

Supplement D: Mean Comparisons

Mean comparisons based on seven pre-established binary groups:

1. White vs. Non-White athletes
2. Winter vs. Summer sports
3. Team vs. Individual sports
4. Olympian vs. Paralympian
5. Ever pregnant vs. Never pregnant
6. Ever injured vs. Never injured
7. Ever vs. Never received mental health diagnosis

***To note, topics below are sorted by ranking (higher ranking to lower ranking) within each area**

Throughout the study we looked for and tried to address any differences that arose between these subgroups. We did this by rewriting topics, incorporating athlete feedback, and combining topics. In some cases, new differences arose - within that same topic - from round to round making it challenging to address each and every one. Some of these differences, you will see, are explained by the nature of the topic itself, and others warrant further investigation.

Round 1 Mean Differences

Topic: The impact of periods and phases of the menstrual cycle on health, performance, and well-being.

- There was a significant mean difference between individual ($M = 4.72$) and team sport athletes ($M = 3.94$), $p = .024$.
- There was a significant mean difference between athletes who never received mental health diagnosis ($M = 4.17$) and who received mental health diagnosis(s) ($M = 4.74$), $p = .035$.

Topic: Female specific strength training considerations to optimize performance.

- There was a significant mean difference between winter ($M = 4.82$) and summer sport athletes ($M = 4.06$), $p = .029$.

Topic: Training and performance considerations during pregnancy and postpartum return to sport

- There was a significant mean difference between who never pregnant ($M = 3.94$) and who ever pregnant ($M = 5.00$), $p = .012$.

Topic: The influence of environmental variables such as thermal load/impact, altitude, air quality/pollution on female athlete performance.

- There was a significant mean difference between individual ($M = 4.04$) and team sport athletes ($M = 3.24$), $p = .007$.

Topic: Injury management (prevention, detection, and recovery) in female athletes (e.g. concussion, overuse injury, ACL, bone stress injury)

- There was a significant mean difference between individual ($M = 4.44$) and team sport athletes ($M = 3.82$), $p = .035$.

Topic: Tools and strategies that support mental skills, training, and performance for female athletes with or without potential mental health diagnoses (e.g. anxiety, depression, eating disorder, OCD, PTSD)

- There was a significant mean difference between winter ($M = 4.09$) and summer sport athletes ($M = 4.68$), $p = .039$.

Topic: Programs and interventions that can strengthen mental health among female athletes with specific mental health concerns (e.g. anxiety, depression, eating disorder, OCD, PTSD), including for those with mental health diagnoses

- There was a significant mean difference between individual ($M = 4.60$) and team sport athletes ($M = 4.00$), $p = .045$.

Topic: Sport-specific supplementation (vitamins, minerals, other performance enhancing foods/drinks like coffee) strategies to optimize female athlete performance

- There was a significant mean difference between winter ($M = 4.73$) and summer sport athletes ($M = 3.94$), $p = .008$.

Topic: Female specific guidance and information related to performance testing protocol (e.g., VO₂max, substrate utilization, continuous blood glucose monitoring) and equipment (e.g., wearables)

- There was a significant mean difference between winter ($M = 4.09$) and summer sport athletes ($M = 3.26$), $p = .023$.
- There was a significant mean difference between athletes who never reported injured ($M = 2.82$) and who reported injured athletes ($M = 3.69$), $p = .025$.

Round 2 Mean Differences

Topic: Team Dynamics: The impact of team dynamics and interpersonal relationships between athletes on performance, health, and well being.

- There was a significant mean difference between individual ($M = 4.13$, $SD = 0.90$) and team sport athletes ($M = 4.80$, $SD = 0.41$), $p = .024$.

Topic: Male Dominated Spaces: The Impacts of institutionalized sexism and/or male dominated coaching and support staff on female athlete mental health and performance.

- There was a significant mean difference between Olympian ($M = 4.18$, $SD = 0.92$) and Paralympian athletes ($M = 5.00$, $SD = 0$), $p = .035$.

Topic: Female specific strength training considerations to optimize performance.

- There was a significant mean difference between winter ($M = 4.60$, $SD = 0.70$) and summer sport athletes ($M = 3.86$, $SD = 0.83$), $p = .018$.

Topic: The role of strength training in injury risk reduction in female athletes

- There was a significant mean difference between Olympian ($M = 4.36$, $SD = 0.74$) and Paralympian athletes ($M = 3.17$, $SD = 1.33$), $p = .039$.

Topic: Injury management (prevention, detection, and recovery) in female athletes (e.g. concussion, overuse injury, ACL, bone stress injury)

- There was a significant mean difference between individual ($M = 4.50$, $SD = 0.78$) and team sport athletes ($M = 3.60$, $SD = 0.91$), $p = .003$.
- There was a significant mean difference between Olympian ($M = 4.36$, $SD = 0.70$) and Paralympian athletes ($M = 3.00$, $SD = 1.27$), $p = .014$.

Topic: Female-specific sport, training, and equipment needs or equipment designed for female athletes (e.g. wheelchair, sports bra, rowing seat)

- There was a significant mean difference between individual ($M = 4.21$, $SD = 1.02$) and team sport athletes ($M = 3.40$, $SD = 1.24$), $p = .041$.
- There was a significant mean difference between winter ($M = 4.70$, $SD = 0.48$) and summer sport athletes ($M = 3.62$, $SD = 1.21$), $p = .011$.

Round 3 Mean Differences

Below are the three topics that had statistically significant differences in mean scores between the same pre-established group for at least two rounds.

Topic: The impacts of institutionalized sexism and/or male dominated coaching and support staff on female athlete mental health and performance.

- Round 2: There was a significant mean difference between Olympic ($M = 4.918$, $SD = .92$) and Paralympic athletes ($M = 5.00$, $SD = 0.00$), $p. = .035$

- Round 3: There was a significant mean difference between Olympic ($M = 3.97$, $SD = 1.02$) and Paralympic athletes ($M = 5.00$, $SD = 0.00$), $p = .012$

Topic: Tools, strategies, and interventions that support and strengthen mental skills, training, and performance for female athletes with or without potential mental health diagnoses (e.g., anxiety, depression, eating disorder, OCD, PTSD).

- Round 1: There was a significant mean difference between winter ($M = 4.09$) and summer sport athletes ($M = 4.68$), $p = .039$.
- Round 3: There was a significant mean difference between winter ($M = 4.10$, $SD = 0.57$) and summer sport athletes ($M = 4.66$), $p = .009$.

Topic: Training, performance, physical health and mental health considerations during pregnancy and postpartum return to sport.

- Round 1: There was a significant mean difference between athletes who were ever pregnant ($M = 5.00$, $SD = 0.00$) and never pregnant ($M = 3.94$), $p = .012$
- Round 3: There was a significant mean difference between athletes who have ever pregnant ($M = 5.00$, $SD = 0.00$) and never pregnant ($M = 3.97$), $p = .007$.