

Doping Behaviour, Causes and Prevention in Elite Level Kenyan Athletes: an empirical investigation

Kenya has had a strong record in international athletics especially in middle and long distance running. There is paucity of research into the processes related to doping behaviour and anti-doping practices within Kenyan running culture. Some naïve practices by certain recent suspect cases of doping among Kenyan athletes, suggest pressure to use substances to improve performances and lack of proper knowledge of anti-doping regulations. Despite these, very few Kenyan athletes have tested positive for banned substances. The aim of this project, therefore, is to find out whether doping is a real problem, how it can be explained and how doping prevention can be enhanced among all stakeholders in Kenya running and what intervention programs may be necessary.

In doing so, the project responds to the WADA's research priorities, primarily the first of these which is about increasing knowledge of doping behavior and the influences that effect such behavior. However, it also attends to the third of these – 'improving social science research on doping prevention' – by specifically addressing the design and validation of research tools and specific cultural or regional perspectives. The project aims to focus on youth, coaches and the development of education programs. The Detailed Research Questions are: 1. Is doping a problem in Kenyan running? 2. What is the knowledge level of Kenyan athletes on influences of doping behaviours and anti-doping practices? 3. What are the attitudes behaviours and practices of athletes, coaches and sports administrators toward doping in athletics? 4. What are the sources and availability of anti-doping dissemination materials? 5. What are the factors that influence resistance to anti-doping regulations and policies among Kenyan athletes? 6. What are the stimulants commonly used by elite Kenyan runners?