



## Doping and performance enhancing drugs social perception amongst gym users in València (Spain)

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### BACKGROUND AND PURPOSE

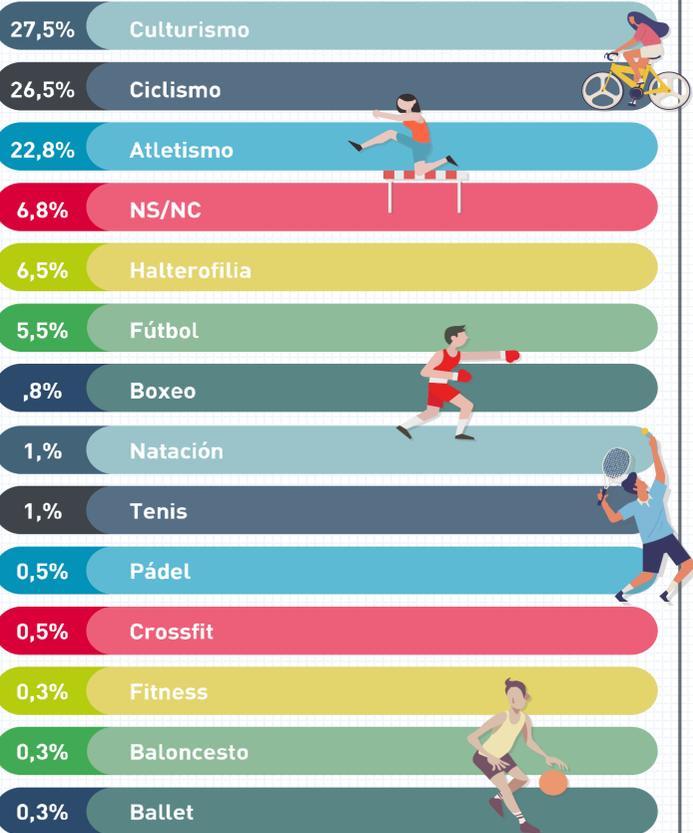
The present study aims to determine the social perception of doping and performance enhancing drugs amongst gym users in the city of València in Spain. This phenomenon is acquiring a progressive academic and public health interest.

### METHODS

A survey was administered to 400 young gym users of ages between 18 and 35 years. Fieldwork was conducted in both public and private gymnasiums of the 19 districts of the city of Valencia (Spain). Anonymity and confidentiality were guaranteed. The sample was statistically representative of this range group and had a confidence level of 95.5% and an assumed margin of error of 5%.

### RESULTS

#### Modalidades deportivas en las que considerasa más extendido el dopaje (PRIMERA MENCION)



In relation to the social perception that has the presence in the gyms of the city on the consumption of pharmacological products to improve performance, it is observed that more than half of the respondents (55%) think that it would be high or very high.

Further, bodybuilding (27.5%), followed by cycling (26.5%) and athletics (22.8%) are the sports in which doping is considered more widespread in first mention. Weightlifting, soccer and boxing complete the list of some of the sports practices that would be most affected by the phenomenon of doping. Alike, the 60.3% of respondents believe that the intake of substances that improve performance is widespread among professional athletes. On the other hand, there is a high degree of agreement (67.1%) that doping substances are readily available to people who practice sports regularly. Moreover, 56% of the sample personally know someone who has resorted to these substances

### CONCLUSIONS AND IMPLICATIONS

The consumption of pharmacological products is socially accepted if those who consume it have a professional purpose for their consumption. Alike it is also perceived widespread amongst amateur athletes. Thus, the design and implementation of specific and validated preventive and sensitization programs would be desirable.

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