

# A psycho-social-behavioral perspective into assessing the evaluation and monitoring of anti-doping education: An international Delphi and a pilot in China

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## Tier 2

The global fight against doping in sports presents ongoing challenges to the integrity and fairness of athletic competitions. Despite significant advancements, the use of performance-enhancing substances continues, demanding more sophisticated educational approaches alongside traditional deterrent methods. Anti-doping education has become essential for equipping athletes with the knowledge and ethical grounding necessary to compete clean. However, to optimize these educational initiatives, there is an urgent need for standardized frameworks to guide their evaluation, monitoring, and assessment of such works. This work (i.e., harmonizing evaluation and monitoring of anti-doping education) has been highlighted as one of the seven areas (see the 2027 Code & IS Update Process and Summary of Major Changes: [https://www.wada-ama.org/sites/default/files/2024-08/summary%20of%20major%20changes\\_ise.pdf](https://www.wada-ama.org/sites/default/files/2024-08/summary%20of%20major%20changes_ise.pdf)) that are being given particular attention during the revisions to the International Standard for Education (ISE), with the updated ISE means to be launched on 1st January 2027 (see <https://www.wada-ama.org/en/2027-international-standard-education-update-drafting-team>).

This project, therefore, aims to address the unique need (i.e., a framework to guide the assessment of evaluation and monitoring of anti-doping education) by collating existing knowledge on the psycho-social-behavioral drivers of doping behavior and developing a co-created framework for their integration into the assessment of the evaluation and monitoring of anti-doping education. The project will also pilot this new framework in collaboration with CHINADA and its regional anti-doping branches in China.

The research program comprises three phases. Phase 1 involves an international Delphi study that brings together global anti-doping experts—including researchers and educators—to identify and prioritize the psycho-

social-behavioral factors influencing doping behaviors that are central to evaluation and monitoring of anti-doping education. The initiative of this work will be informed by the recent systematic review by Ntoumanis et al. (2024) and any new relevant studies or reports published since. The consensus reached will offer recommendations on how to incorporate these drivers into evaluation and monitoring processes and the assessment of such processes.

Phase 2 focuses on conducting in-depth semi-structured interviews with educators and stakeholders from various anti-doping branches within China. These interviews will utilize the newly developed assessment framework and checklist from Phase 1, aiming to evaluate how existing monitoring and evaluation efforts by CHINADA address psycho-social-behavioral factors related to doping. This phase will pilot the framework and provide insights into the current evaluation and monitoring practices adopted by CHINADA, highlighting its strengths and weaknesses from a psycho-social-behavioral perspective.

Phase 3 consists of focus group discussions involving stakeholders from regional anti-doping branches under CHINADA. These discussions will explore perceived opportunities and challenges in adopting the new assessment framework for evaluating anti-doping education programs. The findings from these focus groups will inform future adjustments and improvements in the assessment approaches, promoting an effective incorporation of psycho-social-behavioral considerations into doping prevention and the evaluation and monitoring of anti-doping education.

Overall, this project will significantly contribute to WADA's mission by providing evidence-based strategies for assessing anti-doping education programs especially the evaluation and monitoring of these programs. By addressing the psycho-social-behavioral drivers of doping in evaluation and monitoring works, this initiative seeks to enhance alignment in tackling doping risk factors, program delivery, and effective evaluation and monitoring of anti-doping education.