Doping Prevention Practice in Recreational Sport across EU-28

Prof Susan Backhouse
Institute of Sport, Physical Activity & Leisure
Threatens
• health of individual doping users
• persons in the doping users’ immediate environment

Harms
• integrity of recreational sports
• linked to negative societal phenomena (i.e., criminal activities)
Public Health
A representative from the Commission also attended the HLERG meetings.
Map, describe and analyse:

- existing approaches to doping prevention in relation to recreational sport
- extent to which NADOs are involved in doping prevention in relation to recreational sports
- differences between Member States legal, administrative and political arrangements in DRS

Recommendations regarding doping prevention in recreational sport
NADO 55%
University/Coll ege 24%
Public authority (e.g. ministry responsible for sport/health, municipality) 11%
Other organisation involved in sport, sport policies or sport research 10%
MS Coordinators
More than **two thirds** of MS thought that the prevention of doping in recreational sport was **important** or **very important**
Prevention efforts underway?

- Yes: 79%
- No: 21%
Aware good practice?

No 59%
Yes 41%

Countries: Sweden, Netherlands, Portugal, Slovakia, Romania, Flanders, Denmark, Germany, Finland, Italy, Spain, Poland.
Romania
Finland
Netherlands
Italy
Denmark
Sweden
Flanders
Portugal
Ensure efforts are feasible, sustainable and have greatest reach
Seen as a challenge.....

- **Ministry of Education**: support anti-doping in schools, universities
- **Ministry of Health**: reflect doping in its prevention campaigns; educate general practitioners and pharmacists on doping issues
- **Police**: perform searches in suspicious gyms
- **Customs**: search for shipments containing doping
- **Sports federations**: actively promote Clean Sport
Commercial organisations – role?
Only 3 MS were satisfied or very satisfied with the availability and quality of information from EU MS on the prevention of doping in recreational sport.
There is a need to foster the exchange of good practice information and materials
(i.e., successful preventive and legislative initiatives and activities)
Median score

- Knowledge-focused
- Affective-focused
- Social skills training
- Life skills training
- Ethics and values-based
- Context-specific legislation/sanctions

Slightly effective
Not too effective
Six common ingredients

- Target early when attitudes and values are being formed
- Emphasise life skill development & adopt social influence approaches
- Tailor to fit the target population, with an emphasis on active participation
- Monitor and deliver the programme with high degrees of fidelity
- Ensure staff delivering the programme receive the necessary training
- Incorporate booster sessions to reinforce the programme message

Backhouse, McKenna & Patterson (2009)
Future trends
“The truth of the matter is we have absolutely no idea of the effect of this new drug in the human body because there’s not a single study of even 10 people who have taken this,” says Dr. Cohen. “So this is a total experiment on the public, on consumers, that we’re witnessing.”
Just as good, yet different to Craze

20 March 2015

QUALITY ★★★★★

As I expect with most of you trying this product, you were wondering whether it would live up to the reputation of DS Craze. In my mind, it most definitely has. The focus remains, yet lacking the same extremely intense sense of chaotic energy, what remains is a more channelled determination to slay the iron. After about two hours of ingestion, I find it leaves me with a very chilled out feeling, verging on euphoria at certain points. My quality of sleep actually increases when using Frenzy, where the opposite was true of Craze. Only downside appears to be a loss of appetite, but something to bear in mind if cutting. **Buy it now, before it is inevitably banned.**

by @HulkPhilosophy
Gateway to doping? Supplement use in the context of preferred competitive situations, doping attitude, beliefs, and norms

S. H. Backhouse, L. Whitaker, A. Petróczy

1Carnegie Research Institute, Leeds Metropolitan University, Leeds, United Kingdom, 2Faculty of Life Sciences, Kingston University, Kingston, UK, 3Sheffield University, Sheffield, UK

Corresponding author: Susan H. Backhouse, PhD, Carnegie Research Institute, Leeds Metropolitan University, Headingley Campus, Leeds LS6 3QS, UK. Tel: +44 (0)113 812 4684, E-mail: s.backhouse@leedsmet.ac.uk

Accepted for publication 20 June 2011

Nutritional supplement (NS) use is widespread in sport. This study applied an integrated social cognitive approach to examine doping attitudes, beliefs, and self-reported doping use behavior across NS users (n = 96) and nonusers (n = 116). Following ethical approval, 212 competitive athletes (age mean = 21.4, s = 4.5; 137 males) completed self-reported measures of doping-related social cognitions and behaviors, presented in an online format where completion implied consent. Significantly more NS users (22.9%) reported doping compared with nonusers (6.0%; U = 4628.0, P < 0.05). NS users presented significantly more positive attitudes toward doping (U = 3152.0, P < 0.05) and expressed a significantly greater belief that doping is effective (U = 3152.0, P < 0.05). When presented with the scenario that performance-enhancing substances are effective and increase the possibility of winning, NS users were significantly more in favor of competing in situations that allow doping (U = 3504.5, P < 0.05).

In sum, doping use is three-and-a-half times more prevalent in NS users compared with nonusers. This finding is accompanied by significant differences in doping attitudes, norms, and beliefs. Thus, this article offers support for the gateway hypothesis; athletes who engage in legal performance enhancement practices appear to embody an “at-risk” group for transition toward doping. Education should be appropriately targeted.

Personal and Psychosocial Predictors of Doping Use in Physical Activity Settings: A Meta-Analysis

Nikos Ntoumanis · Johan Y. Y. Ng · Vassilis Barkoukis · Susan Backhouse
Supplement use

Personal morality/sportspersonship

Anticipated regret

Self-regulatory efficacy

Drive for Muscul arity/Thin ness

Motivation profiles

Willingness

Susceptibility

Doping avoidance

Attitude

Subjective norm

Perceived behavioural control

Intention

Behaviour

Situational temptation

(Ajzen, 1985; Ajzen & Fishbein, 1980; Lazarus et al. 2010)
APED use = complex behavior
Behaviour Change Wheel

Michie et al. Implementation Science 2011, 6:42
Recommendations
Recommendations

- Best available research evidence
- Environment and organizational context
- Decision-making
- Population characteristics, needs, values, and preferences
- Resources, including practitioner expertise
Develop agreed MS responsibilities for the **co-ordination** of prevention programmes related to doping in recreational sport.
Recommendations
Recommendations
Recommendations
Thanks for listening!

Please feel free to get in touch:
S.Backhouse@leedsbeckett.ac.uk

@susanchancebackhouse

Carnegie Clean Sport Research Team