



ID: 66

QUESTIONNAIRE-BASED STUDY ON KNOWLEDGE AND ATTITUDES TOWARDS DOPING AND SOCIAL DRUGS IN SPANISH ADOLESCENT ATHLETES AND NON-ATHLETES

Pilar Martín-Escudero¹, Amai Varela¹, Mercedes Galindo Canales¹, Helena Herrero², César Marca Fuertes³, Francisco Miguel-Tobal¹, Terry Engelberg⁴, Stephen Moston⁵, Cristina Fernandez⁶

¹Escuela Profesional de Medicina de la Educación Física y el Deporte. Facultad de Medicina. Universidad Complutense de Madrid, ²Servicios médicos Real Federación Española de Fútbol, ³Profesor de Educación Física de la Comunidad de Madrid, ⁴Department of Tourism, Sport and Hotel Management, Griffith Business School, Griffith University, Gold Coast, QLD 4222, Australia, ⁵Centre for Applied Psychology, Faculty of Health, University of Canberra, Bruce, ACT 2601, Canberra, Australia, ⁶Departamento de Epidemiología y Preventiva. Hospital Clínico Universitario San Carlos de la CAM. (Spain)

25

Abstract:

Background: Since prevention is the best strategy in the battle against doping, it is of vital importance to assess on one hand the knowledge and attitudes of potential users of banned substances and on the other hand the acquisition of such attitudes along their career. This study arises from the request of collaboration made by the Griffith University (Australia) in order to compare the results between the two countries.

Objectives: To explore and evaluate the attitudes and knowledge of the use of performance enhancing drugs (PEDs) and recreational drugs among 12 to 17 years old in Spain and the influencing factors.

Methods: Cross-sectional study using self-administered questionnaire to non-athletes and athletes between 12 and 17, after signing the parental informed consent. The questionnaire is based on the 'Performance Enhancement Scale'. A descriptive and univariate analysis were performed considering statistical significance at $p < 0.05$.

Results: 339 questionnaires (129 athletes and 210 non-athletes) were collected. 11.2% reported knowing athletes in their sport and age year using PEDs and 5% reported having been offered these substances. 12.3% stated using or having used sports supplements and 5.4% PEDs, with no significant differences between athletes and non-athletes ($p > 0.05$). Athletes who expressed to use or have used PEDs or an intention to use them, were more likely to engage in some of the studied moral-disengagement mechanisms ($p < 0.05$). 46.6% pointed out cycling as the sport in which doping substances were used more frequently. The percentage of doping, commonly thought by interviewees to happen in elite athletes, was 20% (IQR 10-50). Athlete respondents considered the use of PEDs to affect the reputation of elite athletes (significantly more than non-athletes respondents $p = 0.005$).

Conclusions: According to the findings on knowledge and attitudes against doping and social drugs in adolescents, educational policies are needed at early stages of life in our country.

Palabras clave: doping, drugs, teens, athletes, non athletes,

Sección: Sociología