

# A systemic risk assessment of inadvertent doping through supplement use.

Researcher: Scott McLean

Tier: 2

Unintentional or 'inadvertent doping' is a major problem in elite sport. Many athletes report nutritional and dietary supplement use, and in some sports 100% of athletes regularly take supplements. Nutritional and dietary supplements have been identified as the most important risk factor for inadvertent doping. However, there is likely a complex set of contributory factors that also play a role in inadvertent doping events. While previous research has described occurrences, prevalence, and perceptions of inadvertent doping, there has been no proactive risk assessment on inadvertent doping that considers the broader complex sports system which includes multiple actors, organisations, and rules and regulations. As such, this project aims to conduct the first prospective systemic risk assessment for inadvertent doping via supplements in sport.