nodope

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I LET YOU DOWN, YOU DON'T LET DOWN OTHERS

RESEARCH REPORT ON THE IMPACT OF DOPING DOCUMENTARY

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Introduction

Objective

The primary objective of this study is to evaluate the effectiveness of a documentary film in influencing public attitudes towards the use of performance-enhancing substances in sports, commonly referred to as doping. By leveraging the real-life stories of seven athletes whose careers were marred by doping scandals, the documentary aims to shed light on the devastating consequences of such practices—not only on the athletes themselves but also on the broader values of sportsmanship, fairness, and integrity.

This study seeks to understand whether exposure to the documentary can serve as a catalyst for attitudinal change, discouraging acceptance of doping and fostering awareness of its harmful impacts on personal, professional, and societal levels. Specifically, the research investigates shifts in perceptions regarding the necessity, ethicality, and consequences of doping through a pre-test and post-test survey methodology, capturing data on attitudes both before and after viewing the documentary.

By exploring the deterrent effect of negative accounts and personal narratives of athletes, this research aims to contribute to the discourse on anti-doping education. It provides valuable insights into how media interventions can influence attitudes and behaviors, promoting ethical decision-making among athletes, sports enthusiasts, and the general public. Ultimately, the findings of this study aspire to inform future initiatives, policies, and educational programs aimed at combating the culture of doping in sports.

Background

Doping, the use of prohibited substances or methods to enhance athletic performance, has long been a controversial issue in the world of sports. While the pursuit of excellence and competitive success lies at the heart of athletic endeavors, the increasing prevalence of doping undermines the principles of fairness, integrity, and trust that define the spirit of competition. Beyond the accolades and achievements, doping presents far-reaching consequences—both for the individual athletes who engage in it and the larger sporting community.

Athletes often face immense pressure to succeed, driven by external factors such as sponsorship deals, national pride, and personal aspirations. In this high-stakes environment, doping can appear as a tempting shortcut to overcome physical limits, recover from injuries, or maintain an edge over rivals. However, the costs of such choices are profound. On a personal level, doping can lead to severe health risks, including heart disease, hormonal imbalances, and irreversible physical damage. Professionally, athletes caught doping face public disgrace, loss of awards, bans from competition, and irreparable damage to their legacies.

The broader repercussions extend to fans, teammates, and the sporting ecosystem. For fans, revelations of doping feel like a betrayal of trust, eroding their belief in the authenticity of athletic achievements. For fellow competitors, doping destroys the level playing field, diminishing the value of hard work and fair play. For the sports industry, it undermines the credibility and values that make competitions meaningful and inspire generations.

Recognizing these risks, anti-doping organizations and educational initiatives have sought to address the problem by promoting awareness and

advocating for ethical practices. A particularly compelling approach involves sharing real-life accounts of athletes affected by doping. Documentaries, such as the one analyzed in this study, have emerged as powerful tools for illustrating the human cost of doping. By showcasing the personal and professional fallout faced by athletes like Lance Armstrong, Maria Sharapova, and Süreyya Ayhan, these narratives not only discourage doping but also inspire critical reflection on the pressures and values in modern sports.

This research builds on the understanding that media can be a transformative educational tool. By documenting the journeys of seven athletes who faced the consequences of doping, this study investigates whether the documentary can shift public attitudes, foster ethical awareness, and contribute to a culture of integrity in sports.

Methodology Overview

This study employs a pre-test and post-test design to measure the impact of a documentary on public attitudes toward doping in sports. The pre-test captures participants' baseline attitudes, while the post-test evaluates any shifts following their exposure to the documentary. This

approach enables a comparative analysis of changes in perceptions and provides insights into the documentary's effectiveness as an educational tool.

Participants

The study sample includes individuals from diverse backgrounds, encompassing various age groups, education levels, and involvement in sports. Participants were recruited through an online survey distributed via social media channels and sports networks. Their demographic information, such as age, gender, education, and sports experience, was collected to analyze attitudinal changes across different subgroups.

Survey Instruments

The primary data collection tool is the Performance Enhancement Attitude Scale (PEA-Scale), a validated instrument designed to assess attitudes toward doping and performance-enhancing substances. The scale measures agreement with statements related to the necessity, ethicality, and impacts of doping, providing quantitative data for analysis.

Additionally, participants answered qualitative questions to provide deeper insights into their perceptions of doping and the messages conveyed in the documentary.

Intervention

The intervention is a documentary film that narrates the stories of seven athletes whose careers were profoundly affected by doping scandals. The documentary highlights the psychological, physical, and professional consequences of doping, emphasizing themes of integrity, fairness, and the long-term impacts of unethical choices. Participants received a link to the documentary and were required to watch it in its entirety before completing the post-test survey.

Procedure

1. Pre-Test Survey: Participants completed the initial survey to establish baseline attitudes toward doping. This survey also gathered demographic information and prior exposure to anti-doping education.

2. Documentary Viewing: Participants were provided access to the documentary and given specific instructions to watch it within a set timeframe.

3. Post-Test Survey: After viewing the documentary, participants completed a follow-up survey identical to the pre-test. Additional questions

assessed their reflections on the documentary and its emotional and intellectual impact.

Data Analysis

The study employs statistical methods, including paired t-tests and ANOVA, to compare pre-test and post-test results and identify significant changes in attitudes. Qualitative data from open-ended survey questions are analyzed thematically to contextualize the quantitative findings and provide a richer understanding of the documentary's influence.

By combining quantitative and qualitative approaches, this methodology ensures a comprehensive assessment of how the documentary affects attitudes toward doping and contributes to the broader goals of anti-doping education.

Literature Review

Doping in Sports

Doping refers to the use of prohibited substances or methods by athletes to enhance performance, which is considered unethical and is banned by most international sports organizations, including the International Olympic Committee (IOC) and the World Anti-Doping Agency (WADA).

Common Forms of Doping

1. Anabolic Steroids: Synthetic substances similar to the male sex hormone testosterone, promoting muscle growth and enhancing athletic performance. They are commonly used to increase strength and muscle mass.

2. Blood Doping: Techniques that increase the number of red blood cells to enhance oxygen delivery to muscles, improving endurance. This includes methods like autologous and homologous blood transfusions, as well as the use of erythropoietin (EPO).

3. Stimulants: Substances that increase alertness, reduce fatigue, and may enhance physical performance. Common stimulants include amphetamines and caffeine.

Prevalence of Doping Across Different Sports

The prevalence of doping varies across sports and levels of competition. A systematic review reported doping prevalence rates ranging from 0% to 73% among competitive athletes, with most estimates falling below 5%. The variability is attributed to differences in detection methods, reporting accuracy, and the clandestine nature of doping practices.

Consequences of Doping

1. Physical Health: Doping substances can have severe side effects, including cardiovascular issues, hormonal imbalances, and organ damage. For instance, anabolic steroids are associated with liver damage and increased risk of heart disease.

2. Psychological Health: The use of performance-enhancing drugs has been linked to mental health issues such as anxiety, mood swings, and psychosis. Stimulants, in particular, can lead to addiction and other psychological disorders.

3. Ethical and Social Consequences: Doping undermines the integrity of sports, leading to unfair competition. Athletes caught doping face suspensions, loss of titles, and damage to their reputation. The stigma associated with doping can lead to social isolation and loss of sponsorships [OBJ].

4. Legal Consequences: Athletes found guilty of doping may face legal actions, including suspensions and bans from competition. In some jurisdictions, the use of certain performance-enhancing drugs is illegal and can lead to criminal charges.

Deterrence Through Negative Accounts

Effectiveness of Negative Portrayals in Media and Personal Accounts

Research on the role of media and personal accounts in shaping public perceptions of doping highlights the significant deterrent effect of negative portrayals. When doping scandals are covered in-depth, with a focus on the consequences faced by athletes, they serve as powerful cautionary tales. Studies in sports psychology suggest that narratives of failure and regret resonate strongly with audiences, particularly when they depict the multifaceted costs of unethical choices in high-stakes environments. For

example, media portrayals of doping scandals often humanize athletes, illustrating their struggles and the fallout from their decisions. Such depictions not only elicit empathy but also reinforce the societal disapproval of doping behavior.

It was found that doping-related media stories that included strong moral narratives significantly influenced audience attitudes, particularly when paired with real-life accounts of athletes' downfalls. These portrayals created a cognitive dissonance in viewers, making them less likely to condone doping and more inclined to value ethical competition.

Impact of Public Scandals and Consequences on Perception and Behavior

Public scandals involving prominent athletes often serve as turning points in societal and regulatory attitudes toward doping. High-profile cases like Lance Armstrong's confession of systematic doping have had profound ripple effects. Armstrong, once celebrated as an icon of resilience, saw his seven Tour de France titles stripped, resulting in a loss of sponsorships, financial penalties, and irreparable reputational damage (bbc.com). This case also led to a reevaluation of anti-doping policies in professional cycling and increased scrutiny of doping practices.

Similarly, the doping scandals surrounding Diego Maradona and Maria Sharapova illustrate the personal and professional costs of unethical choices. Maradona's battles with substance abuse overshadowed his legendary football career, leading to a tarnished legacy despite his undeniable talent. Sharapova's suspension following her positive test for meldonium not only affected her career trajectory but also raised questions about athlete accountability and regulatory oversight.

These public scandals do more than penalize individual athletes—they act as societal markers that shift public opinion and athlete behavior. They expose the systemic pressures that lead athletes to dope, such as the relentless pursuit of success, while simultaneously reinforcing the need for ethical vigilance.

Linking Findings to the Documentary's Narrative Focus

The documentary under study effectively embodies the deterrence mechanism of negative accounts by focusing on the human cost of doping. It does this through the stories of athletes like Lance Armstrong and Süreyya Ayhan, whose careers were irreversibly damaged by their decisions. Armstrong's calculated doping program not only stripped him of his titles but also transformed him from a global icon to a cautionary tale. Similarly,

Ayhan's indefinite ban from athletics, despite her national hero status, underscores the long-term consequences of doping on personal and professional identities.

Personal struggles, such as those experienced by Martina Hingis and Maria Sharapova, highlight the psychological toll of doping scandals. Hingis's career, marked by her exceptional talent, was disrupted by allegations of cocaine use, leading to a contentious retirement. Sharapova's doping suspension added a layer of complexity to her celebrated legacy, showing how even unintentional infractions can have far-reaching consequences.

The documentary also delves into the ethical dilemmas and societal betrayals associated with doping. Justin Gatlin's comeback story, despite his doping bans, faced mixed public reactions, reflecting the lasting stigma attached to such infractions. For Süreyya Ayhan, repeated doping allegations not only ended her career but also led to public disillusionment, showcasing the fragility of trust in sports.

Broader Implications

The documentary reinforces the notion that the costs of doping extend beyond immediate penalties to touch on deeper societal values like fairness,

integrity, and trust. By bringing these narratives to the forefront, it highlights the importance of maintaining ethical standards and the ripple effects that unethical decisions can have on an athlete's legacy and the sports community at large.

Methodology

Methodology: Development of the Data Collection Tool

Selection and Adaptation of the Survey Tool

The data collection tool for assessing doping attitudes was inspired by the Performance Enhancement Attitude Scale (PEAS) and tailored to capture participants' perspectives on doping before and after viewing the documentary. This approach was informed by existing validated scales, such as the PEAS, which assesses the psychosocial and ethical dimensions of doping attitudes in sports.

Construction and Validation of Questions

To align with the study's focus, survey questions were designed to address key constructs such as knowledge and awareness, ethical perceptions, behavioral intent and social influences.

Pilot Testing and Refinement

The pilot study was crucial in refining the survey to ensure clarity, cultural relevance, and alignment with research goals:

- A panel of experts reviewed the draft survey, ensuring alignment with academic and practical frameworks on doping.

• Adjustments were made to incorporate feedback, such as simplifying jargon and ensuring questions captured the psychological and ethical nuances of doping.

Final Survey Tool

The final tool included:

1. Demographic Section: Collecting data on socio-economic indicators and demographic information such as age, gender, sports level, and education for descriptive analysis.

2. Performance Enhancement Attitude Scale (PEA-SCALE)

The Performance Enhancement Attitude Scale (PEA-SCALE) is a validated psychometric tool designed to measure attitudes toward the use of performance-enhancing substances in sports. Developed to assess cognitive and emotional tendencies regarding doping, the scale evaluates an individual's perspectives on the necessity, ethicality, and risks of doping, alongside beliefs about the societal and environmental influences that may shape these attitudes.

The PEA-SCALE consists of a series of Likert-scale items where respondents indicate their level of agreement with statements ranging from

“Strongly Disagree” to “Strongly Agree” (1 to 6). These statements are structured to address key dimensions of doping attitudes, including:

Perceived Necessity: Items evaluate whether respondents believe doping is essential for competitiveness (e.g., “Doping is necessary to be competitive”).

Ethical Relativism: Questions explore the normalization of doping and its ethical justifications (e.g., “Doping is not cheating since everyone does it”).

Risk Perception: Items assess beliefs about the health risks of doping (e.g., “The risks related to doping are exaggerated”).

Social and Media Influences: Statements examine the role of societal and media pressures (e.g., “The media blows the doping issue out of proportion”).

Moral Disengagement: Items gauge whether athletes feel justified in breaking anti-doping rules (e.g., “Athletes should not feel guilty about breaking the rules and taking performance-enhancing drugs”).

The PEA-SCALE has been widely used in research to understand how demographic, psychological, and contextual factors influence doping attitudes. Studies employing the PEA-SCALE have revealed significant

variations in doping attitudes across different sports disciplines, competitive levels, and educational backgrounds. This makes the scale a valuable tool for tailoring anti-doping education programs and interventions.

The PEA-SCALE provides several advantages for researchers and policymakers:

Standardization: Its structured format ensures consistent measurement across diverse populations.

Diagnostic Insight: The scale identifies specific attitudinal barriers to ethical sports participation.

Intervention Design: Results can inform the development of targeted anti-doping campaigns that address identified attitudinal gaps.

The PEA-SCALE remains a cornerstone in doping research, offering valuable insights into athletes' attitudes toward performance enhancement. Its results enable stakeholders in sports and health to design informed strategies to combat doping, promoting a culture of fairness and health in sports.

Participants

The participants of this study were recruited through online advertisements and outreach within sports communities to ensure a diverse sample.

Pre-Test and Post-Test Design

The study employed a pre-test and post-test design to measure shifts in attitudes toward doping before and after viewing the documentary. The Performance Enhancement Attitude Scale (PEA-Scale) was utilized as the primary instrument for data collection. As explained above, this scale comprises a series of Likert-scale statements designed to assess beliefs about doping. Participants rated their agreement with each statement on a scale of 1 (Strongly Disagree) to 6 (Strongly Agree). The PEA-Scale captures nuances in attitudes toward doping, including its perceived necessity, ethical implications, and risks.

The pre-test survey was administered online, capturing baseline attitudes and demographic data. Participants were then given access to the documentary via a secure link and asked to watch it within 48 hours. Afterward, they completed the post-test survey, which was identical to the pre-test.

Documentary Synopsis

The documentary, created as part of the NODOPE initiative, explores the complex realities of doping through the personal stories of seven athletes. It is structured into eight segments, each highlighting different facets of the doping issue.

1. Introduction: The film opens with a powerful depiction of the allure and consequences of athletic success tainted by doping. It defines doping and introduces its most common forms: anabolic steroids, blood doping, and stimulants.

2. Human Costs: Through the stories of Lance Armstrong and Diego Maradona, the documentary delves into the career downfalls caused by doping. Armstrong's systematic doping program led to the loss of seven Tour de France titles, while Maradona's struggles with addiction overshadowed his football brilliance.

3. Ethical Dilemmas: The narratives of Justin Gatlin and Süreyya Ayhan focus on the ethical challenges and societal betrayal associated with doping. Gatlin's bans and eventual return highlighted public skepticism, while Ayhan faced an indefinite ban that tarnished her status as a national hero.

4. Personal Struggles: The experiences of Martina Hingis and Maria Sharapova underscore the psychological toll of doping scandals. Hingis, accused of cocaine use, retired to avoid prolonged legal battles. Sharapova's suspension for meldonium use revealed gaps in athlete awareness of evolving anti-doping regulations.

5. Systemic Pressures: The documentary also examines the systemic factors driving doping, including sponsorship pressures, the culture of winning at all costs, and inadequate oversight.

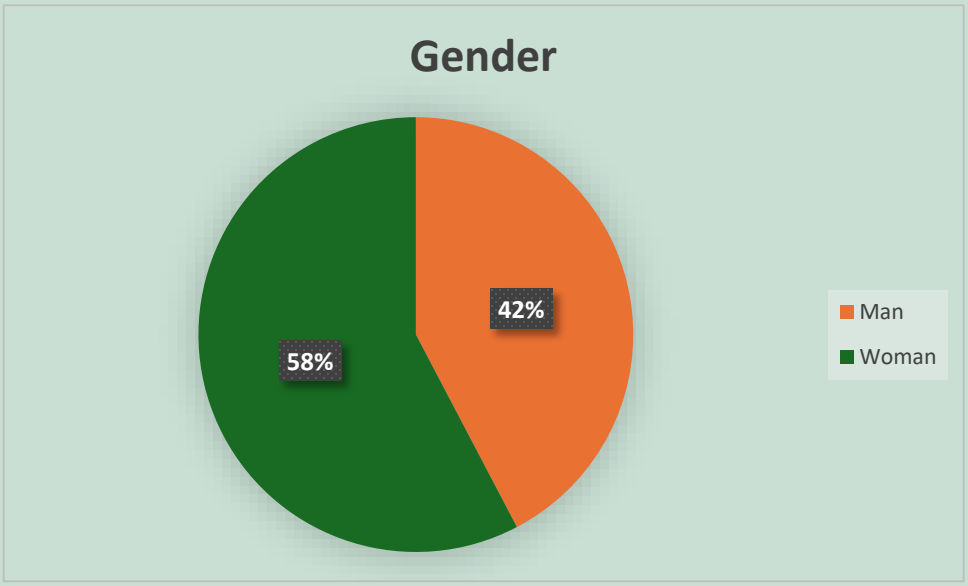
6. Redemption and Reflection: Concluding with themes of redemption, the documentary encourages viewers to reflect on the true meaning of greatness in sports—resilience, fairness, and integrity.

The documentary's emotive storytelling and focus on real-world consequences aim to evoke a critical evaluation of doping's impact, not just on individual athletes but also on the values underpinning competitive sports.

Analyses and Results

Pie Charts and Frequency Tables

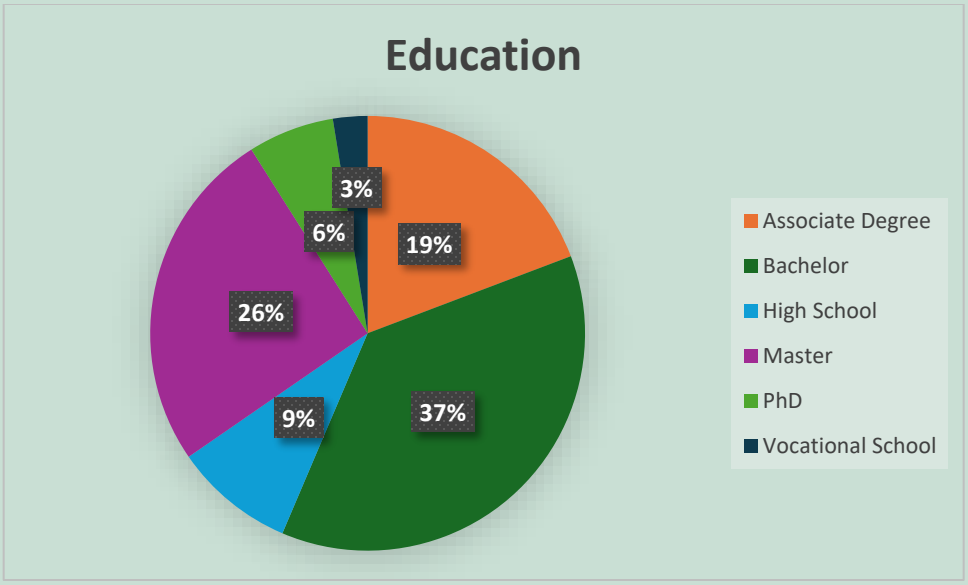
The pie chart for gender shows a slight predominance of women, making up 57.7% of the participants, while men represent 42.3%.



Gender

	N	%
Man	33	42.3%
Woman	45	57.7%

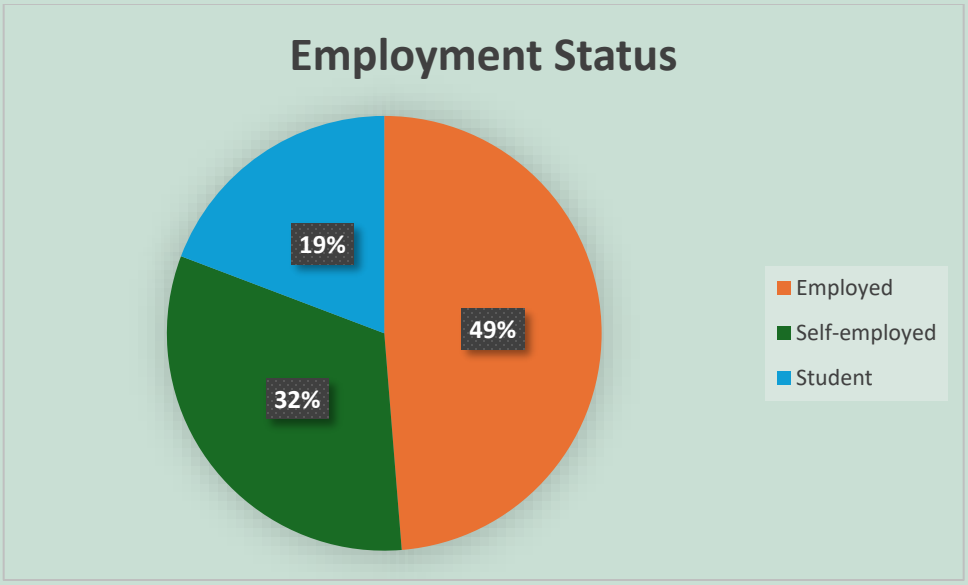
The frequency table reveals a diverse educational background among participants, with most holding a Bachelor's degree (37.2%) and the least from Vocational School (2.6%).



Education

	N	%
Associate-Degree	15	19.2%
Bachelor	29	37.2%
High School	7	9.0%
Master	20	25.6%
PhD	5	6.4%
Vocational School	2	2.6%

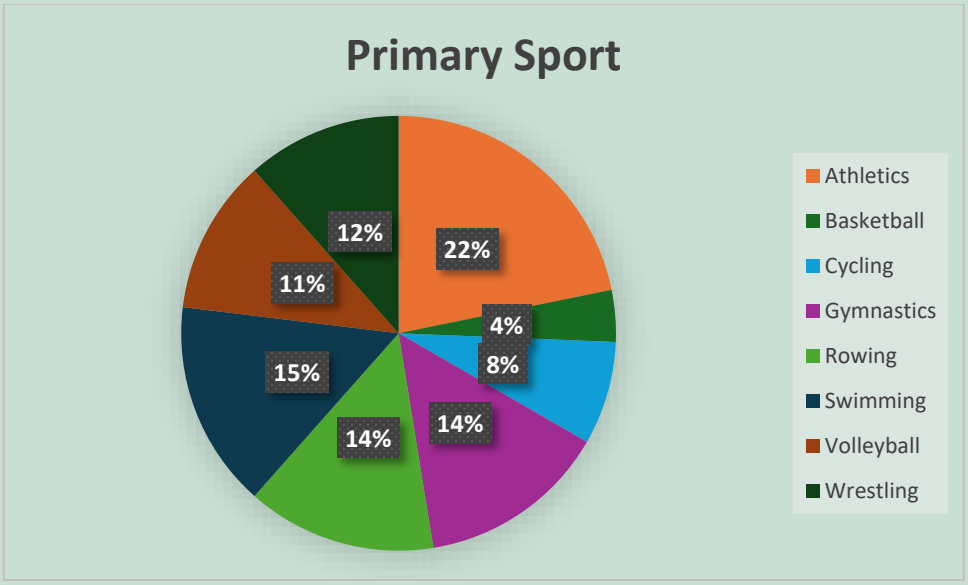
The employment status chart indicates that nearly half of the participants are employed (48.7%), followed by self-employed individuals (32.1%), with students being the smallest group (19.2%).



Employment Status

	N	%
Employed	38	48.7%
Self-employed	25	32.1%
Student	15	19.2%

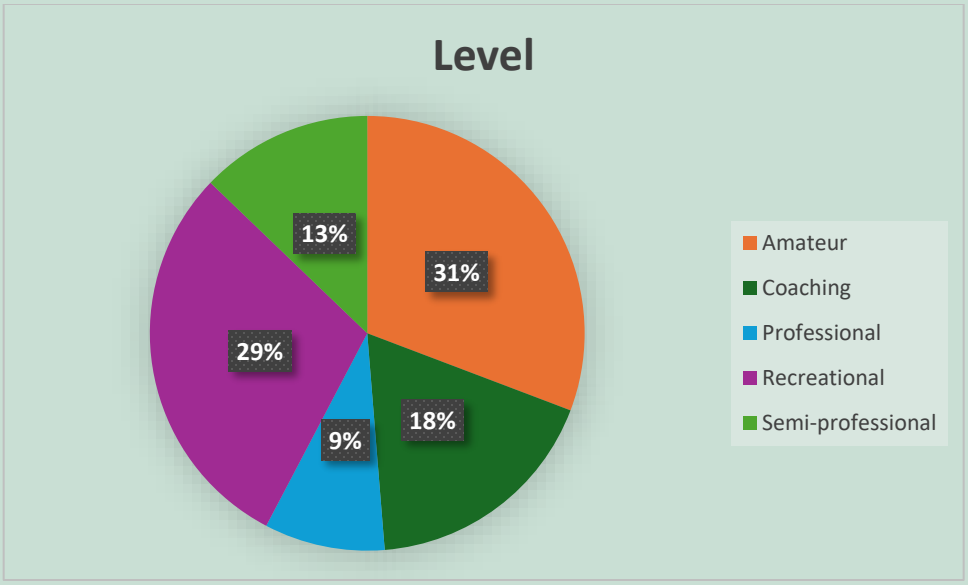
The chart for primary sports illustrates a wide variety of sports preferences, with the highest participation in athletics (21.8%) and the lowest in basketball (3.8%).



Primary Sport

	N	%
Athletics	17	21.8%
Basketball	3	3.8%
Cycling	6	7.7%
Gymnastics	11	14.1%
Rowing	11	14.1%
Swimming	12	15.4%
Volleyball	9	11.5%
Wrestling	9	11.5%

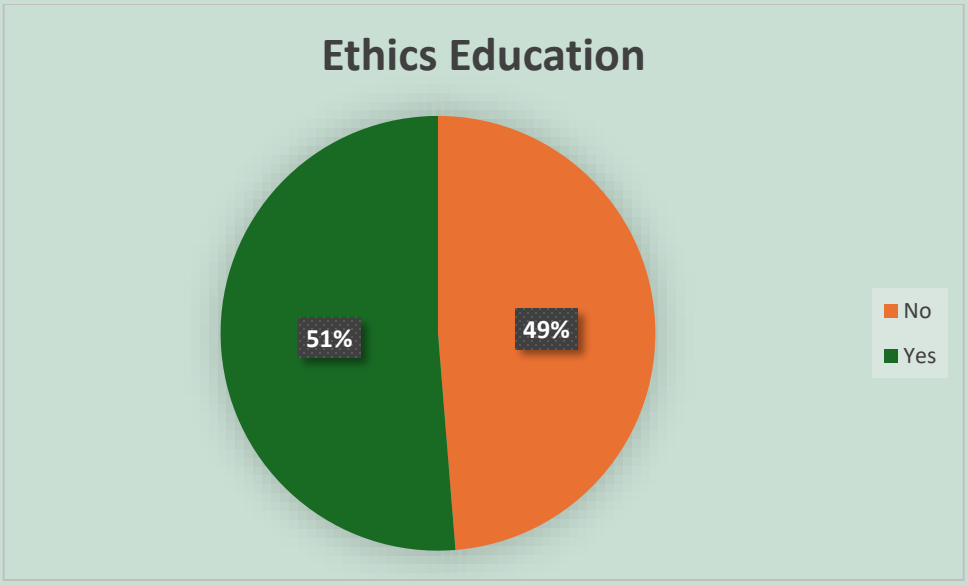
The pie chart for sports levels shows that most participants identify as amateur (30.8%) or recreational (29.5%), with fewer in professional or semi-professional roles. Coaching accounts for 17.9%, indicating a subset of experienced participants.



Level

	N	%
Amateur	24	30.8%
Coaching	14	17.9%
Professional	7	9.0%
Recreational	23	29.5%
Semi-professional	10	12.8%

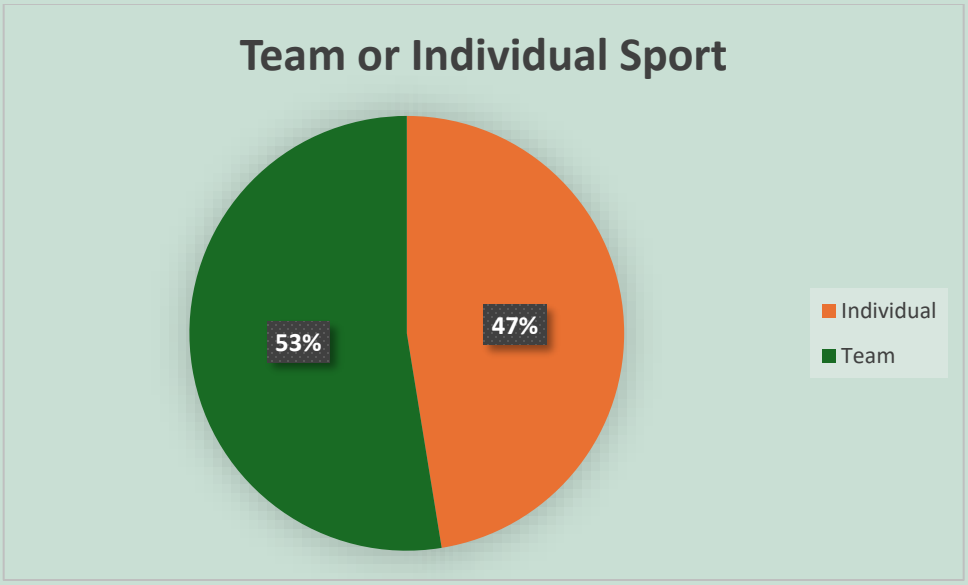
Ethics education responses are nearly evenly split, with 51.3% having received education on sports ethics or anti-doping and 48.7% not. This balance suggests room for increased educational outreach.



Ethics Education

	N	%
No	38	48.7%
Yes	40	51.3%

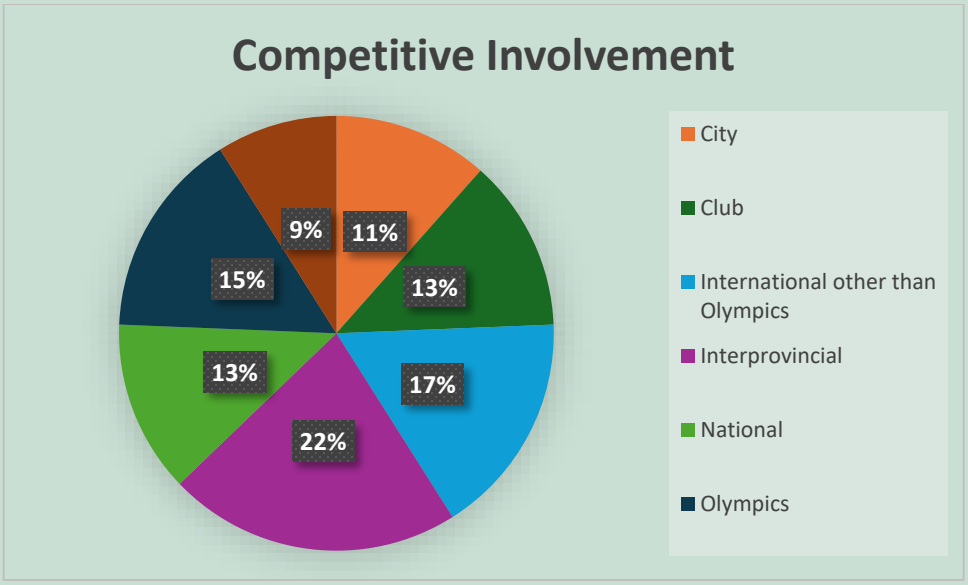
A slight majority (52.6%) of participants are involved in team sports, while 47.4% engage in individual sports.



Team or Individual Sport

	N	%
Individual	37	47.4%
Team	41	52.6%

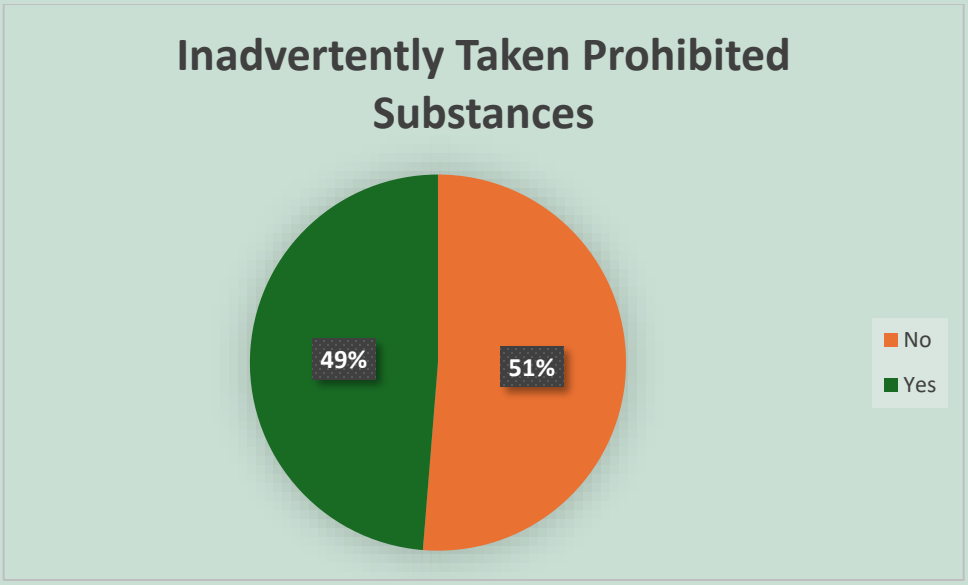
The competitive involvement data show a varied distribution, with the majority competing at interprovincial (21.8%) and international levels (16.7%).



Competitive Involvement

	N	%
City	9	11.5%
Club	10	12.8%
International other than Olympics	13	16.7%
Interprovincial	17	21.8%
National	10	12.8%
Olympics	12	15.4%
Regional	7	9.0%

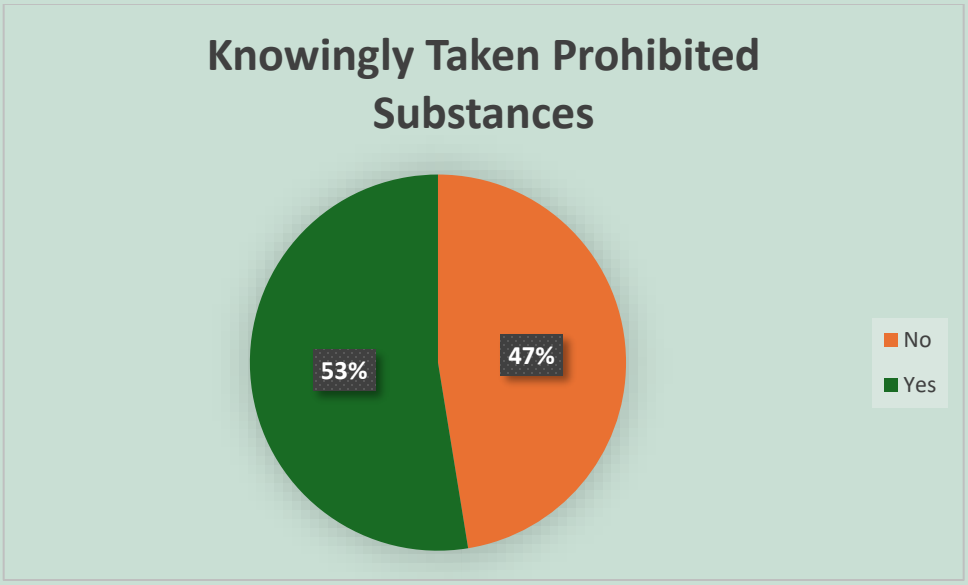
Responses show that 48.7% of participants have inadvertently taken prohibited substances, while 51.3% have not. This balance underscores the need for education on avoiding unintentional doping.



Inadvertently Taken Prohibited Substances

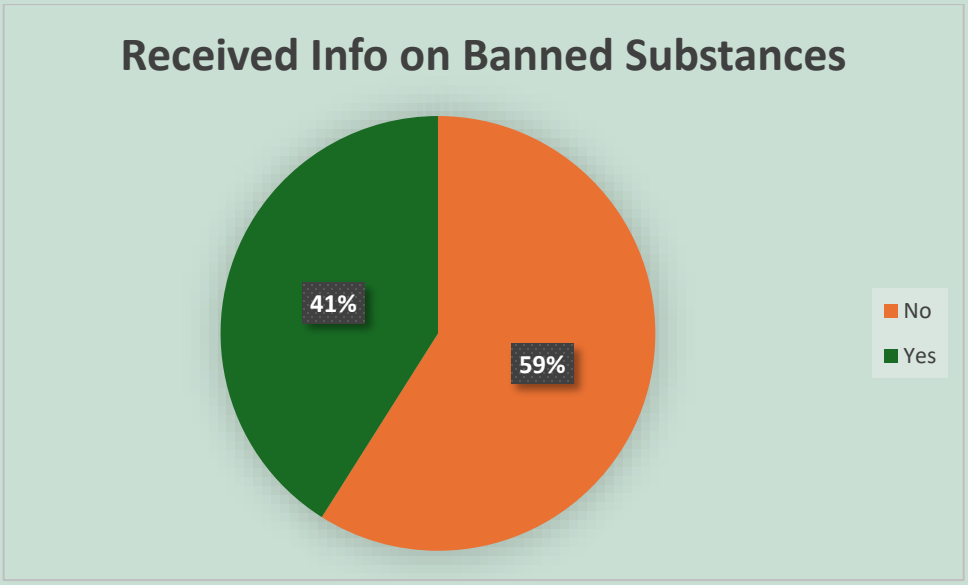
	N	%
No	40	51.3%
Yes	38	48.7%

Over half (52.6%) of participants admit to knowingly taking prohibited substances, compared to 47.4% who have not. This suggests a significant challenge in promoting anti-doping awareness.



Knowingly Taken Prohibited Substances

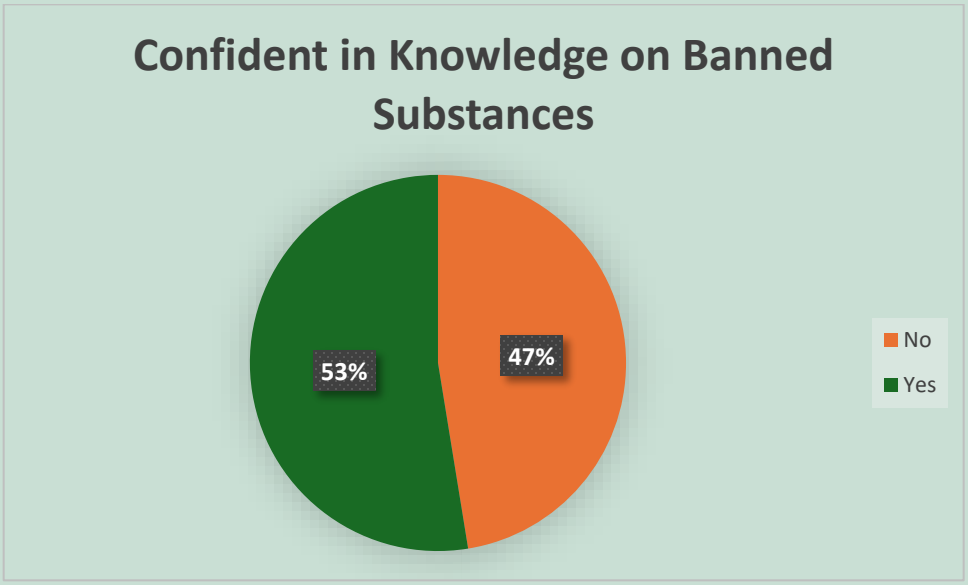
	N	%
No	37	47.4%
Yes	41	52.6%



Received Info on Banned Substances

	N	%
No	46	59.0%
Yes	32	41.0%

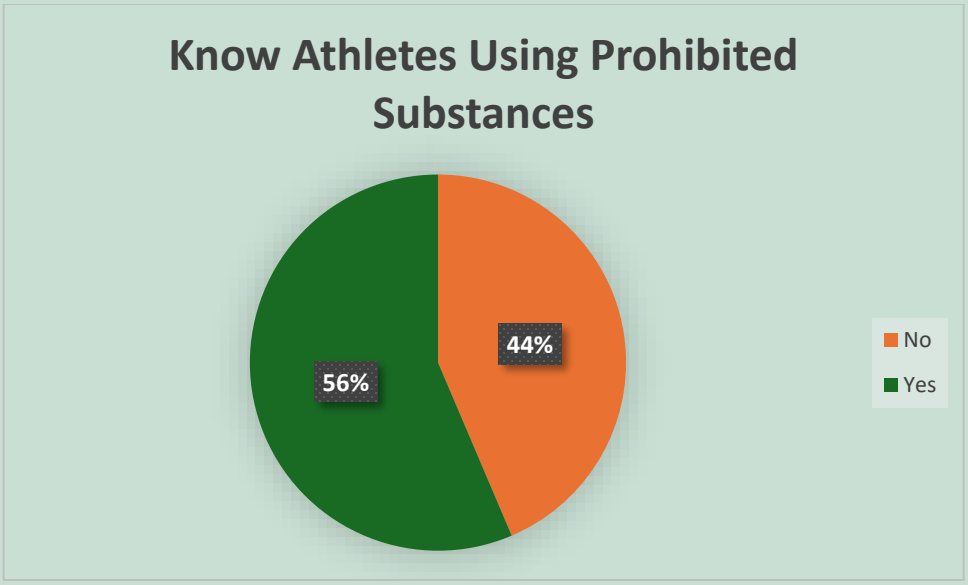
Confidence levels regarding knowledge of banned substances are evenly distributed, with 52.6% feeling confident and 47.4% not.



Confident in Knowledge on Banned Substances

	N	%
No	37	47.4%
Yes	41	52.6%

A majority (56.4%) of participants know athletes who have used prohibited substances, while 43.6% do not. This indicates that doping is perceived as a common issue within sports environments.



Know Athletes Using Prohibited Substances

	N	%
No	34	43.6%
Yes	44	56.4%

Paired Samples T-test

The Performance Enhancement Attitude Scale (PEA-SCALE) measures pro-doping attitudes, where higher scores indicate stronger agreement with pro-doping statements. This analysis evaluates the effectiveness of an intervention program (e.g., a documentary or educational session) designed to influence attitudes toward doping in sports. Scores were collected before and after the intervention from 78 participants. A paired samples t-test was

conducted to compare the pre- and post-intervention scores to determine whether the intervention led to a statistically significant change in attitudes.

The paired samples t-test results as seen in the table below reveal a substantial decrease in the mean attitude scores after the intervention. The pre-intervention mean score was 54.28 (SD = 5.27), indicating relatively pro-doping attitudes. After the intervention, the mean score dropped to 44.78 (SD = 5.23), suggesting a more negative attitude toward doping. The mean difference of -9.50 is statistically significant ($t = 44.03$, $p < 0.001$).

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Attitude Score	Before	54.2821	78	5.27158	.59689
	After	44.7821	78	5.23387	.59262

t-value: 44.03
p-value< 0.001
Mean Difference: -9.50

The negative mean difference reflects the desired outcome: participants displayed less agreement with pro-doping statements after the intervention. The small standard errors of the mean (before: 0.60, after: 0.59) and the relatively consistent standard deviations indicate reliable measurements and a strong effect of the intervention.

The results demonstrate a significant reduction in pro-doping attitudes as measured by the PEA-SCALE following the intervention. This finding suggests that the intervention program through the documentary effectively shifted participants' attitudes toward a more negative stance on doping—a critical goal for promoting ethical practices in sports. Such outcomes underline the importance of educational and awareness campaigns as part of anti-doping strategies. Future efforts could explore whether these attitude changes persist over time and their influence on actual behavior.

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ANNEX – SURVEY QUESTIONS

Attitudes Towards the Use of Performance Enhancing Substances in Sports

Thank you for participating in this survey. Your responses will help us understand attitudes towards doping in sports. The survey is anonymous and will take approximately 10 minutes to complete.

Please enter your email address. Your information will not be used to identify you or shared with third parties. The reason for collecting your email address is to send you a link to the doping documentary and a follow-up survey for you to fill out after watching the documentary.

I have seen the "Past Doping Users Documentary" prepared by the NODOPE.EU Project Team

- Yes
- No

What is your age?

- ....

What is your gender?

- Woman
- Man

What is your highest level of education?

- High School
- Vocational School
- Associate Degree
- Bachelor
- Master
- PhD

What is your current employment status?

- Student
- Employed
- Self-employed
- Unemployed
- Retired

What is your primary sports?

- ....

How many years of experience do you have in the sports you have chosen in the previous question?

- ....

What level do you compete at in your primary sports?

- Amateur
- Recreational
- Semi-professional
- Professional
- Coaching

Have you ever received formal education on sports ethics or anti-doping?

- Yes
- No

Do you currently participate in team or individual sports?

- Team
- Individual

What is your highest level of competitive involvement?

- Club
- City
- Interprovincial
- Regional
- National
- International other than Olympics
- Olympics

Have you ever inadvertently taken any substances whose use is prohibited in your sport?

- Yes
- No

If you said yes to the previous question, which type of substance?

- Recreational
- Performance Enhancing

Have you ever knowingly taken any substances whose use is prohibited in your sport?

- Yes
- No

Have you received information about banned substances in you sport?

- Yes
- No

If you said yes to the previous question, from whom did you receive information?

- ….

Are you confident in your knowledge about banned substances in your sport?

- Yes
- No

Do you personally know any athletes who are taking, or have previously taken, prohibited substances?

- Yes
- No

If you said yes to the previous question, which type of substance did the athlete you know took?

- Recreational
- Performance Enhancing

Below are statements showing what many people think and feel about sport and performance enhancing drugs. How strongly do you agree or disagree with the following statements?

Please read each item below carefully and circle the appropriate number after each statement, which shows the level of your agreement using the scale below:

Strongly Disagree	Disagree	Slightly Disagree	Slightly Agree	Agree	Strongly Agree
1	2	3	4	5	6

My opinion regarding sport in general is that…

- Doping is necessary to be competitive.
- Doping is not cheating since everyone does it.
- Athletes often lose time due to injuries and drugs can be used to help to make up the lost time.

- Only the quality of performance should matter, not the way athletes achieve it.
- Athletes in my sport are pressured to take performance enhancing drugs.
- Athletes who take recreational drugs use them because they help them in sport situations.
- Athletes should not feel guilty about breaking the rules and taking performance-enhancing drugs.
- The risks related to doping are exaggerated.
- Athletes have no alternative career choices, but sport.
- Recreational drugs assist in motivating athletes to train and compete at the highest level.
- Doping is an unavoidable part of competitive sport.
- Recreational drugs help to overcome boredom outside of competition
- There is no difference between drugs and the technical equipment that can be used to enhance performance (e.g. hypoxic altitude simulating environments)
- The media should talk less about doping.
- The media blows the doping issue out of proportion.
- Health problems related to rigorous training and injuries are just as bad doping side effects.
- Legalizing performance enhancements would be beneficial for sports.

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