

RESEARCH STUDENTS' SEMINAR SERIES

Monday 10 March 2014

11:00 – 12:00

**SEERC Conference Room
3rd Floor Strategakis Bldg**

“Self-affirmation and doping behavior”

By

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ABSTRACT

Objectives: Doping use is an ongoing concern in both competitive and recreational sports. The present studies set out to investigate the effects of a self-affirmation intervention on the decision-making process relevant to doping among elite athletes who were doping users and exercisers.

Design/Method: Sixty competitive athletes using doping substances took part in Study 1 and 60 exercisers in Study 2. Participants were randomly assigned into active control and experimental groups. In the experimental group, participants received a self affirmation manipulation, whereas those in the active control group completed a neutral task. Subsequently, all participants were exposed to information relevant to the health side effects and moral aspects of doping use and subsequently completed a questionnaire about doping intentions and related social cognitions (i.e., attitudes, social and moral norms, self-efficacy beliefs, and anticipated regret). In Study 2 participants of both groups did not expose to the moral message.

Results: In Study 1 independent samples t-tests showed that self-affirmed participants reported significantly lower intentions to dope and temptation to engage in doping under risk-conducive situations. Multiple regression analysis showed that, whereas attitudes, moral norms and anticipated regret predicted doping use intentions, the effects of self-affirmation were not mediated by these social cognitive predictors of doping intentions. In Study 2 the independent samples t-tests indicated that self-affirmed participants reported significantly higher descriptive and moral norms, and anticipated regret compared to non-self-affirmed participants. Multiple regression analysis showed a non-significant effect of self-affirmation on doping intentions. Situational temptation and anticipated regret emerged as the only predictors of doping use intentions.

Conclusions: Both studies present novel findings about the role of self-affirmation in the decision-making process relevant to doping use in elite athletes and exercisers and can have direct implications for preventive interventions.

The seminar series is open to all members of staff and students of CITY and to any externals that wish to attend.



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