

## **Project Naidoo (South Africa)**

### **Developing and Evaluating the CREST Anti-Doping Programme**

For many years researchers have classified change of behaviour to be linear and deterministic in nature, whereas change in behaviour can now be thought of to occur in quantum leaps and chaotically (Resnicow & Vaughan, 2006). Interventions generally comprise of a single component, associated with a theory or theories of behaviour change. For example, an intervention will comprise of an education component alone and its effects pre- and post-intervention will be measured to determine behaviour change.

Hence, the need for a multi-component approach intervention, based on many theories of change need to be developed and tested to determine behaviour change.

There appears to be a gap in the knowledge with regard to anti-doping intervention programmes. Furthermore, to date only one study has implemented an anti-doping intervention programme among adolescent athletes, i.e. the Hercules programme (Sagoe et al., 2016).

Therefore, this study proposes to fill the gap in the literature, i.e. develop and evaluate a multi-component intervention programme.

#### **Research questions:**

What components should an anti-doping programme comprise of taking into consideration various social cognitive theories of behaviour change?

Is an anti-doping education intervention programme alone sufficient to promote behaviour change among adolescent soccer players?

Does a multi-component anti-doping intervention programme influence behaviour change among adolescent soccer players?