

Questionnaires for Adult Athletes (Short Version)

Section A

(where boxes are provided, tick your preferred response)

1. What is your gender? female male other
2. Is your gender different to your sex at birth? yes no
3. What is your date of birth (dd/mm/yy) / /
4. In which country do you currently live?
5. At what level do you compete? regional national international
6. What is your main sport?
7. How many years of experience do you have within your main sport?
8. How many times do you train per week when you are not injured or ill?
1-3 times 4-6 times 7-9 times 10-12 times More than 12 times a week

Section B

Please read all statements carefully and indicate your response to each one by marking the appropriate number. Your answers will be fully anonymous. Please answer honestly. There are no right or wrong answers. We are interested in your opinion.

Below are statements describing athletes' perceptions relating to the values of sport. Please read these statements carefully and indicate your response to each one by marking the appropriate number.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
1. Compared to most lifestyles in the general public, doping isn't that bad.	1	2	3	4	5	6	7
2. Risks associated with doping are exaggerated.	1	2	3	4	5	6	7

Below are different values in sport. Please rate the extent to which you agree that each value listed is a guiding principle in your life as an athlete.

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
1. Ethics, fair play and honesty	1	2	3	4	5	6	7
2. Respect for rules and laws	1	2	3	4	5	6	7

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
1. Doping is against the moral standards of most people I know	1	2	3	4	5	6	7
2. Doping is against my team's moral principles	1	2	3	4	5	6	7

Section C

Below are statements relevant to athletes' beliefs about doping. Please read these statements carefully and indicate your response to each one by marking the appropriate number.

Doping to enhance my performance would be...

Unsafe 1	2	3	4	5	6	Safe 7
Unhealthy 1	2	3	4	5	6	Healthy 7

For the following two questions, please provide an estimated percentage as a single numerical value. Please don't give a range of percentages or write any text.

Out of 100%, what percentage of athletes that you compete with do you think dope?

Out of 100%, what percentage of elite athletes within your main sport do you think dope?

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
1. I plan to dope to enhance my performance over the next 12 months.	1	2	3	4	5	6	7
2. I expect to dope to enhance my performance over the next 12 months.	1	2	3	4	5	6	7

How much confidence do you have right now in your ability to...

	No confidence			Moderate confidence			Complete confidence
1. Resist doping even if you knew you could get away with it?	1	2	3	4	5	6	7
2. Ignore the temptation to dope even if you knew it would improve your performance?	1	2	3	4	5	6	7

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
1. Current anti-doping rules are effective in protecting clean sport.	1	2	3	4	5	6	7
2. Current anti-doping rules are fair to all athletes.	1	2	3	4	5	6	7

Section D

Below are statements relevant to athletes' knowledge and thoughts about doping. Please read these statements carefully and indicate your response to each one by marking the appropriate number.

	Very lenient	Lenient	Slightly lenient	Appropriate	Slightly severe	Severe	Very severe
1. From what you know or have heard, are the penalties for a positive drug test severe or lenient?	1	2	3	4	5	6	7

	Very unlikely	Unlikely	Quite unlikely	Neither likely nor unlikely	Quite likely	Likely	Very likely
2. From what you know or have heard, if you were to dope, how likely do you think that you could get away with it if you really tried to?	1	2	3	4	5	6	7

To what extent do you agree or disagree with the following statements?

	Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Agree	Strongly agree
1. Doping will cost you your health and wellbeing	1	2	3	4	5	6	7
2. Doping has dangerous side effects	1	2	3	4	5	6	7

If you were to take the following substances, how likely is it that these substances would improve your performance in sport?

	Very unlikely	Unlikely	Quite unlikely	Neither likely nor unlikely	Quite likely	Likely	Very likely	Don't know
1. Anabolic agents (e.g., anabolic steroids, SARMS)	1	2	3	4	5	6	7	0
2. Hormones and growth factors (e.g., peptide hormones, growth hormone, erythropoietin/EPO)	1	2	3	4	5	6	7	0
3. Narcotics, cannabinoids and stimulants (e.g., cannabis, amphetamine, cocaine, ecstasy, methylphenidate)	1	2	3	4	5	6	7	0
4. Prohibited methods (e.g., blood doping)	1	2	3	4	5	6	7	0