

## **Shots Against Violence: Hoops For Hope By Community Rounds**

Category: Mental Health; Oral Presentation

Disclosure: The authors did not report any financial relationships or conflicts of interest

[Supplemental Video](#)

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### **Background**

The CDC prompts scholarship to examine the dynamics of adverse childhood events and their traumatic impact on the resilience of Black youth. Studies have identified the predominance of avoidant coping stress management in Black adolescents, and its link to various maladaptive behavioral outcomes, including violence. In addition, review of crime statistics in New Orleans illustrates initial spike in murder activity occurring in the 15-19 year old bracket of Black males. Thus, the aim of this study is to assess behavioral health outcomes after adaptive stress response training in this population.

### **Hypothesis**

Tension experienced in basketball competition provides informal cognitive education in which Black adolescent males condition personal character that facilitates an adaptive behavioral response to non-sport community stress burden. Competitive basketball may be a medium to mitigate overall prevalence of pervasive violence exposure in Black adolescent males in New Orleans.

### **Methods**

Participants will be numerically identified and will complete the VIA Youth Survey (ages 13-17) and the General Self-Efficacy Scale followed by the recreational basketball intervention and the Albert Bandura Self Efficacy Model Coaching co-intervention. 4-6 weeks later, participants will complete the survey and scale again, and frequency distribution will be used to determine good character profile differences (there are 24 identified strengths that should cultivate 6 virtues, referred to as "good character"). Measures of association will be made in the good character profile and the "coping ability of daily living" scores in samples before and after interventions. Measures of central tendency from the General Self-Efficacy Scale will also be used to determine differences in coping ability before and after interventions.

#### Inclusion Criteria:

- 13-17 y/o Black males
- Living in 5th or 7th district of New Orleans
- Samples obtained at random from schools, recreational sporting teams, churches, after-school programs

#### Exclusion Criteria: participants with any of the following at start or prior to completion of study:

- academic or disciplinary school-imposed sanctions
- Parent or school-reported behavioral health diagnosis
- unresolved legal case(s)
- incomplete participation

#### Outcomes to Measure:

1. Good character - analyze positive character profile as a primary outcome
2. Coping ability of daily living as a secondary outcome

#### Learning Objectives

- Discuss scientific surveillance of behavioral health outcomes in relation to adaptive stress response training of target population
- Estimate the capacity of informal learning mediums (i.e. basketball) to aid in the character development of Black adolescent males
- Measure the effect of character development on stress coping response in black adolescent males.

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