

# A PROTOCOL STUDY FOR THE INVESTIGATION OF CHEMICALLY ASSISTED PERFORMANCE ENHANCEMENT IN FOUR DOMAINS

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# Objective

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Description of the protocol of a study that will employ a longitudinal design for the investigation of the risk and protective factors of the chemically assisted performance enhancement (CAPE) behaviors and the ultimate reasons for engaging in such behaviors in different settings

# Introduction

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Chemically assisted performance enhancement (CAPE): the use of substances to prevent illness or improve performance and appearance

Two types:

1. Improvement of physical performance and appearance
2. Improvement of cognitive performance

# Introduction

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Work (academia, police, army, doctors)

Education (students)

Sporat (professional and amateur sports)

Leisure (recreational exercisers)

- Serious physical and psychological side effects
- Positive effects are not well-documented

(Bryden et al., 1995; Pope & Katz, 1994)

# Gaps in the literature

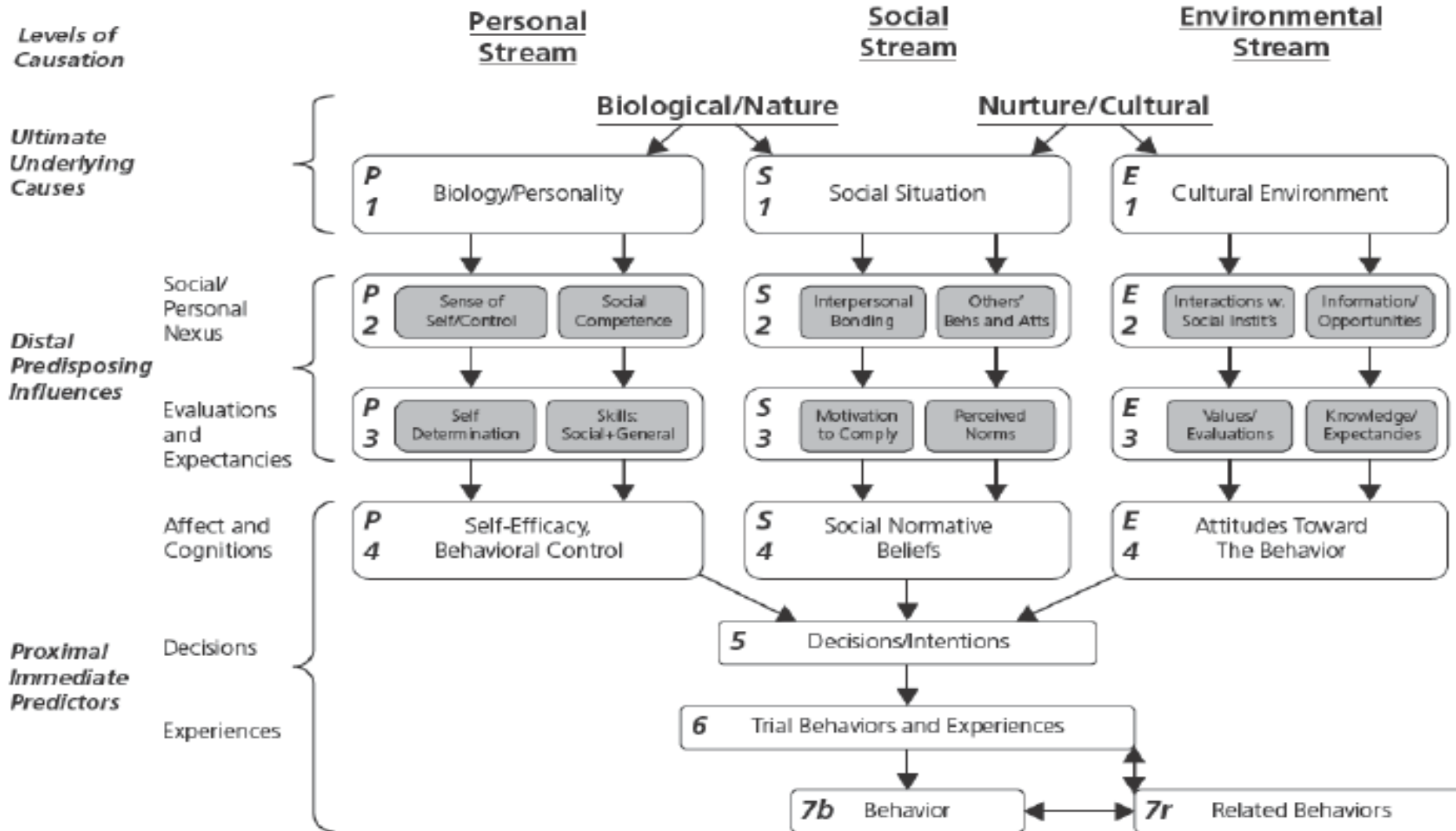
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Extensive evidence only in competitive sports - heavily relied in a short range of social cognitive theories

Lack of existence of a comprehensive and ecological model

New and ecological theoretical approaches should be endorsed: the Theory of Triadic Influence (TTI) (Flay, Snyder & Petraitis, 2009)

# THE THEORY OF TRIADIC INFLUENCE



# Gaps in the literature

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Scientific evidence → neglect of the differentiation of CAPE from other unhealthy, unethical, and illegal behaviors

Goal Systems Theory: insightful thoughts for a more comprehensive understanding (Kruglanski et al., 2002)

Goals → cognitive constructs whose content is motivational - associated with a range of behaviors, i.e. means

# Aims of the study

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- A) To propose a sound and comprehensive theoretical model
  
- B) To highlight the conceptual differences that are necessary to be taken into account for tailor made interventions



# Method - participants

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150 competitive athletes

150 recreational exercisers

150 professionals from different fields at risk for engaging in CAPE behaviors

150 students from different faculties at risk for engaging in CAPE behaviors

# Method - procedure

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Recruitment at the beginning of the season

Online completion of baseline battery of questionnaires

Online monthly reports on their CAPE related behaviors

Online completion of the baseline survey again at the end of the season

# Method - measures

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Demographics

Personal goal and means to achieve

Goal commitment

Perceived goal difficult

CAPE likelihood

CAPE behavior

Perfectionism

Group-identification and orientation

Self-determination

Motivation to comply

Knowledge and information

Values

Perceived behavioral control

Subjective norms

Descriptive norms

Attitudes

Situational self-efficacy

# Method - measures

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Diary:

- Means used at this specific time point in order to achieve their personal goals
- An open-ended question to report the means used if it is not included in the list
- Affective significance of the means
- Commitment

# Analyses

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Data will be checked for normal distribution

Descriptive analyses to identify the central tendency scores of the data

Analysis of correlation to test for the associations among the tested variables

Hypotheses of the study will be tested with the use of Structural Equation Modelling

# Conclusions

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Development of a comprehensive understanding of performance enhancement behaviors across different life domains

Contribution to the understanding of commonalities and conceptual differences of performance enhancement behaviors

Provide the evidence base for tailor made intervention



# References

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