

Table 3*Results of the Differences in Usage for the Development and Informative Resources Factors*

Variables	<i>n</i>	Development resources		Informative resources	
		<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Age					
Under 25 years old	76	1.22	.29	1.31***	.38
25 years old and over	115	1.28	.29	1.56	.46
Gender					
Male	57	1.22	.26	1.45	.42
Female	133	1.27	.30	1.46	.45
Sport category					
Olympic	159	1.26	.28	1.47	.45
Paralympic	32	1.24	.32	1.40	.43
Sport season					
Winter	36	1.24	.24	1.62**	.52
Summer	146	1.26	.30	1.42	.42
Years on the national team					
Less than 5 years	93	1.22	.27	1.39**	.39
5 years and up	98	1.29	.30	1.52	.49
Highest level of completed education					
No university diploma	89	1.24	.29	1.38**	.42
University diploma	101	1.27	.29	1.52	.45
Current school status					
Not in school	99	1.24	.29	1.50	.45
Student (from high school to university)	87	1.27	.28	1.41	.41
Affiliated training centre or institute					
Western	90	1.23	.26	1.55**	.47
Eastern	100	1.28	.32	1.38	.41
Engagement in career outside of sport					
Little	36	1.19	.26	1.27***	.33
Very	154	1.27	.30	1.50	.46

Variables	<i>n</i>	Development resources		Informative resources	
		<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Time and access barrier					
Not a barrier	90	1.23	.29	1.44	.44
Barrier	99	1.27	.28	1.47	.45
Fear of stigma barrier					
Not a barrier	165	1.25	.30	1.45	.45
Barrier	24	1.27	.22	1.47	.43
Fear of being misunderstood					
Not a barrier	181	1.25	.29	1.45	.45
Barrier	8	1.23	.17	1.66	.46
Lack of knowledge barrier					
Not a barrier	122	1.29***	.31	1.52	.47
Barrier	67	1.17	.23	1.34***	.37

* $p < .05$, ** $p < .01$, *** $p < .001$