



Development and evaluation of a value-based doping prevention program for young athletes

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Introduction

Doping or the use of banned substances or methods to enhance performance is a prevalent phenomenon in sport with negative consequences for athletes and the integrity of sport. Not only in elite sport but also among young athletes doping is increasingly becoming a problem.

Anti-doping approaches

- Detection and deterrence approach = doping controls and punishment → limited in effectiveness and cost
- Prevention approach = prevention through education
 - knowledge-based approach = teaching facts and giving information → not sufficient to tackle doping
 - value-based approach = discussing and reflecting values; training skills e.g., decision-making

Looking at the psychosocial factors associated with doping intentions and behavior, Donovan and colleagues (2002) suggest considering both **personal and environmental factors**, and a meta-analysis of Ntoumanis and colleagues (2014) revealed that variables of **moral** nature are important. For example, athletes' moral disengagement and anticipated guilt have been identified as predictors for doping intentions in previous research (Kavussanu et al., 2015).

Aim

- 1) develop an intervention program that focuses both on personal and environmental value-based variables
- 2) evaluate its effectiveness in decreasing doping intentions in young athletes, in comparison to a knowledge-based intervention program

Method

Sample

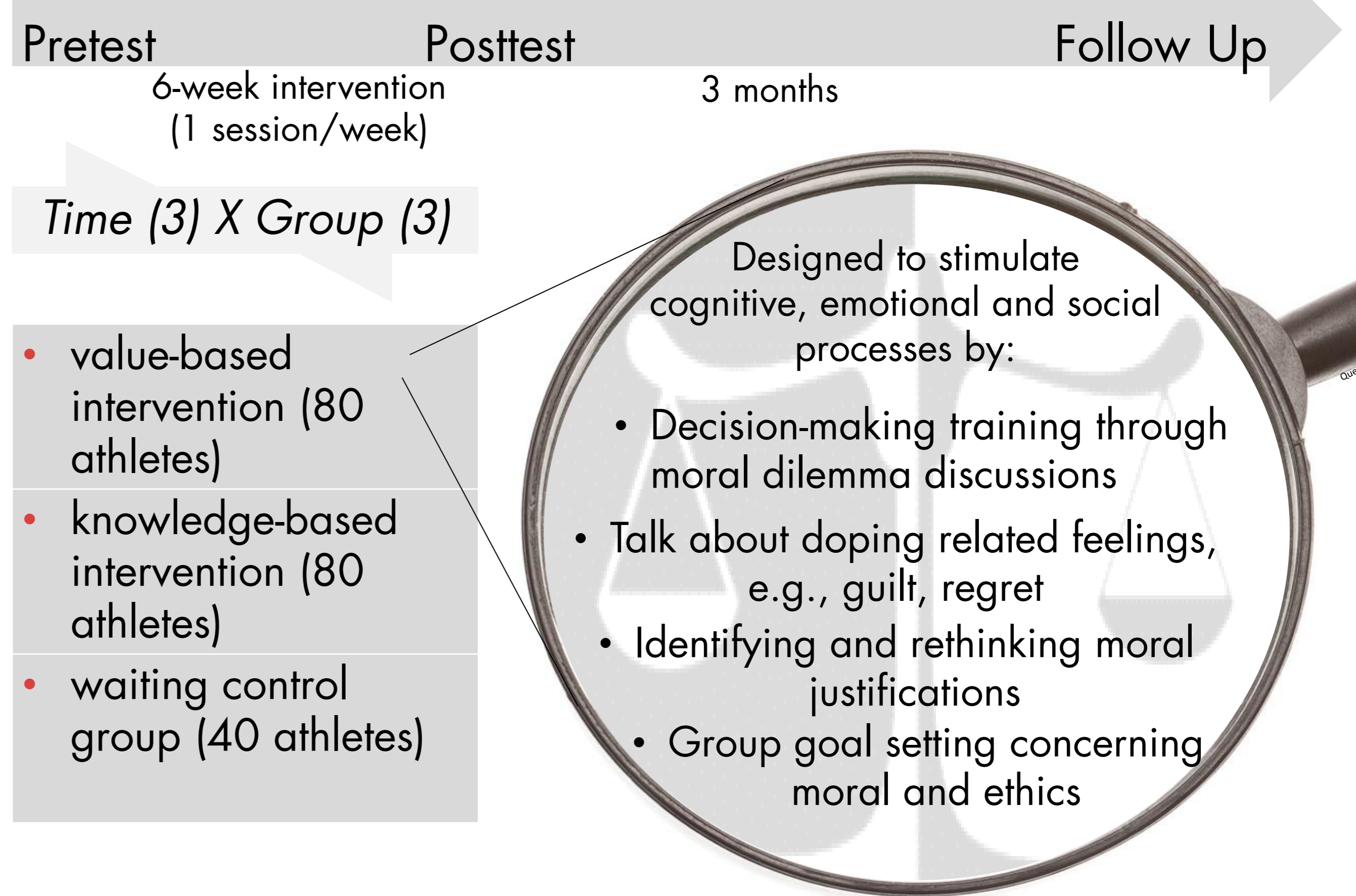
- 200 young elite athletes (m/f) from team- and individual sports, aged 13-19 years old, will be recruited
- Why adolescent athletes:
 - attitudes, values, and decision-making skills are still developing
 - critical developmental phase when deviant behavior is often initiated (Kavussanu et al., 2006)

Measures

- Doping intentions: 2 hypothetical doping scenarios (Kavussanu et al., 2016)
- Moral Disengagement: Moral Disengagement in Doping Scale (Kavussanu et al., 2016)
- Anticipated guilt: "guilt" subscale of State Shame and Guilt Scale (Marschall et al., 1994)
- Ethical climate concerning rules and code: subscale of Ethical Climate Questionnaire (Victor & Cullen, 1988)
- Collective Moral Motivation: subscale of Ethical Climate Index (Arnaud, 2010)
- Empathic concern und Perspective taking: 2 subscales of Interpersonal Reactivity Index - Short - German (Paulus, 2009)

Design

- Cluster randomized controlled trial (randomization of school classes) with:



Outlook

Depending on the results of this study (expected mid 2020), the main goal will be to design a teachers' manual that can be used for value-based doping prevention at elite sport schools.

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