

DOPING INTENT

Research identifies the predictors of doping intent in elite athletes

Doping in sport has been an ongoing issue since the late 1960s. And over the past two decades information campaigns and doping control efforts have soared in all sports and at all levels. Huge efforts have revolved around the detection of illegal substances in sport, and in 1999 the World Anti-Doping Agency was created in an effort to monitor doping in athletes who compete in national and international events. This organization is responsible for introducing the *Anti-Doping Code* and the definitive list of [banned substances](#). There has also been a lot of attention on penalizing those athletes caught doping. But one issue seems to have been overlooked—why do elite athletes engage in doping in the first place? The answer that they do so simply to win is too simplistic and contributes little to the effort to combat doping in sport. This is why researchers from the South-East European Research Center, Aristotle University of Thessaloníki, and the University of Sheffield collaborated on research aimed at identifying the behavioral predictors of doping in elite athletes.

Power Key: doping, elite athlete, intention, behavior, drugs



Without understanding intentions and behaviors, we cannot effectively curb or eliminate drugs from sport and we will continue to hear stories similar to that of Marion Jones.

Original Research

Lazuras, L., et al. Predictors of doping intentions in elite-level athletes: A social cognition approach. *Journal of Sport and Exercise Psychology* 32:694-710, 2010.