

# Educational Program Development Athlete Survey

**Summary. Indicate your level of agreement with the following statements:**

Rank	Count	Questions	Mean	0	20	40	60	80	100	Dis%	Neu%	Agr%
1	705	Taking more than the recommended dosage of a dietary supplement could increase the risk for potential health problems.	4.01							6.4	9.2	84.4
2	702	I am confident in my ability to understand dietary supplement ingredient labels.	3.19							30.1	23.2	46.7
3	703	Ingredient labels on dietary supplements generally are accurate.	3.10							26.7	34.0	39.3
4	709	Other athletes communicating on the internet are a good source of information on the benefits and risks of performance enhancing drugs and dietary supplements.	2.50							50.5	34.0	15.5
5	705	Using dietary supplements is needed to have a competitive edge.	2.41							57.0	23.8	19.1
6	706	Dietary supplement ad claims in magazines generally are scientifically based.	2.23							63.9	30.7	5.4
7	708	Dietary supplement ad claims on the internet (www) generally are true, and scientifically based.	2.15							66.1	30.9	3.0
8	711	Only a few people who use anabolic steroids will ever experience any harmful side effects.	1.83							83.1	10.8	6.0
9	710	Anabolic steroids are not dangerous if you use them only a few months each year.	1.70							88.2	8.6	3.2
10	706	If the recommended dosage for using a dietary supplement has beneficial effects, taking more is likely to have even greater benefits.	1.68							89.5	7.9	2.5

■ Disagree (Dis)     
 ■ Neutral (Neu)     
 ■ Agree (Agr)

# Educational Program Development Athlete Survey

## Summary. Your beliefs about drug testing in sport.

Rank	Count	Questions	Mean	0	20	40	60	80	100	Dis%	Neu%	Agr%
1	704	Drug testing athletes at events is a good idea.	4.35							2.8	5.1	92.0
2	709	I think that I am likely to be drug tested during the upcoming year.	4.06							10.9	12.0	77.2
3	698	Drug testing athletes out-of-competition is a good idea.	3.85							15.3	12.6	72.1
4	698	There are products (masking agents) that can be taken that make a drug test show that an athlete has NOT taken a prohibited substance even when they have recently used one.	3.79							5.4	29.7	64.9
5	705	Drug testing of athletes levels the playing field.	3.72							18.6	10.8	70.6
6	704	Drug testing reduces prohibited substance use.	3.62							16.2	14.3	69.5
7	701	Drug testing increases awareness of harmful effects of prohibited substances.	3.33							25.2	21.0	53.8
8	703	Drug testing is very effective at detecting users of prohibited substances.	3.32							22.3	26.7	50.9
9	700	Drug testing causes those who don't use substances to worry about being wrongly identified as users.	3.16							35.4	16.1	48.4
10	702	Drug testing methods can indicate that an athlete has taken a prohibited substance even though the athlete has not.	3.04							26.1	41.6	32.3
11	697	Drug testing athletes is a bad idea.	1.52							92.8	5.2	2.0

■ Disagree (Dis)     
 ■ Neutral (Neu)     
 ■ Agree (Agr)

# Educational Program Development Athlete Survey

## Summary. Probability that using anabolic steroids leads to these health risks.

Rank	Count	Questions	Mean	0	20	40	60	80	100	Lo%	Neu%	Hi%
1	703	Improved physique.	3.57							3.8	0.0	96.2
2	689	Increased facial hair growth in females.	3.37							6.5	0.0	93.5
3	690	A deepened voice in females.	3.36							9.3	0.0	90.7
4	688	Increased acne on the face, back.	3.35							9.3	0.0	90.7
5	688	Uncontrolled anger.	3.32							8.6	0.0	91.4
6	677	Liver disease.	3.25							10.5	0.0	89.5
7	683	Sexual problems.	3.22							10.8	0.0	89.2
8	680	Testicular shrinkage in males.	3.16							14.9	0.0	85.1
9	678	Sterility (inability to have children)	3.14							15.5	0.0	84.5
10	674	Premature baldness in males.	3.06							18.7	0.0	81.3
11	686	Breast development in males.	2.92							28.0	0.0	72.0
12	671	Stunted height.	2.91							26.7	0.0	73.3
13	684	Death.	2.89							29.7	0.0	70.3
14	676	Psychotic, (crazy) symptoms.	2.82							32.5	0.0	67.5
15	668	The frequent urge to urinate.	2.81							29.8	0.0	70.2
16	662	Hearing problems.	2.49							50.5	0.0	49.5
17	680	Suicidal thoughts.	2.45							51.0	0.0	49.0

■ Low Prob. (Lo)     
 ■ Neutral (Neu)     
 ■ High Prob. (Hi)

# Educational Program Development Athlete Survey

**Summary. What level of risk is there that using diuretics would lead to:**

Rank	Count	Questions	Mean	0	20	40	60	80	100	Non%	Neu%	Rsk%
1	664	Urinary infections	3.22							15.4	0.0	84.6
2	675	Muscle weakness	3.15							15.7	0.0	84.3
3	667	Stomach ulcers	3.09							19.0	0.0	81.0
4	668	Bone weakening	3.01							22.0	0.0	78.0
5	661	Reduced female hormones	2.67							38.0	0.0	62.0
6	668	Death	2.63							43.3	0.0	56.7
7	659	Dental problems	2.61							42.9	0.0	57.1
8	661	Hair loss	2.59							43.1	0.0	56.9

■ No Risk (Non)     
 ■ Neutral (Neu)     
 ■ Risky (Rsk)

# Educational Program Development Athlete Survey

**Summary. To what extent would your teammates disapprove if:**

Rank	Count	Questions	Mean	0	20	40	60	80	100	Dis%	Neu%	Apr%
1	700	...you used creatine.	2.76							34.9	40.9	24.3
2	697	...you used diuretics.	1.97							68.7	29.1	2.2
3	695	...you used ephedrine.	1.74							79.6	17.1	3.3
4	696	...you used amphetamines.	1.55							86.9	12.4	0.7
5	696	...you used androstenedione (or other over the counter steroid supplements).	1.53							87.6	10.3	2.0
6	703	...you used Erythropoietin (EPO).	1.52							86.5	12.5	1.0
7	703	...you used human growth hormone (hGH).	1.38							92.0	7.3	0.7
8	699	...you used anabolic steroids.	1.30							93.6	5.7	0.7

■ Disapprove (Dis)     
 ■ Neutral (Neu)     
 ■ Approve (Apr)

# Educational Program Development Athlete Survey

**I would worry about testing positive for prohibited substances even if I'm not using them.**

Response	Count	Percent	0	20	40	60	80	100
Strongly Disagree	144	20.5%						
Disagree	133	18.9%						
Neither Disagree nor Agree	105	14.9%						
Agree	235	33.4%						
Strongly Agree	87	12.4%						

**Summary. Your outlook toward steroid use, competing, and drug testing.**

Rank	Count	Questions	Mean	0	20	40	60	80	100	Dis%	Neu%	Agr%
1	692	Competing with integrity is important to athletes in my sport.	4.04							9.1	14.6	76.3
2	701	Fair play is important to athletes in my sport.	3.98							9.7	14.6	75.7
3	704	Drug testing at events makes me want to avoid using substances.	3.80							12.8	20.0	67.2
4	703	Drug testing out-of-competition makes me want to avoid using substances.	3.73							13.7	22.2	64.2
5	704	I would worry about testing positive for prohibited substances even if I'm not using them.	2.98							39.3	14.9	45.7
6	704	Drug testing violates my rights.	2.10							70.7	16.6	12.6
7	701	When competing I want to win no matter what it takes.	1.97							76.0	13.6	10.4
8	695	I am worried about getting caught using prohibited substances.	1.86							75.4	11.9	12.7
9	708	If I were to use anabolic steroids, I would not expect to experience any bad side effects.	1.56							88.6	7.8	3.7
10	710	I would be willing to use anabolic steroids in order to know how it feels.	1.30							93.5	3.5	3.0

■ Disagree (Dis)     
 ■ Neutral (Neu)     
 ■ Agree (Agr)

# Educational Program Development Athlete Survey

**Summary. Your ideas about use of dietary supplements & other performance enhancing substances.**

Rank	Count	Questions	Mean	0	20	40	60	80	100	Dis%	Neu%	Agr%
1	704	It is important to me to follow all rules governing my sport.	4.46							2.3	5.1	92.6
2	704	I would be comfortable turning down a friend who offered me a performance enhancing dietary supplement s/he said was safe.	4.43							2.0	3.4	94.6
3	703	I would be comfortable turning down a trainer offering me a performance enhancing dietary supplement s/he said was safe.	4.19							6.7	9.2	84.1
4	704	I would be comfortable turning down a coach offering me a performance enhancing dietary supplement s/he said was safe.	4.18							6.5	9.5	83.9
5	704	I am careful not to hang out with athletes who are likely to use prohibited performance enhancing dietary supplements or drugs.	3.52							14.9	37.4	47.7
6	705	I would not use dietary supplements in an effort to enhance my athletic performance.	3.38							33.8	15.5	50.8
7	707	I will be at a competitive disadvantage if I don't use dietary supplements.	2.29							61.2	20.9	17.8
8	705	I would use a performance enhancing substance if I thought it would help me win a gold medal.	1.77							81.3	11.8	7.0
9	703	It is OK to try performance enhancing substances once or twice.	1.75							81.4	13.8	4.8
10	704	I would use a performance enhancing substance if I knew that a major competitor in my event was using it.	1.57							90.6	6.7	2.7

■ Disagree (Dis)     
 ■ Neutral (Neu)     
 ■ Agree (Agr)

## Educational Program Development Athlete Survey

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Have you ever decided NOT to use performance enhancing substances or dietary supplements for any of the following reasons? **Mark all that apply.**

(n = 648)

Responses	Freq.	Percent
Using them is cheating.	549	84.7
Potential health risks	513	79.2
Potential undesirable side effects.	456	70.4
Testing positive if I were to use them.	421	65.0
My fellow athletes' disapproval.	269	41.5
My coach's disapproval.	257	39.7
Aggressive tendencies.	213	32.9
Cost.	177	27.3
Difficult to obtain them.	127	19.6
An athlete I know tested positive from using them.	74	11.4
An athlete I know experienced undesirable side effects.	72	11.1
I am not competing any more.	27	4.2

# Educational Program Development Athlete Survey

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What is/are the main reason(s) you take dietary supplements? Mark all that apply. (n = 691)		
Responses	Freq.	Percent
I don't take dietary supplements.	406	58.8
To recover more quickly from training	206	29.8
To have better health	157	22.7
To perform better in athletic competition	143	20.7
To feel better.	110	15.9
To add muscle.	107	15.5
To lose weight.	43	6.2
Other	29	4.2
Mode 0		

# Educational Program Development Athlete Survey

**Summary. In the future I would consider using:**

Rank	Count	Questions	Mean	0	20	40	60	80	100	Dis%	Neu%	Agr%
1	699	...muscle building dietary supplements that you can buy over the counter.	2.07							67.2	11.4	21.3
2	702	...diuretics to mask possible detection of another substance.	1.28							94.9	3.0	2.1
3	703	...erythropoietin (EPO) to give me a competitive edge.	1.25							95.6	2.3	2.1
4	700	...human growth hormone (hGH) to give me a competitive edge.	1.24							96.3	1.7	2.0
5	697	...an amphetamine to give me a competitive edge.	1.23							96.8	1.4	1.7
6	697	...anabolic steroids to give me a competitive edge.	1.22							96.4	1.7	1.9
7	699	...a narcotic to give me a competitive edge.	1.20							97.9	1.1	1.0

■ Disagree (Dis)     
 ■ Neutral (Neu)     
 ■ Agree (Agr)