Doping Prevention Practice in Recreational Sport across EU-28

Prof Susan Backhouse

Institute of Sport, Physical Activity & Leisure

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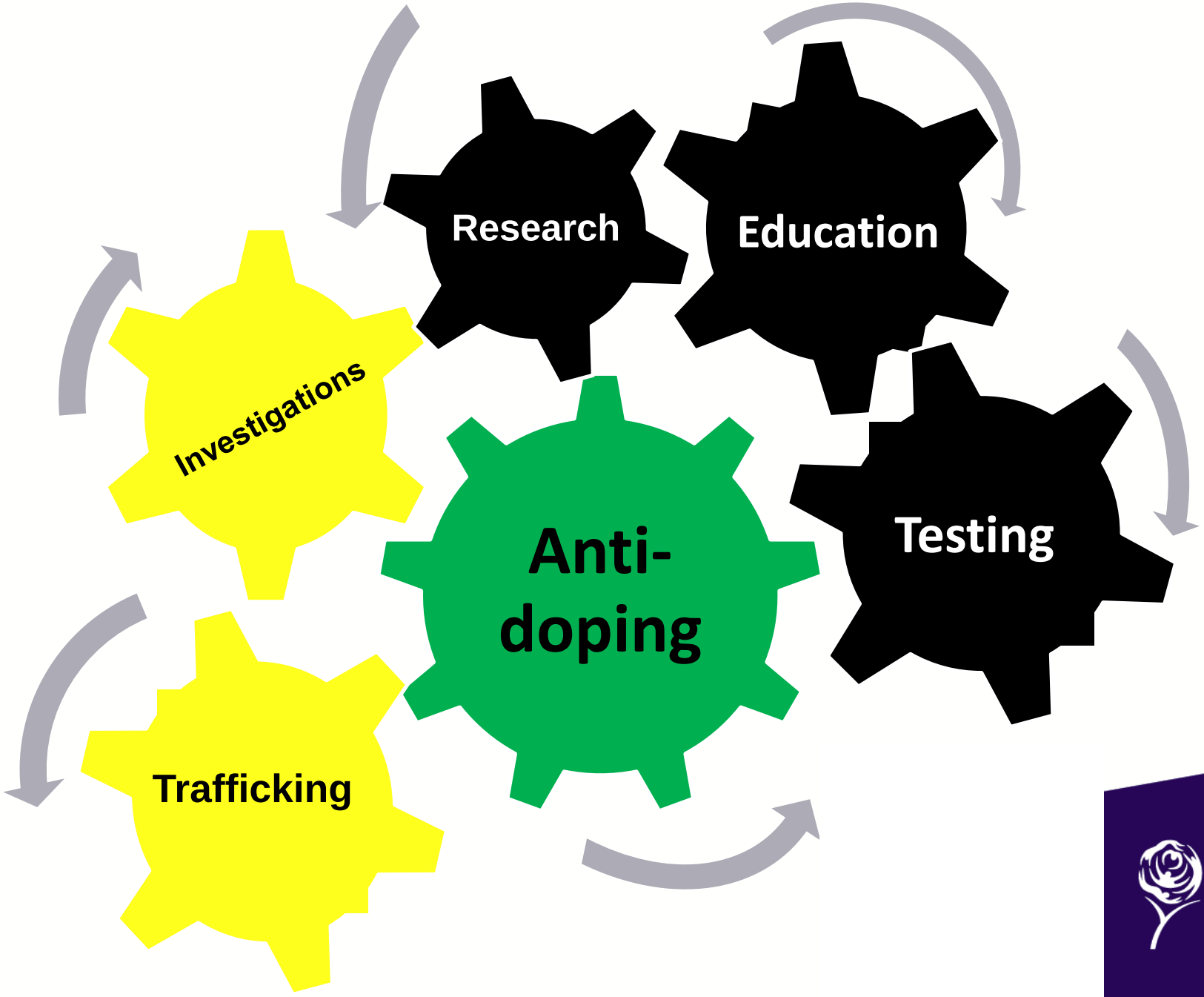

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Threatens

- 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)

2011 EU Communication on Sport

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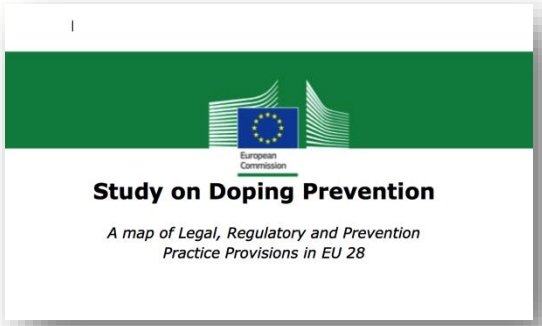
A representative from the Commission also attended the HLERG meetings



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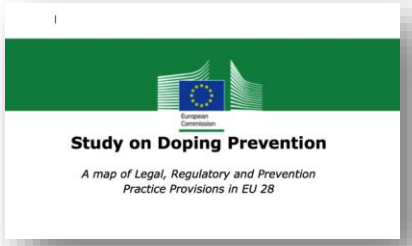

Map, describe and analyse:

- 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

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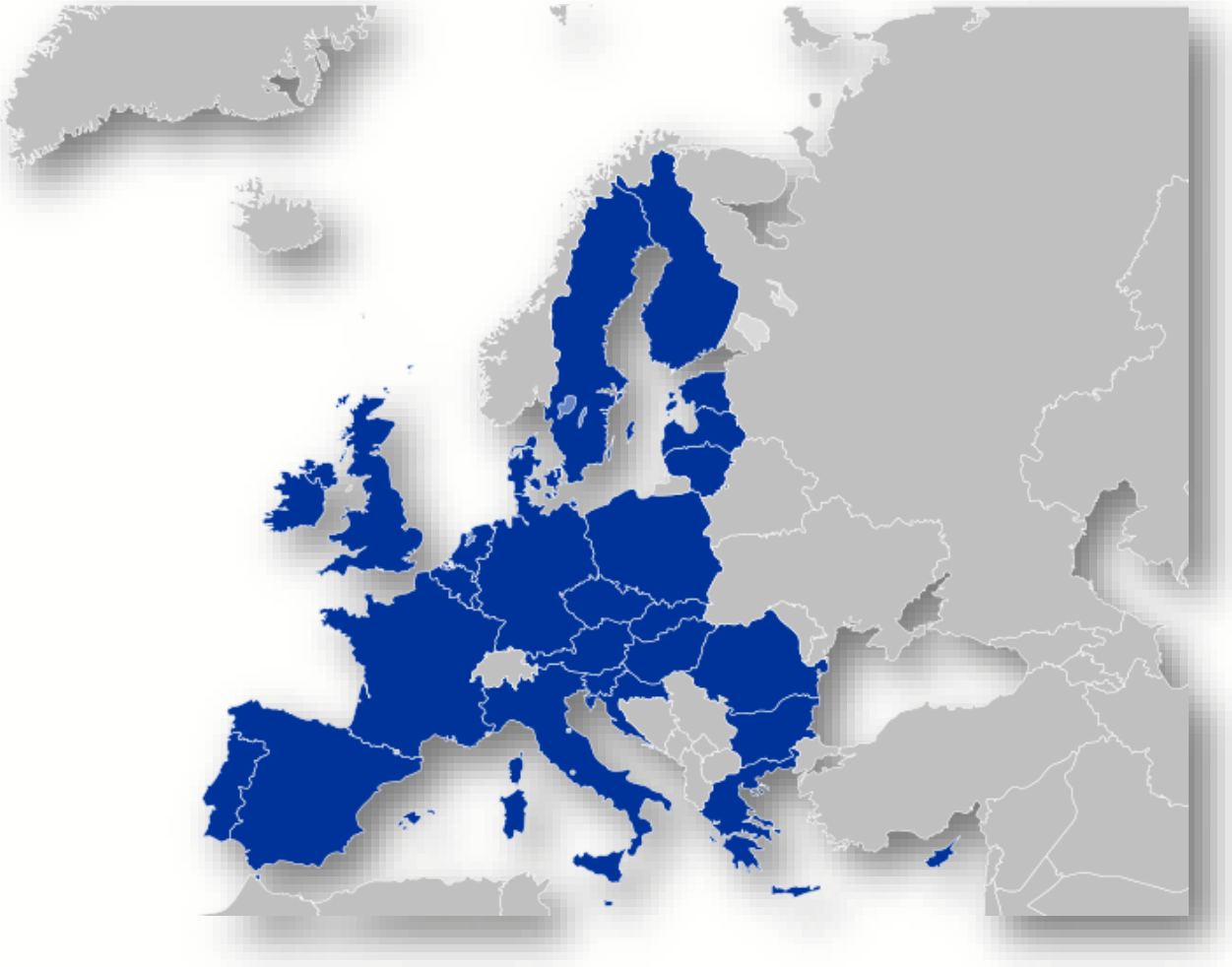

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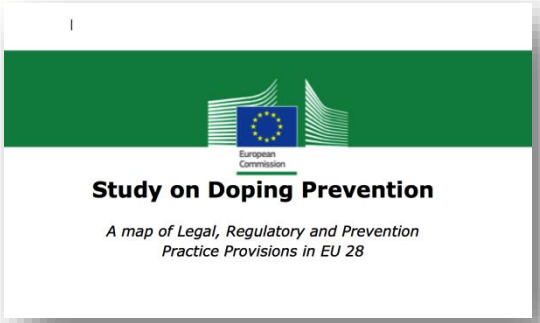

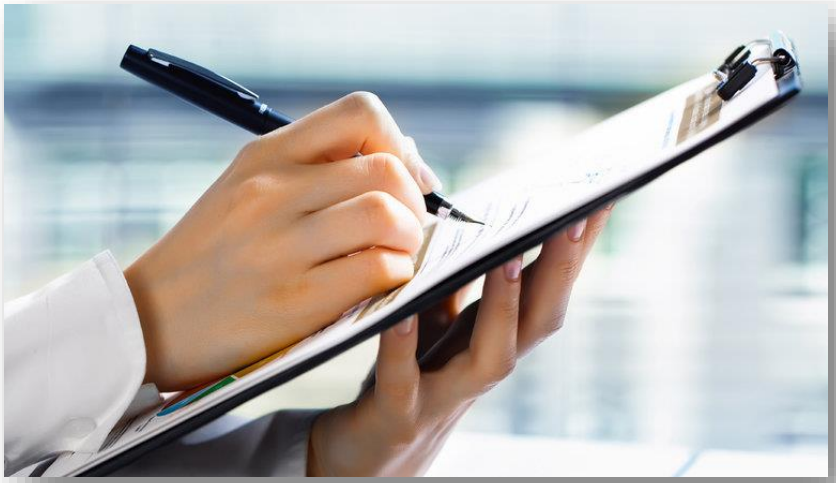

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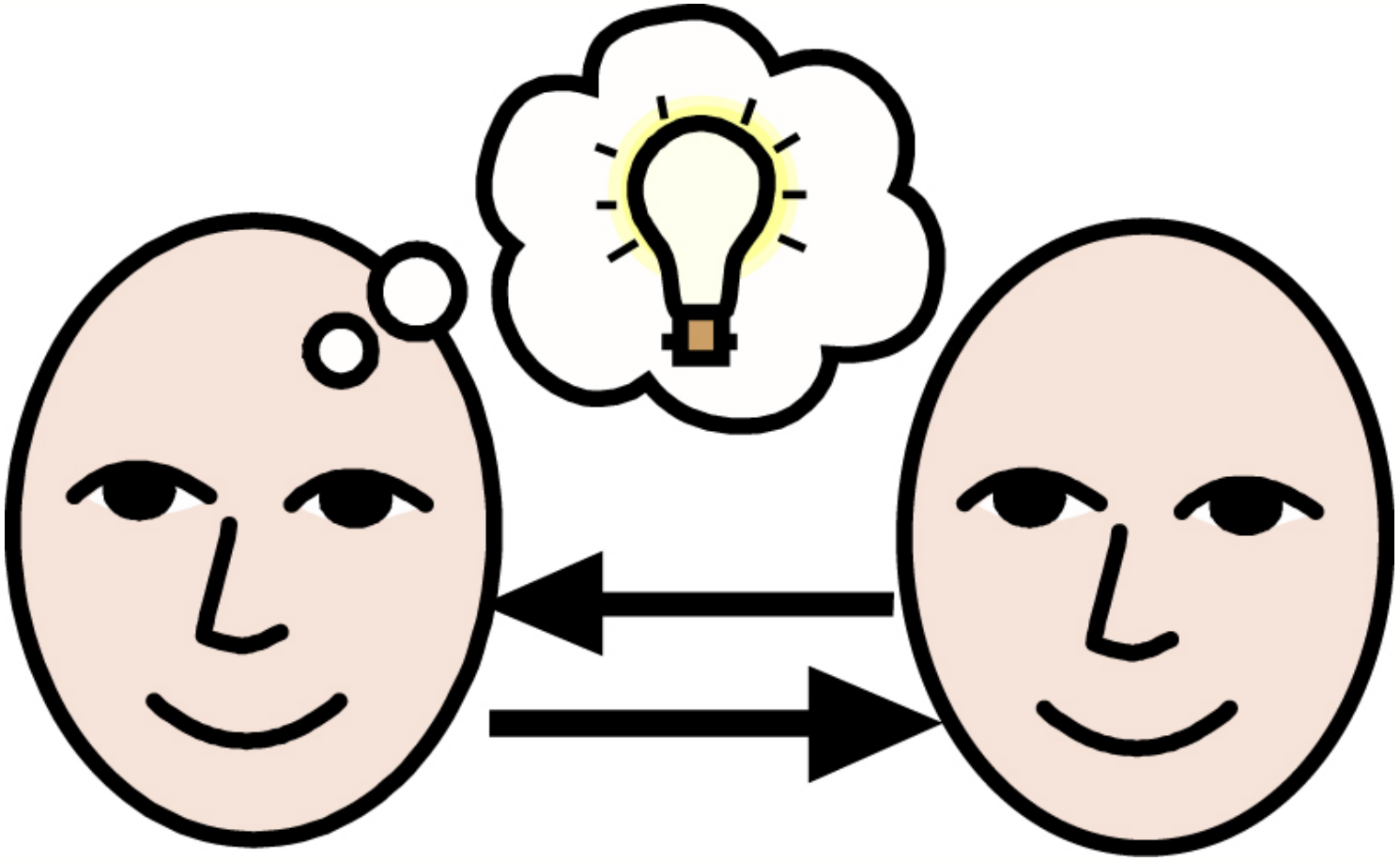

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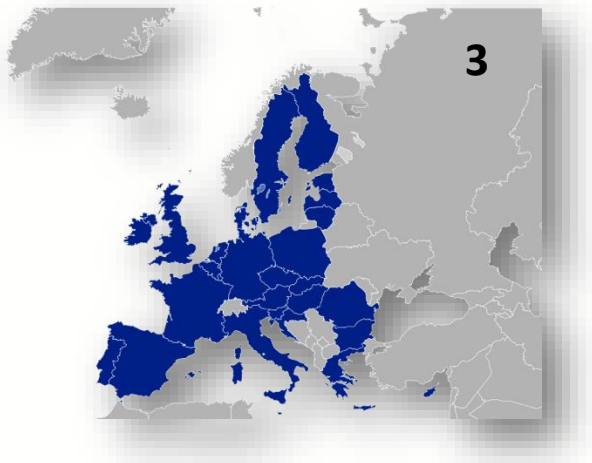

European Commission | Sport

United Kingdom

NADO

Name: UK Anti-Doping (UKAD)

Mission: ensuring sports bodies in the UK are compliant with the World Anti-Doping Code through implementation and management of the UK's National Anti-Doping Policy.

Legal status: Limited Liability Company

Funding: State

Website: www.ukad.org.uk

ANTI-DOPING RULES

Found in
UK Anti-Doping Rules, incorporated or referenced to by the rulebook of any national governing body in the United Kingdom, i.e., any sports organisation that serves as the ruling body for a sport or for an event involving one or more sports ("NGB").

Applicable to
All Athletes and Athlete Support Personnel who are members of the NGB and/or of member or affiliate organisations or licensees of the NGB (including any clubs, teams, associations or leagues); All Athletes and Athlete Support Personnel participating in such capacity in Events, Competitions and other activities organised, convened, authorised or recognised by the NGB or any of its member or affiliate organisations or licensees (including any clubs, teams, associations or leagues); Any other Athlete or Athlete Support Personnel who, by virtue of a contractual arrangement or otherwise, is subject to the jurisdiction of the NGB for purposes of anti-doping; This includes elite and low-level competitive athletes.

Sanctioned by
NADO

DOPING PREVENTION IN RECREATIONAL SPORT

Responsibility
Federations (low-level competitive athletes). The official mission of the NADO excludes collaborations with organisations in relation to doping prevention in recreational sport.

Practices
Efforts are not currently underway to prevent doping in recreational sport but the expert indicated that the main mode of delivery was via self-directed learning (e.g. searching the internet, reading books, newspapers and journal articles). NGBs anti-doping rules in theory cover all individuals who are a member of that NGB, including those who compete at a low level. The NADO encourages NGBs to develop education and information programmes at all levels within their sport. NGBs delegate the testing function to the NADO under the requirements of the UKs National Anti-Doping Policy. Some NGBs also conduct additional testing for their social drugs programme - the NADO is not responsible for testing in these sport specific programmes. The NADO leads its own education programmes (for example Major Games) - 100% me

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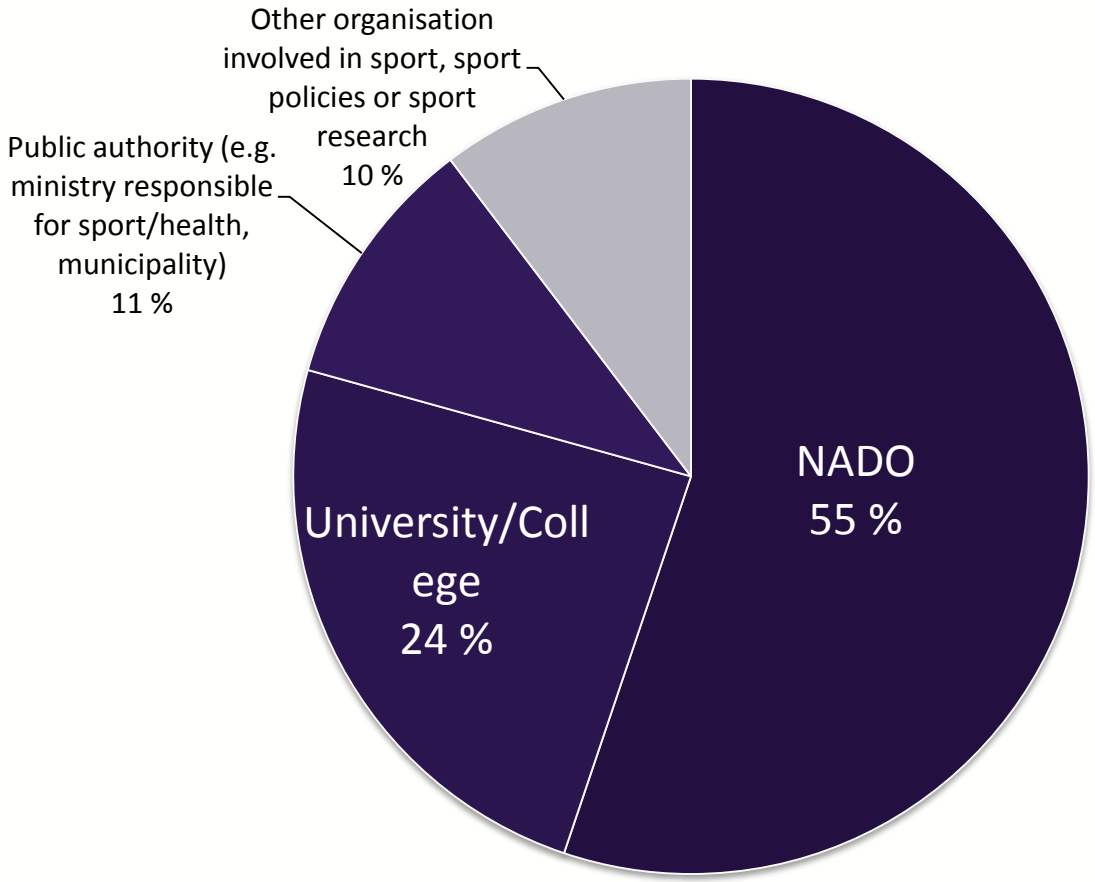
MS Coordinators



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More than **two thirds** of MS thought that the prevention of doping in recreational sport was **important** or **very important**

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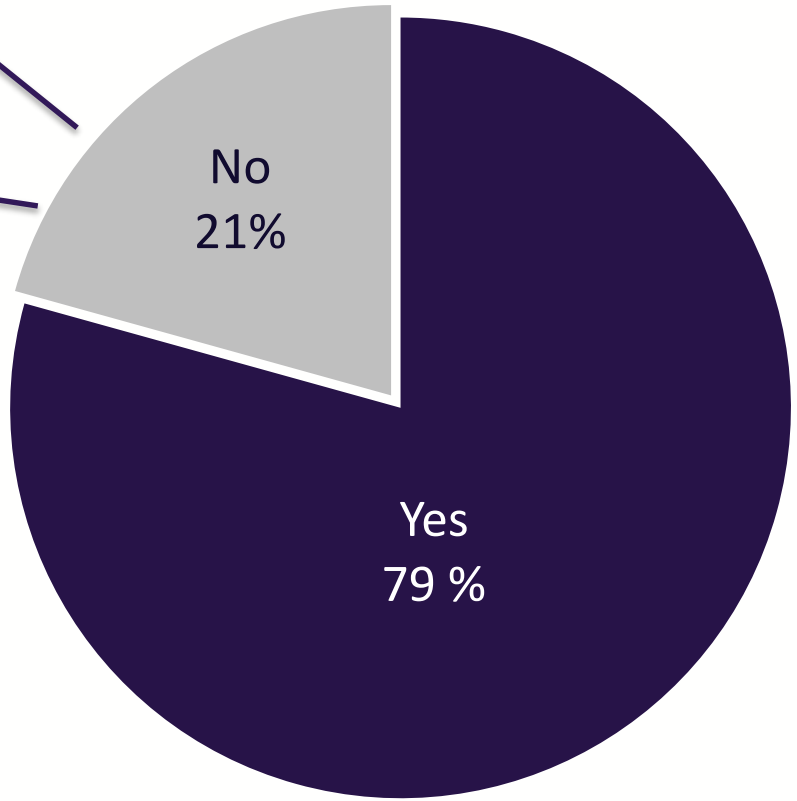
Slovakia Ireland
Slovenia
France Greece
Malta



Prevention efforts underway?

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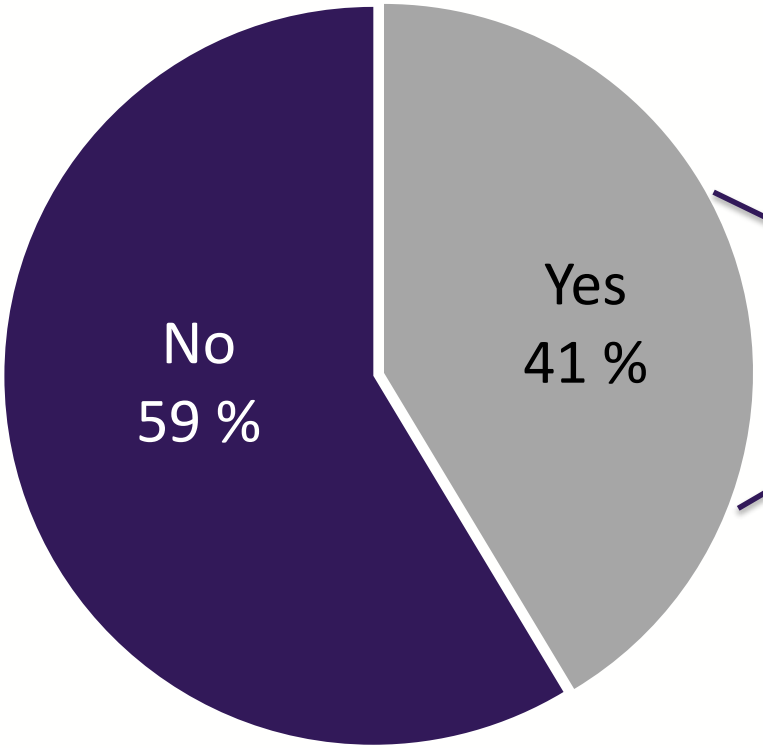
Aware good practice?



Italy
Spain
Sweden
Poland
Netherlands
Slovakia
Portugal
Romania
Flanders
Denmark
Germany
Finland

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Dopinglinkki

A-klinikkasäätiö
Luotettava kumppani, vahva vaikuttaja

Romania Finland
Netherlands Italy
Denmark Flanders
Sweden Portugal

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Ensure efforts are feasible, sustainable and have greatest reach

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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

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Italy Latvia Romania
Austria Netherlands
Sweden Portugal
Denmark
Flanders
Finland

Commercial organisations – role?

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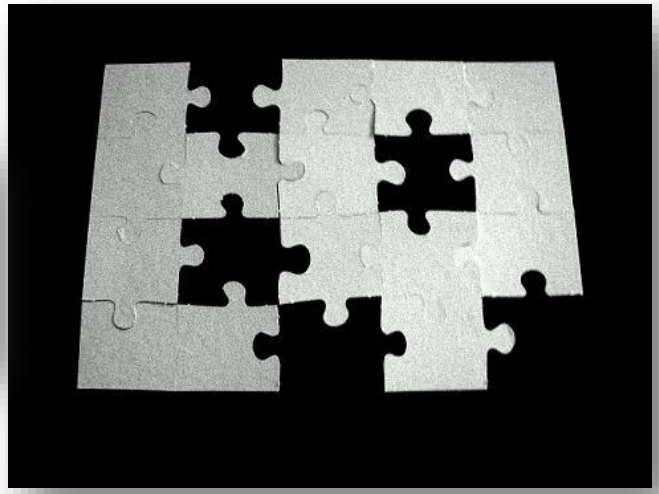

Only 3 MS were satisfied or very satisfied with the availability and quality of information from EU MS on the prevention of doping in recreational sport

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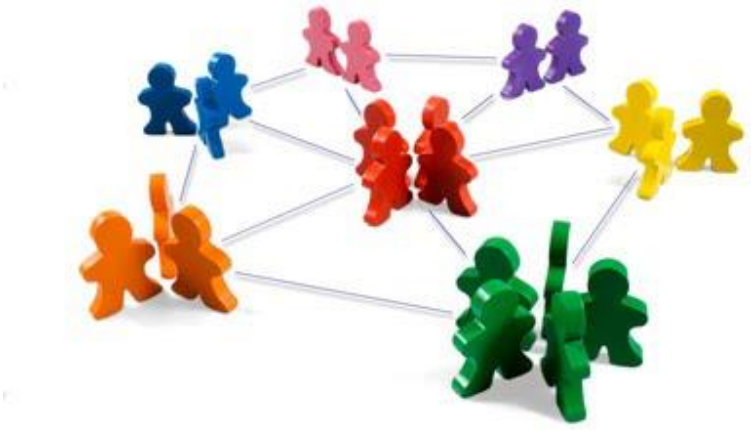
There is a need to **foster the exchange of good practice information and materials**

(i.e., successful preventive and legislative initiatives and activities)



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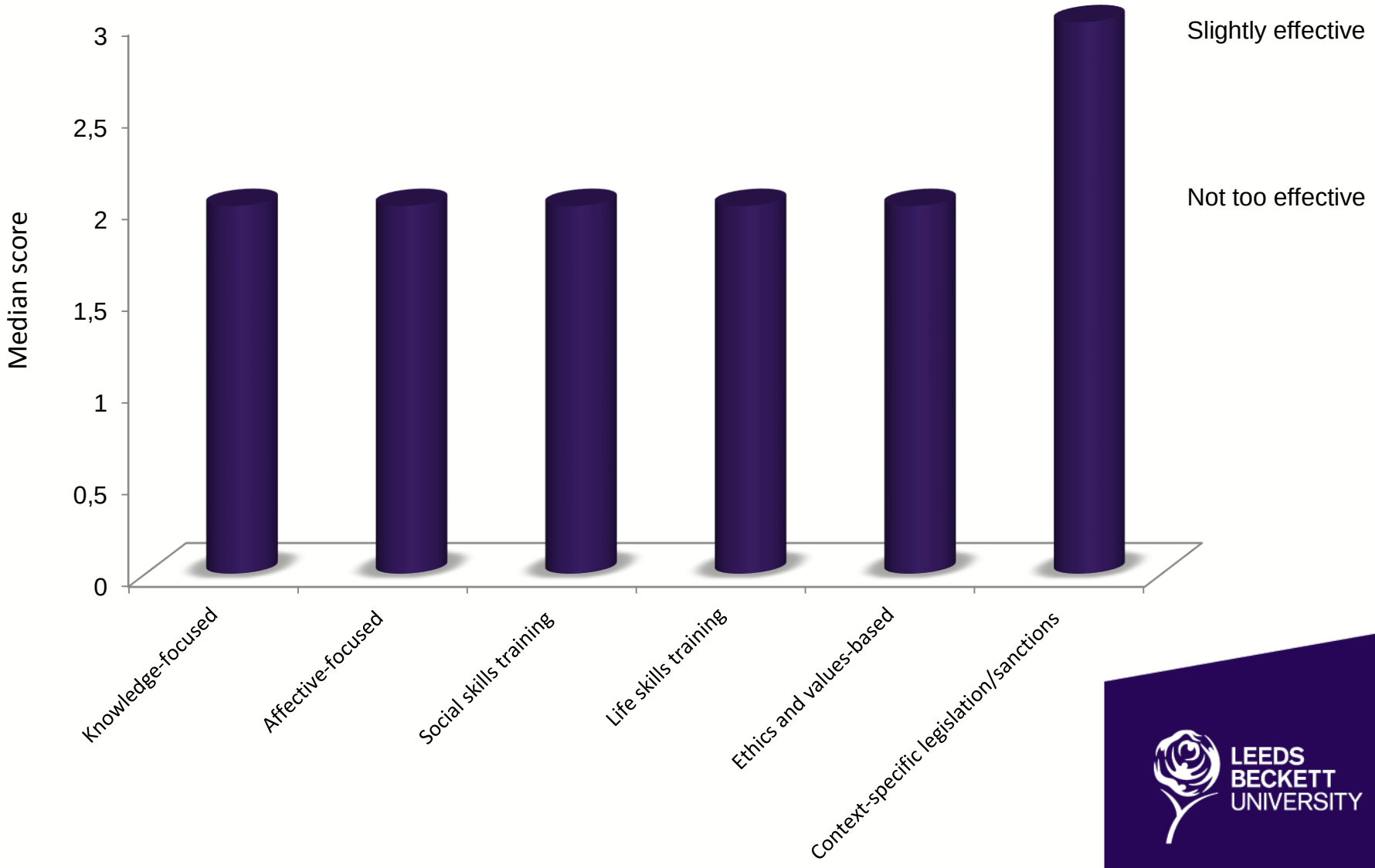

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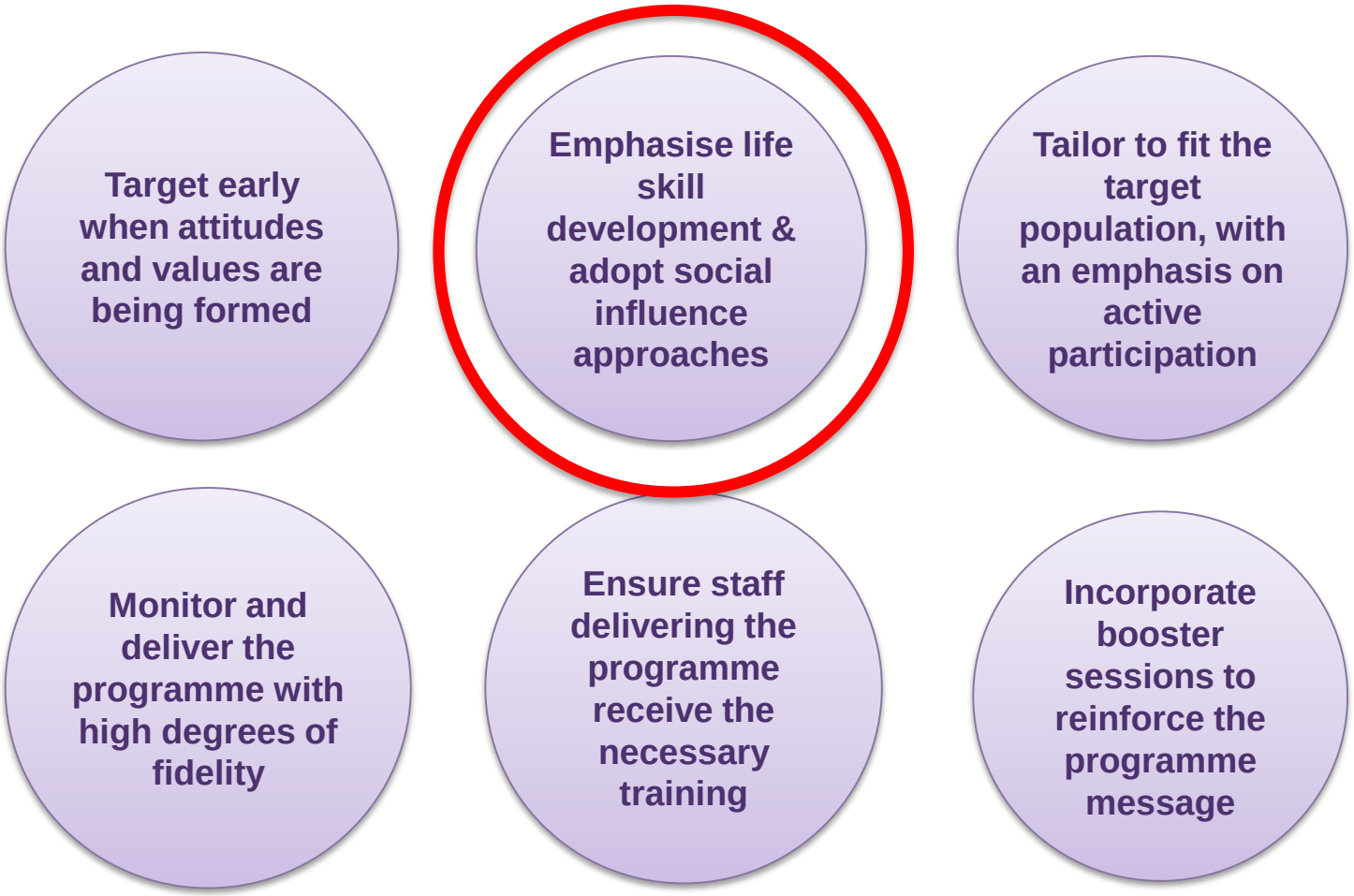

Six common ingredients

Backhouse, McKenna & Patterson (2009)

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Future trends

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UK Anti-Doping Warning - New Supplement Ingredient 1, 3-Dimethylbutylamine (DMBA)

27/04/2015

Short communication

Drug Testing and Analysis

Received: 10 September 2014 Revised: 19 September 2014 Accepted: 21 September 2014 Published online in Wiley Online Library: 8 October 2014

(www.drugtestinganalysis.com) DOI 10.1002/dta.1735

A synthetic stimulant never tested in humans, 1,3-dimethylbutylamine (DMBA), is identified in multiple dietary supplements

Pieter A. Cohen,[a]* John C. Travis[b] and Bastiaan J. Venhuis[c]

A synthetic stimulant never before studied in humans, 1,3-dimethylbutylamine (DMBA), was suspected of being present in dietary supplements. DMBA is an analogue of the pharmaceutical stimulant, 1,3-dimethylamylamine (DMAA), which was recently banned by the US Food and Drug Administration. We obtained all dietary supplements sold by US distributors that listed an ingredient on the label, such as AMP Citrate, that might be a marketing name for DMBA. Supplements were analyzed for the presence and quantity of DMBA. Fourteen supplements met our inclusion criteria and were analyzed by two separate laboratories using ultra high performance liquid chromatography (UHPLC) - mass spectrometry and a reference standard. The identity of DMBA was confirmed in 12 supplements in the range of 13 to 120 mg DMBA per serving. Following recommendations on the supplement label for maximum daily intake, customers would consume from 26 to 320 mg of DMBA per day. Supplements containing DMBA were marketed to improve athletic performance, increase weight loss and enhance brain function. DMBA has never before been detected in supplements. The stimulant has never been studied in humans; its efficacy and safety are entirely unknown. Regulatory agencies should act expeditiously to warn consumers and remove DMBA from all dietary supplements.

"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."

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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

ut of the water

te product
special but the
u an animal in training .

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http://www.predatornutrition.com/en/driven-sports-frenzy-preworkout-40-servings/?gclid=CO70177v4sUCFezKtAodJTQAhQ

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

S. H. Backhouse[1], L. Whitaker[1], A. Petróczi[2,3]

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

Sports Med
DOI 10.1007/s40279-014-0240-4

SYSTEMATIC REVIEW

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

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

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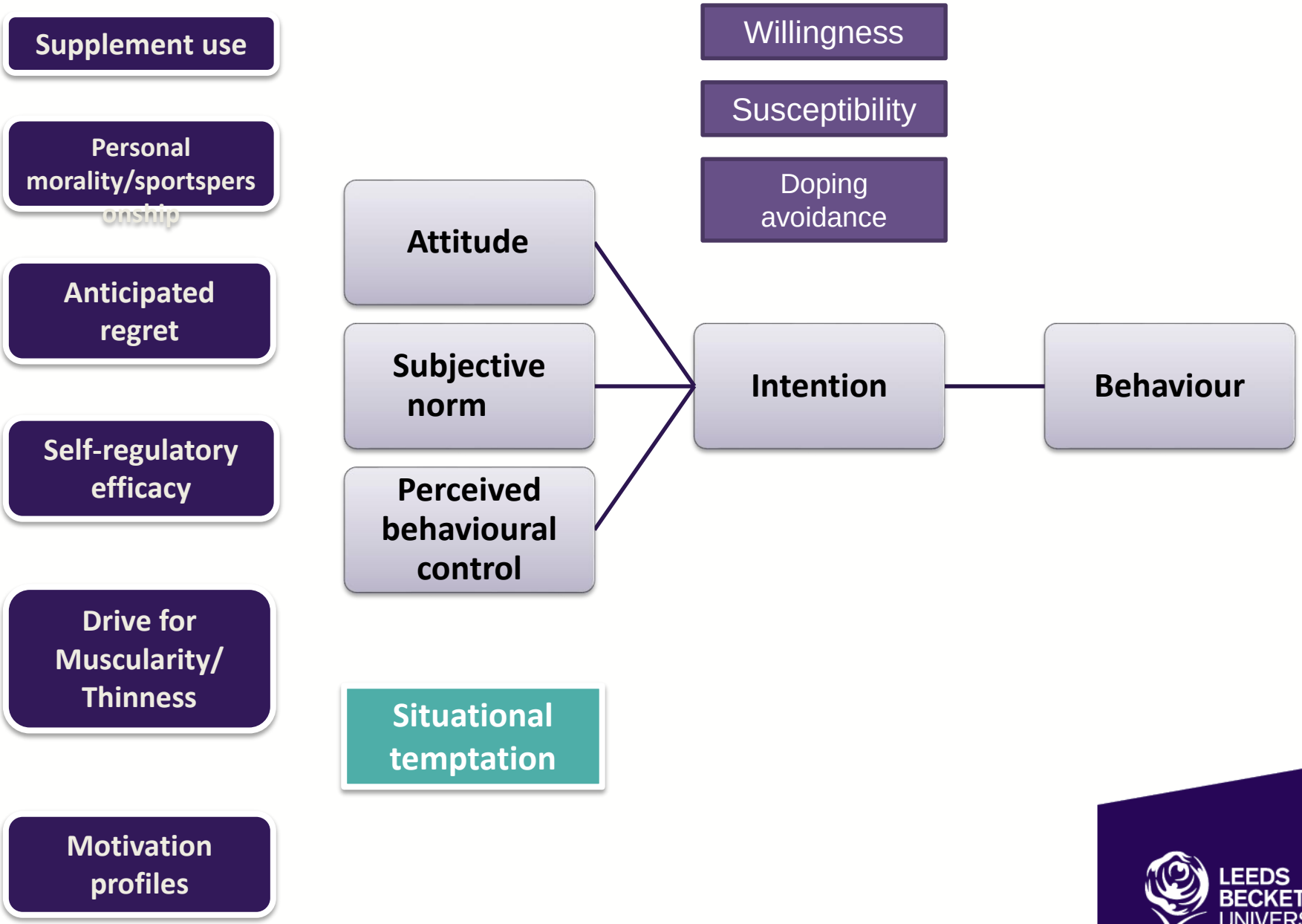

(Ajzen, 1985; Ajzen & Fishbein, 1980; Lazarus et al. 2010)

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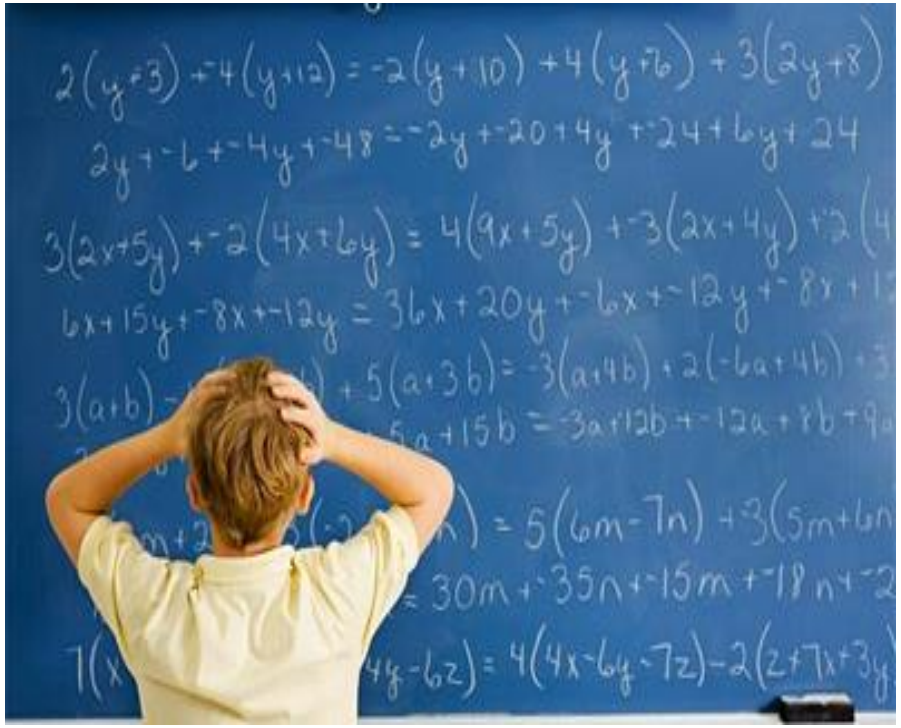
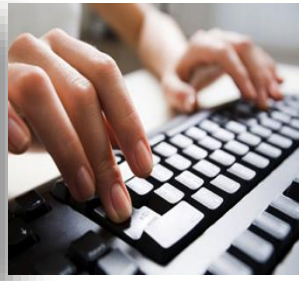


APED use = complex behavior



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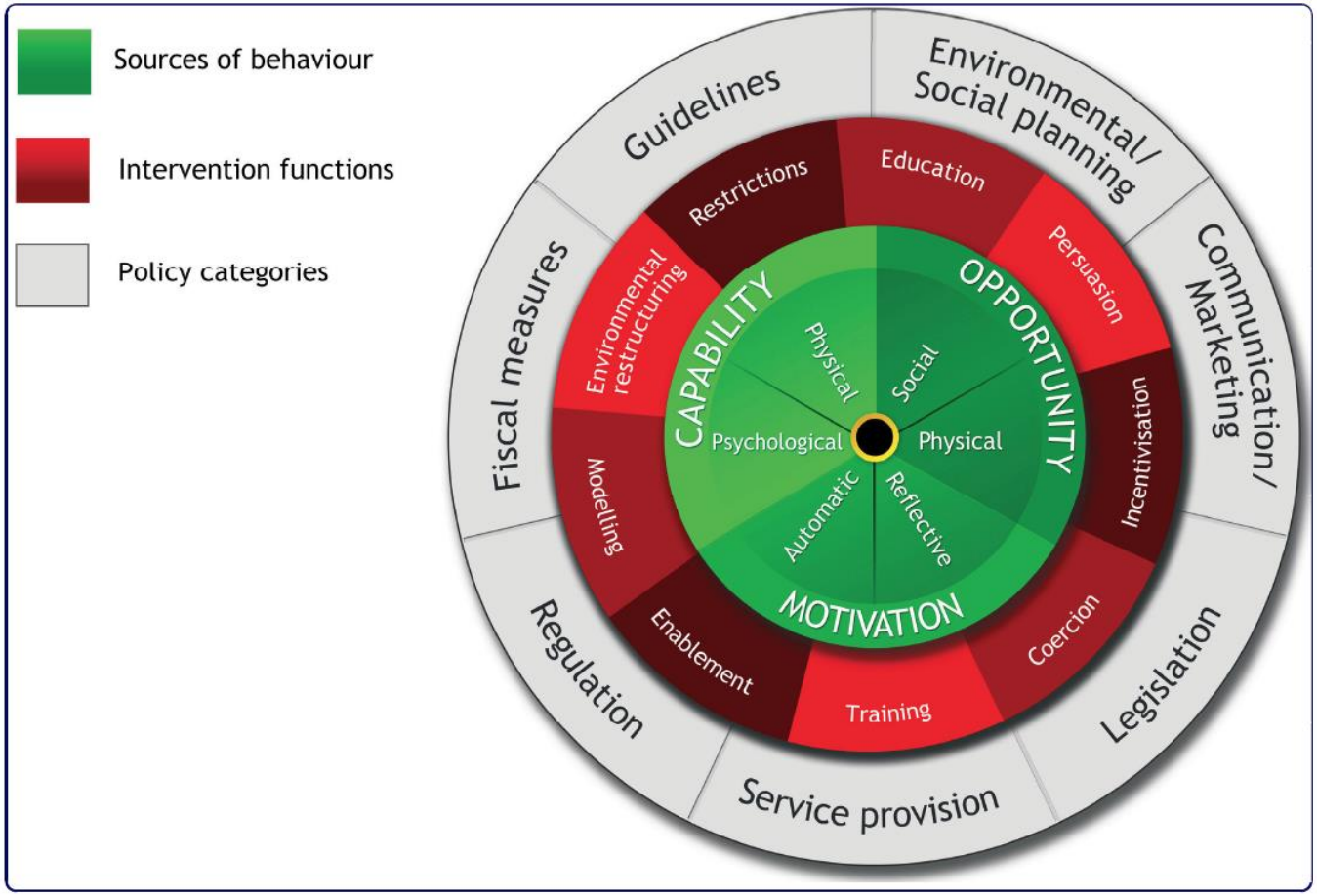

Behaviour Change Wheel

Michie et al. Implementation Science 2011, 6:42

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Recommendations

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Develop agreed MS responsibilities for the **co-ordination** of prevention programmes related to doping in recreational sport

Recommendations

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Thanks for listening!

Please feel free to get in touch:

S.Backhouse@leedsbeckett.ac.uk

@susanbackhouse

Carnegie Clean Sport Research Team

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