

Project Blank (Austria)

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Evaluation of a School-Based Intervention Program – NADA Austria’s Anti-Doping School Program

Due to the known and yet unknown negative health-affecting side effects and the violation of the core values of sport, doping behavior should be prevented. To counteract the development of a so-called “doping mentality”, doping prevention should start at an early point in the sporting careers and the school-setting has been shown to succeed for example in anabolic steroid prevention [5]. Each year, many resources are allocated for doping prevention on both a national and international level. However, only few studies have evaluated the effectiveness of such measures.

NADA Austria has implemented a school-based doping preventive intervention in 2013. After preliminary testing of the program and adjusting smaller formal weaknesses, the aim of this project is to evaluate the program regarding its effect on pre-defined outcome during its period of application (four years). Next to effects of the intervention on doping susceptibility and evidence-based risk and protective factors for intentional doping, also factors for the prevention of unintentional doping will be assessed and evaluated. Furthermore, the students’ trust in in the anti-doping work of national and international anti-doping organizations and sport federations as well as their belief of its legitimacy will be assessed.

Specific research questions are:

- 1) Does the NADA Austria’s school-based intervention program have an effect on the doping susceptibility of Austrian Junior Athletes (aged 14-18)?
- 2) Does the NADA Austria’s school-based intervention program have an effect on evidence-based risk and protective factors for doping behavior (i.e. morality, sportpersonship, behavioral control, and knowledge)?
- 3) Does the NADA Austria’s school-based intervention program have an effect on the sensitivity of Austrian Junior Athletes (aged 14-18) towards unintentional doping?
- 4) Does the NADA Austria’s school-based intervention program have an effect on the level of trust in the anti-doping work national and international anti-doping organizations and sport federations as well as its legitimacy of Austrian Junior Athletes (aged 14-18)?