

Research Summary

A study about depression for Special Olympics athletes and people who do not do Special Olympics



Special Olympics
Olympiques spéciaux
Canada

Learn more about the research paper [here](#)

Why did we do this research?



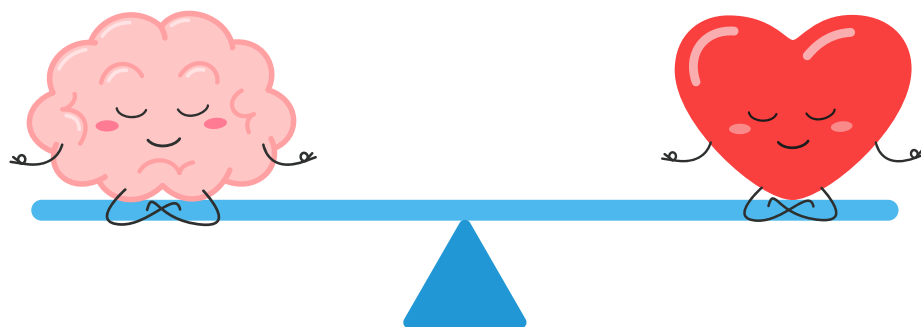
It is common for people with developmental disabilities to have depression.



Research shows that getting exercise and being in sports clubs can help people's mental and physical health.



We wanted to know if being in Special Olympics is good for mental health and can help with depression.



What did we do?

We looked at all the young adults with developmental disabilities from Ontario who were and who were not in Special Olympics.



Then, we looked to see how many people in Special Olympics had depression **and** how many people who were not in Special Olympics had depression.



We looked at information that was collected over 20 years.

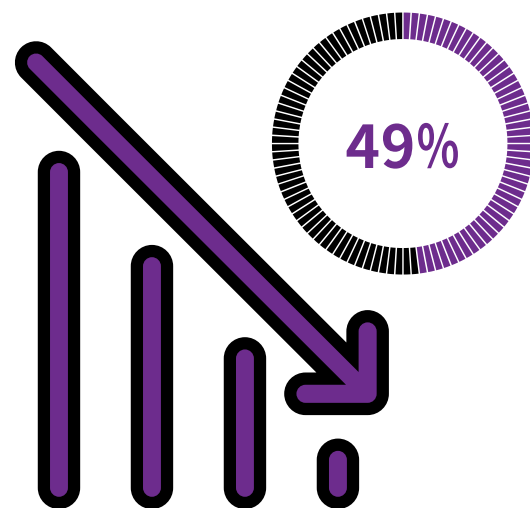


What did we learn?

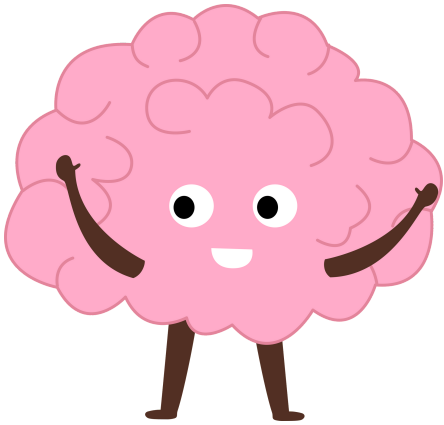


Young adults in Special Olympics were **diagnosed with depression less often** than people who did not go to Special Olympics.

The people who did Special Olympics were **half** as likely to get depressed as the people who did not.



What does this mean?



In addition to being fun, a place to make friends and be physically active, the research shows that participating in Special Olympics is good for mental health.



We think Special Olympics can help people in important ways and it would be good for people to give it a try. We need more programs like Special Olympics.



Special Olympics is just one place to go to do sports and meet people. There are other groups too that you can join to feel good, get exercise, and be with other people.

Article title: Young adults with intellectual and developmental disabilities who participate in Special Olympics are less likely to be diagnosed with depression

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This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH.

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