the kind of people who succeed at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what kind of people my professors are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get along well with people at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I belong at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to do well at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not know what I would need to do to make my school's professors like me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
People at my school like me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I wanted to, I could potentially do very well at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People at my school are a lot like me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Select the state in which you are completing your Pharm.D. program.

- ☐ Alabama
- ☐ Florida
- ☐ Georgia
- ☐ Mississippi
- ☐ North Carolina
- ☐ Puerto Rico
- ☐ South Carolina
- ☐ Tennessee

Are you currently enrolled in an accelerated Pharm.D. program (e.g. 3 or 3.5 year track)?

- ☐ Yes

☐ No

In what year of the Pharm.D. curriculum are you currently enrolled?

- ☐ 1st professional year (P1)
- ☐ 2nd professional year (P2)
- ☐ 3rd professional year (P3)
- ☐ 4th professional year (P4)

Please select your sex assigned at birth.

- ☐ Male
- ☐ Female
- ☐ Prefer not to say

Please select your ethnicity.

- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Black or African American
- ☐ Hispanic or Latino
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ White

- ☐ Other, not listed
- ☐ Prefer not to say

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