

# **Doping in Jordanian population: Analytical cross-sectional study**

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## **Abstract**

Background: sports and exercise are very crucial human activities. People perform sports for better health and wellbeing, for winning competitions and to have better physical and muscular shape. many athletes (and even ordinary people) consume substances that increase their sporty performance. In many occasions, these substances would be harmful to humans and many have drastic side effects. Doping is defined as the use of an expedient (substance or method) which is potentially harmful to athletes. This study investigates the status of doping among medical and ordinary people in Jordan. Method: this is a cross sectional study to investigate doping among Jordanian population. To achieve this goal, a questionnaire that addressed many aspects of doping was developed and validated. After developing the questionnaire it was circulated on the targeted participants via Google Forms tool. Results: a total of 919 participants (550 Health Care Providers

and 369 Non Health Care Providers) responded to the questionnaire. It was found that around one fifth of the studied population practiced sports on weekly basis. Around 35% were smokers. Participants showed good general knowledge in the topic of doping and poor knowledge in doping agents' classification. Only 6% reported practicing doping in their life. The most common perceived reason (82.1%) to use doping agents was to enhance physical performance. Approximately 83% of both groups had studied nothing about doping in school or university. And (zero%) answered "strongly disagree" to learning doping in various ways, especially if this topic is added in university or school courses. Vast majority (85%) supported making penalties against the action of doping. Conclusion: applying more restriction on doping agents is recommended, also applying penalties shall reduce the incidence of this bad practice. Although good general knowledge is illustrated, it is not based on strong scientific basics, so systematic teaching of doping in School and University bachelor's programmes is expected to deepen the knowledge about doping. More efforts should be invested to counteract the underestimated perceived complications of using doping agents .