

EDUCATING COACHES ON SPORT INTEGRITY

Project Partners

Aristotle University of Thessaloniki (Greece)

National University of Physical Education and Sports Bucharest (Romania)

International Council for Coaching Excellence (UK)

Sheffield Hallam University (UK)

Hungarian Coaching Association (Hungary)

Coaching Portugal (Portugal)

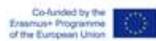
Saval (Finland)

Code Fair Play (Greece)

Slide 1: Doping in Sports IV

Doping in Sports IV

Psychological basis of doping use in recreational sports



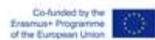
Briefly present the topic of this session. Focus on the existence of doping use in recreational sport and the need to understand the psychological processes underlying the decision to dope.

Estimated time: 3 min

Slide 2: Recap of the psychological basis of doping use in competitive sports

Recap of the psychological basis of doping use in competitive sports

- The psychological study of doping behaviour in competitive sports has identified several key psychological factors and processes
 - Reasoning (cognitive and moral aspects)
 - Motivation and achievement goals
 - Personality
 - Social norms



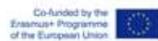
Briefly summarize the most important topics discussed in the previous session; the key psychological factors and processes associated with doping use.

Estimated time: 3 min

Slide 3: How is the present session different?

How is the present session different?

- **Different regulatory context:** Unlike in competitive sports, PED use in recreational sports may not be regulated/controlled
 - e.g., what is the ban if an exerciser/amateur bodybuilder uses steroids in your country?
- **Different motivations:** Athletes use PEDs to maximize the chances of winning in a competition; different motives may underlie PED use in recreational (non-competitive) sports
- **BUT:** Some psychological drivers for doping use may be common between recreational and competitive sports

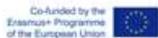


Discuss with students the differences between competitive and recreational sports with respect to doping use. Highlight that commonalities may also exist in the decision making process towards doping.

Estimated time: 5 min

Slide 4: Health VS Aesthetics of Exercising

Health VS Aesthetics of Exercising



Discuss with students why people should exercise. Probe for the health benefits of exercise. Present the shift of the exercisers' focus from health to appearance. Discuss the consequences of this shift.

Estimated time: 5 min

Slide 5: Never big enough

Never big enough

- ▶ Muscle dysmorphia (*aka* bigorexia) is a form of body dysmorphic disorder
- ▶ Pathological pre-occupation with muscularity
 - Desire for size
 - Appearance anxiety and avoidance
 - Functional impairment

(Hildebrandt et al., 2004; Olivardia et al., 2004)



Co-funded by the
Erasmus Programme
of the European Union



INTEGRITY

Describe the context of muscle dysmorphia and its main characteristics.

Estimated time: 5 min

Slide 6: A growing epidemic?

A growing epidemic?

- ▶ Muscle dysmorphia is associated with
 - Body dissatisfaction
 - Social physique anxiety
 - Depression and negative affect towards the self
 - Poor quality of life
 - Exercise addiction
 - Use/abuse of PEDs

(Olivardia et al., 2004; Pope et al., 2005)



It's feared one in 10 men training in UK gyms could have a condition which can lead to depression, steroid abuse and even suicide.
<http://www.bbc.co.uk/newsbeat/article/14307044/muscle-dysmorphia-one-in-10-men-in-gyms-believed-to-have-bigorexia>

Co-funded by the
Erasmus Programme
of the European Union



INTEGRITY

Present students the main symptoms of muscle dysmorphia. Watch the video included in this slide - just the first 5 minutes, and then discuss with students how muscle dysmorphia can be associated with doping use.

Estimated time: 10 min

Slide 7: Muscle dysmorphia and steroid use

Muscle dysmorphia and steroid use 1/2

Pope et al. (2012)

- Conduct disorder and muscle dysmorphia are associated with self-reported steroid use in weightlifters
- Conduct disorder is characterized by long-term patterns of antisocial behaviour, such as disregarding the rights of others and violating social norms

Co-funded by the
Erasmus+ Programme
of the European Union



Present existing literature on the association of muscle dysmorphia with steroid use

Estimated time: 3 min

Slide 8: Muscle dysmorphia and steroid use

Muscle dysmorphia and steroid use 2/2

Babusa & Túry (2012)

- Examined non-competitive male bodybuilders in Hungary
- More muscle dysmorphia symptoms were reported by steroid users vs. non-users
- Muscle dysmorphia was also associated with disordered eating patterns
 - e.g., food restraint and failing to recognize bodily symptoms for hunger or overeating

Co-funded by the
Erasmus+ Programme
of the European Union



Present existing literature on the association of muscle dysmorphia with steroid use

Estimated time: 3 min

Slide 9: Body stereotypes

Body stereotypes



Co-funded by the
Erasmus+ Programme
of the European Union



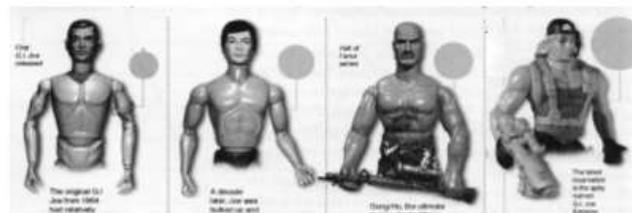
INTEGRITY

Introduce the concept of body stereotypes and its impact in establishing beliefs about the body.

Estimated time: 3 min

Slide 10: Male body - "muscular" ideal

Male body - "muscular" ideal



<https://wgs162.wordpress.com/2014/10/13/the-evolution-of-gi-joe/>

Co-funded by the
Erasmus+ Programme
of the European Union

INTEGRITY

Discuss with students the evolution of GI Joe from 1950 to nowadays. Focus on the differences in the body, and how it becomes more toned nowadays. Discuss with students the implications that this stereotype may have on children's beliefs about the ideal body.

Estimated time: 5 min

Slide 11: Female body - "thin" ideal

Female body - "thin" ideal



Co-funded by the
Erasmus+ Programme
of the European Union

INTEGRITY

Discuss with students the body structure of Barbie. Discuss how realistic is such a body for adult women. Compare the body structure of fashion model with a holocaust victim. Discuss with students the implications that this stereotype may have on children's beliefs about the ideal body.

Estimated time: 5 min

Slide 12: Actual and ideal body image

Actual and ideal body image



Co-funded by the
Erasmus+ Programme
of the European Union

INTEGRITY

Present the findings of a study on the effect of body stereotypes on people's perception about the ideal body. In this study, women on the national average (right image) perceived as ideal body the one presented in the left photo (note the resemblance with the Barbie body structure). Men reported the body presented in the middle photo as the ideal woman body. Discuss the influence of body stereotypes on people's perceptions about their body.

Estimated time: 5 min

Slide 13: Objectified bodies

Objectified bodies

Fredrickson & Roberts (1997)

- Internalization of cultural standards and expectations of attractiveness
 - Ideal male and female bodies
- Self-objectification: constant body-surveillance
 - How do I look? Am I big enough? Am I thin enough? Am I muscular enough?

Co-funded by the
Erasmus+ Programme
of the European Union



Discuss with students how the internalization of body stereotypes influences the decision to use doping.

Estimated time: 3 min

Slide 14: A model of "objectified" steroid use

A model of "objectified" steroid use

Parent & Moradi (2011)

- Internalized ideals about muscularity in men were associated with body shame, body surveillance, and stronger drive for muscularity
- In turn, drive for muscularity was associated with more positive attitudes/outcome expectations towards using steroids

Co-funded by the
Erasmus+ Programme
of the European Union

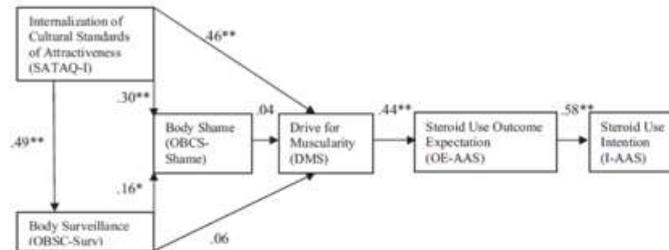


Discuss with students how the internalization of body stereotypes influences the decision to use doping.

Estimated time: 3 min

Slide 15: Cultural standards, body perceptions and steroids

Cultural standards, body perceptions and steroids



Parent & Moradi (2011)

Co-funded by the
Erasmus+ Programme
of the European Union

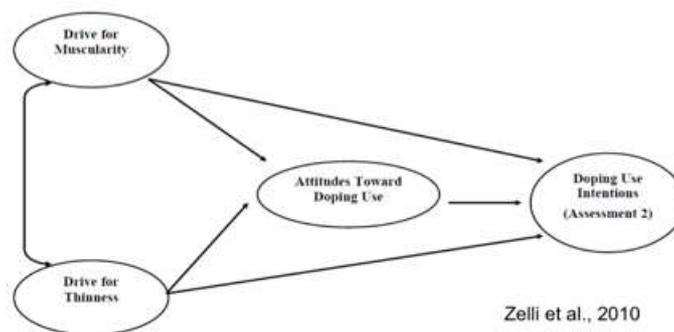


Present the study results on the psychological process through which the internalization of the cultural stereotypes results in developing higher doping use intentions.

Estimated time: 5 min

Slide 16: Adolescent use of PAES

Adolescent use of PAES



Zelli et al., 2010

Co-funded by the
Erasmus+ Programme
of the European Union



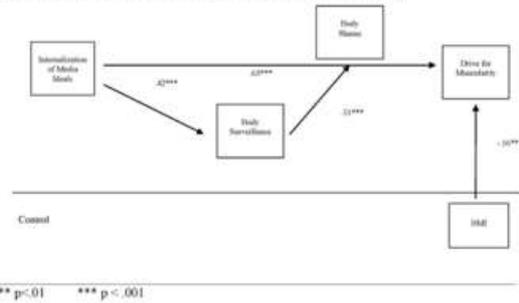
Present the study results on the psychological process through which body image perceptions result in developing higher doping use intentions.

Estimated time: 5 min

Slide 17: Media influences on drive muscularity

Media influences on drive muscularity

- Daniel and Bridges (2010) presented a model of media influences on male's drive for muscularity

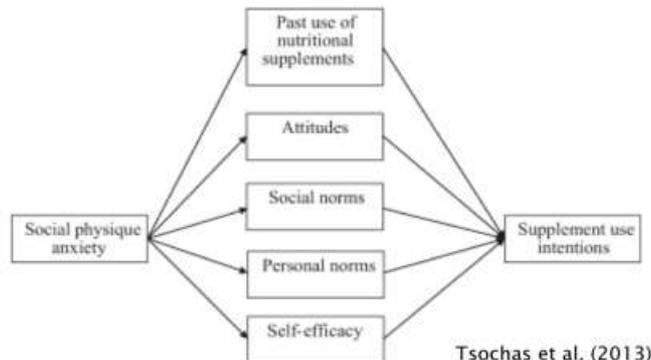


Co-Funded by the Erasmus+ Programme of the European Union



Slide 18: Psychological drivers of PAES use in exercise settings

Psychological drivers of PAES use in exercise settings



Co-Funded by the Erasmus+ Programme of the European Union



Present the study results on the psychological process through which social physique anxiety results in developing higher nutritional supplement use intentions.

Estimated time: 3 min

Slide 19: Social cognitive correlates of doping use

Social cognitive correlates of doping use

Wiefferink et al. (2007)

- Personal norms, social norms (i.e., the behaviour of referent others) and positive attitudes to PEDs predicted intentions to use PEDs in male Dutch gym users

Allahverdipour et al. (2012)

- All the three Theory of Planned Behavior variables (i.e., attitudes, norms and behavioral control) predicted intentions to use steroids in gym users

Co-funded by the
Erasmus+ Programme
of the European Union



Slide 20: Summary

Summary

- Psychological drivers that explain doping use in recreational sports pertain mostly to body-related beliefs and ideals
 - Drive for muscularity
 - Muscle dysmorphia
 - Internalization of cultural ideals of attractiveness
- Social cognition models (e.g., theory of planned behavior) appears to be associated with PEDs use in both recreational and competitive sports

Co-funded by the
Erasmus+ Programme
of the European Union



Briefly summarize the most important topics discussed in this session; the psychological approaches underlying doping use in recreational sports, the role of muscle dysmorphia, and body stereotypes on body image beliefs, the role of Internalization of cultural ideals of attractiveness, and social cognitive variables.

Estimated time: 3 min

Disclaimer notice

This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

