



**IWG**  
Women & Sport  
Insight Hub

# THRIVING THROUGH SPORT: THE TRANSFORMATIVE IMPACT ON GIRLS' MENTAL HEALTH

Active Lives

Last updated: March 4, 2025



Morgan Powell 

Co-authored by Women's Sports Foundation

This report examines the relationship between girls' sport participation and mental health. The data provides evidence that in high quality sport settings, playing sports can help lower depression and anxiety and enhance peer relationships. The study helps to identify the aspects of the sport setting that drive these outcomes, including levels of autonomy, coach relationships and more. Policy and practice recommendations that demonstrate how they can be applied in the field.

The full report and additional resources can be downloaded from the WSF website:

[Thriving Through Sport](#)

## Related Links



[https://www.womenssportsfoundation.org/articles\\_and\\_re...  
through-sport/](https://www.womenssportsfoundation.org/articles_and_resources/thriving-through-sport/)