

## **Project Nolte**

### **The relationship between mindfulness, psychological well-being, goal orientation and the propensity to use ergogenic aids (legal / illegal)**

Doping is a complex issue in sport and a combination of strategies are required to deal with this problem successfully. From a psychological point of view, it is important to understand why athletes take prohibited substances and what “type” of athlete is more prone to using prohibited substances. This understanding will assist authorities such as the World Anti-doping Agency (WADA) as well as institutions such as the University of Pretoria’s High Performance Centre (HPC) in developing strategies to prevent doping in sport. Thus, this study aims to develop this understanding by means of researching the relationship between various psychological constructs (mindfulness, psychological wellbeing and goal orientation) of athletes with the tendency to use ergogenic aids (legal or illegal).

The study will be conducted by means of a survey. South African academy athletes at the HPC and competitive athletes at five (5) private schools in Gauteng will complete the survey. Athletes will be between the ages of 12 – 21 years and will participate in various sporting codes. The survey will consist of six (6) questionnaires namely:

- Five-factor Mindfulness Questionnaire;
- Self-theory questionnaire;
- Ryff’s Psychological Well-being Scale;
- Bulls Mental Skills Questionnaire;
- Perception of success questionnaire (POSQ);
- Propensity to use ergogenic aids.

Before commencement of the study the research protocol will be submitted and approved by the Ethics Committee of the Faculty of Humanities at the University of Pretoria. Participation will be voluntary. All participants will be required to sign an informed consent form (parents/ guardians will sign on behalf of athletes under the age of 18 years), giving their approval to participate in the study. In addition, assent forms will be completed by participants under the age of 18 years. Participants will be free to withdraw from the study at any time.