

## **Project Garcia (Spain)**

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### **Evaluation of AEPSAD Spain's Anti-Doping Agency Educational Interventions among Elite Athletes and Sports Sciences Students**

In order to achieve an anti-doping effective policy, it is necessary to implement effective educational and prevention strategies, since the deterrence strategy will never be completely effective. As a consequence, educational interventions have been growing as an attractive strategy to reach athletes and prevent doping behaviors. However, interventions have had a limited impact up to today. To be successful, interventions must be evidence based. That is why evaluating current interventions is a fundamental action to be taken, as it is improving them based on the evaluation results.

Therefore, the national anti-doping agencies must evaluate their programs. In the Spanish case, the Spanish Anti-Doping Agency

(AEPSAD) is currently running two different educational interventions to prevent doping. The first one targets elite athletes and coaches, is organized through the national sports federations and aims to improve athletes' and coaches' knowledge on doping substances, nutritional supplements, anti-doping control and ethical issues related to doping through face-to-face interventions. The second one targets Sports Science undergraduate students, who could later be part of sports technical staffs, and aims to develop in these students an ethical approach towards doping through an online-offline intervention.

The main objective of this research is to evaluate both programs efficiency in developing anti-doping knowledge and attitudes. As a secondary objective, the research team will review the findings and make an improvement proposal.

The research will be carried through two strategies. Firstly, the research team will test the efficacy of current interventions. Using a pre and post design, participants will fill out doping knowledge and findings complemented with information from focus-groups with experts and participants, in order to draft an improvement proposal. Specifically, we aim to answer the following research questions:

- Are current educational interventions carried-out by AEPSAD Spain Anti-Doping agency effective?
- Is the elite athlete intervention improving the athletes' knowledge on doping issues and nutritional supplements?
- Is the elite athlete intervention effectively influencing athletes' doping attitudes and behaviors?
- Is the undergraduate students intervention developing a moral attitude toward doping issues among these students?
- What improvements can be made to enhance the programs' effectiveness?