

Doping intentions in adolescent athletes: The role of anticipated regret

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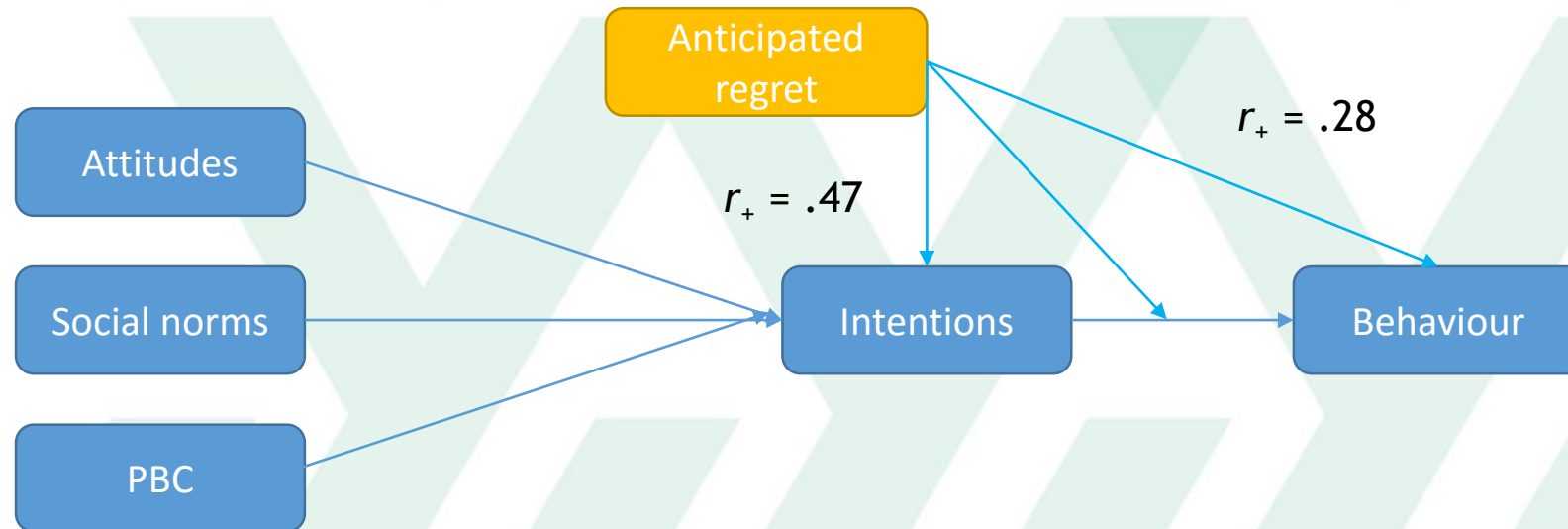
Definition of anticipated regret

Ajzen & Sheikh (2013)

- The potential for regret is inherent in most behavioral decisions. We may come to regret a decision
 - to perform a behavior if it has negative consequences,
 - not to perform a behavior because of the potential rewards foregone.
- The anticipation of regret is thought to be an important determinant of behavioral decisions.

safeyou Anticipated regret
in the context of the TPB

- Anticipated affective reactions in intention models
(Ajzen, 2011; Conner & Armitage, 1998; Sandberg & Conner, 2008)



- Anticipated regret predicts intentions only when there is action-inaction disparity with the TPB variables
 - Action: Intentions and TPB variables measured with respect to performing an action/behaviour
 - Inaction: Anticipated regret is worded and measured with respect to *not* performing an action/behaviour (Ajzen & Sheikh, 2013; Sandberg & Conner, 2008)

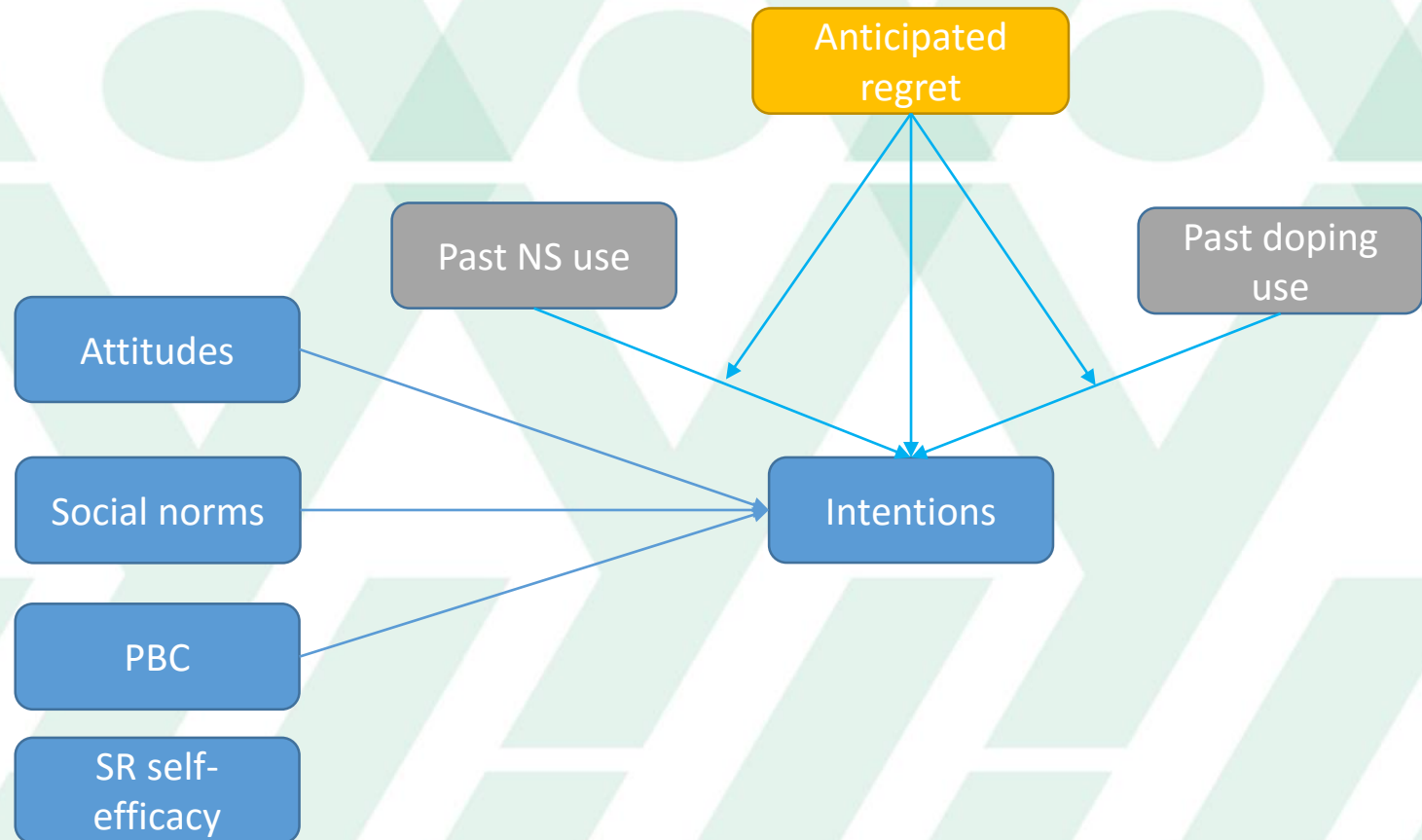
Anticipated regret in doping use

Lazuras, Barkoukis, & Tsorbatzoudis (2015), DIDIS Youth

- 650 adolescent competitive athletes (M age = 16.09 years, SD = 1.5)
- Action-action convergence in TPB variables and anticipated regret
- Anticipated regret in an integrative model of doping use
 - Anticipated regret added 3% incremental validity on top of TPB variables, achievement goals, motivational regulations, and sportspersonship beliefs
 - Mediated the effects of sportspersonship on doping intentions

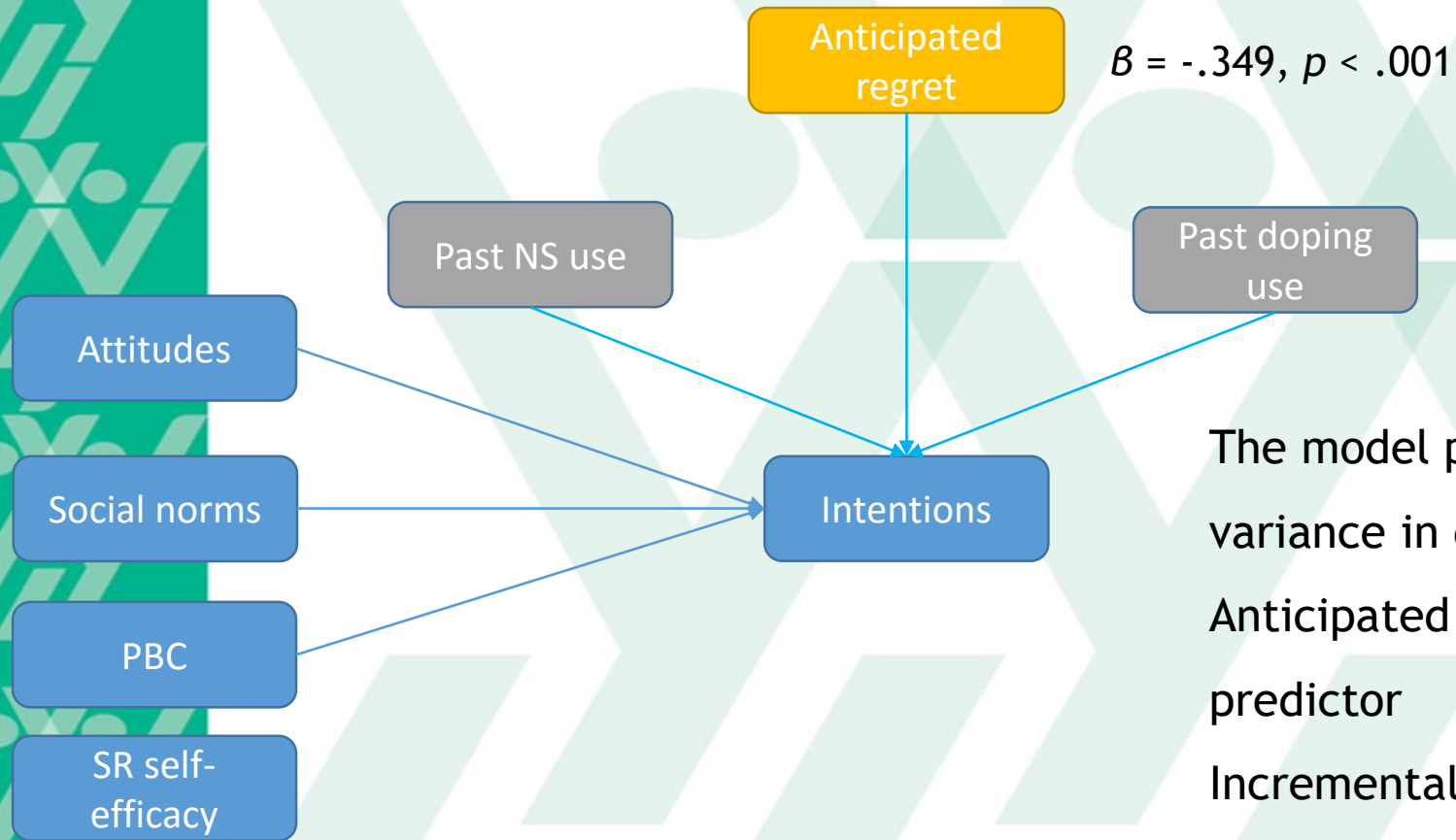
- Anticipated regret is a risk factor for doping use (Lazuras et al. 2015)
- Supplement/doping users are aware of the consequences of supplement use on their body
- Anticipated regret may influence doping intentions more strongly among athletes already using nutritional supplements and/or doping substances

safeyou The present study's model



- 216 adolescent athletes from team sports in Greece, aged between 14 to 20 years (M age = 17.37, SD = 1.68), 79.1% males, with average of 7.63 (2.87) years in training of their sport, 3.84 (SD = 1.23) training days and 6.95 (SD = 3.00) hours of training per week
- Structured questionnaires based on Lazuras et al. (2015)
 - TPB variables (attitudes/PEAS, R self-efficacy, subjective and descriptive norms), past use of supplements and doping substances, and demographics (age and gender)
 - Anticipated regret: 4 items framed with respect to action (regretting the future use of doping)

safeyou **Direct effects**
of anticipated regret on intentions



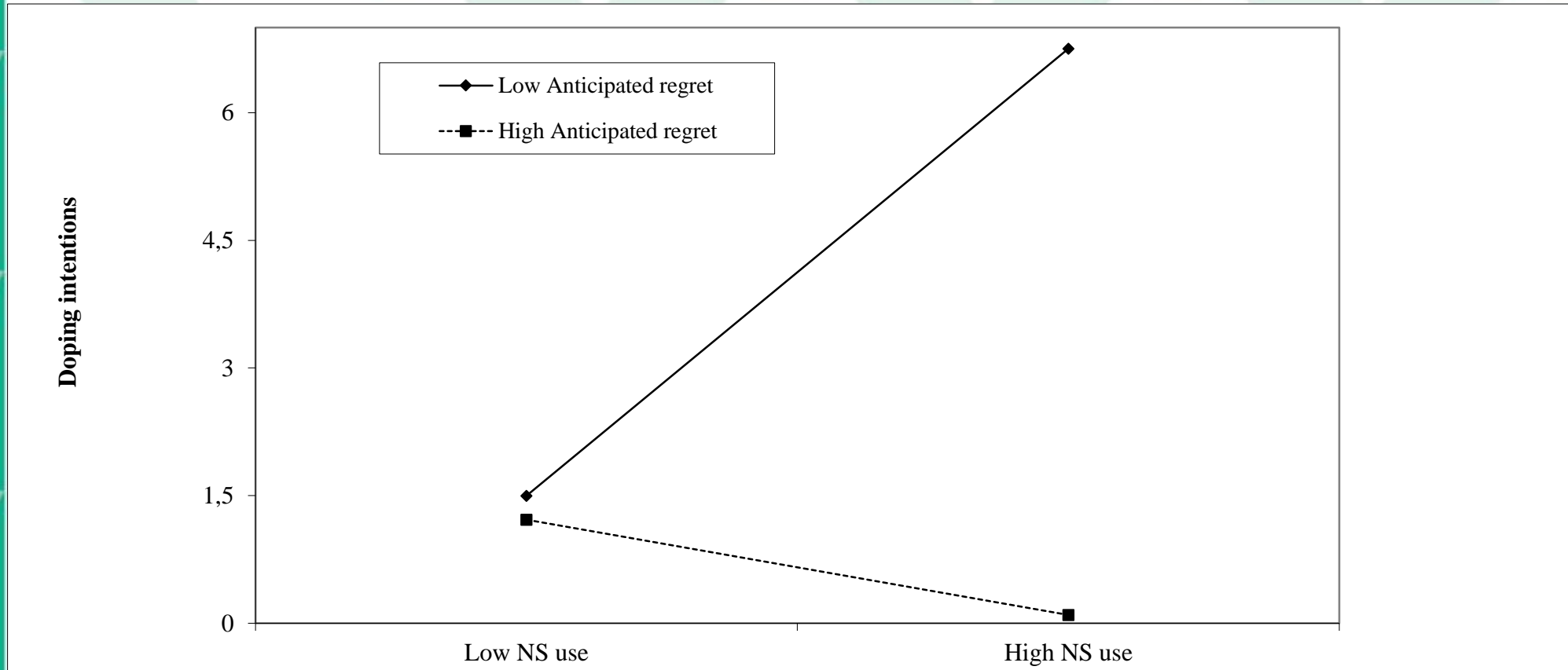
The model predicted 58.9% (Adj R^2) of the variance in doping intentions
Anticipated regret was the 3rd strongest predictor
Incremental variance on intentions: 4.1%

Moderation effects of anticipated regret

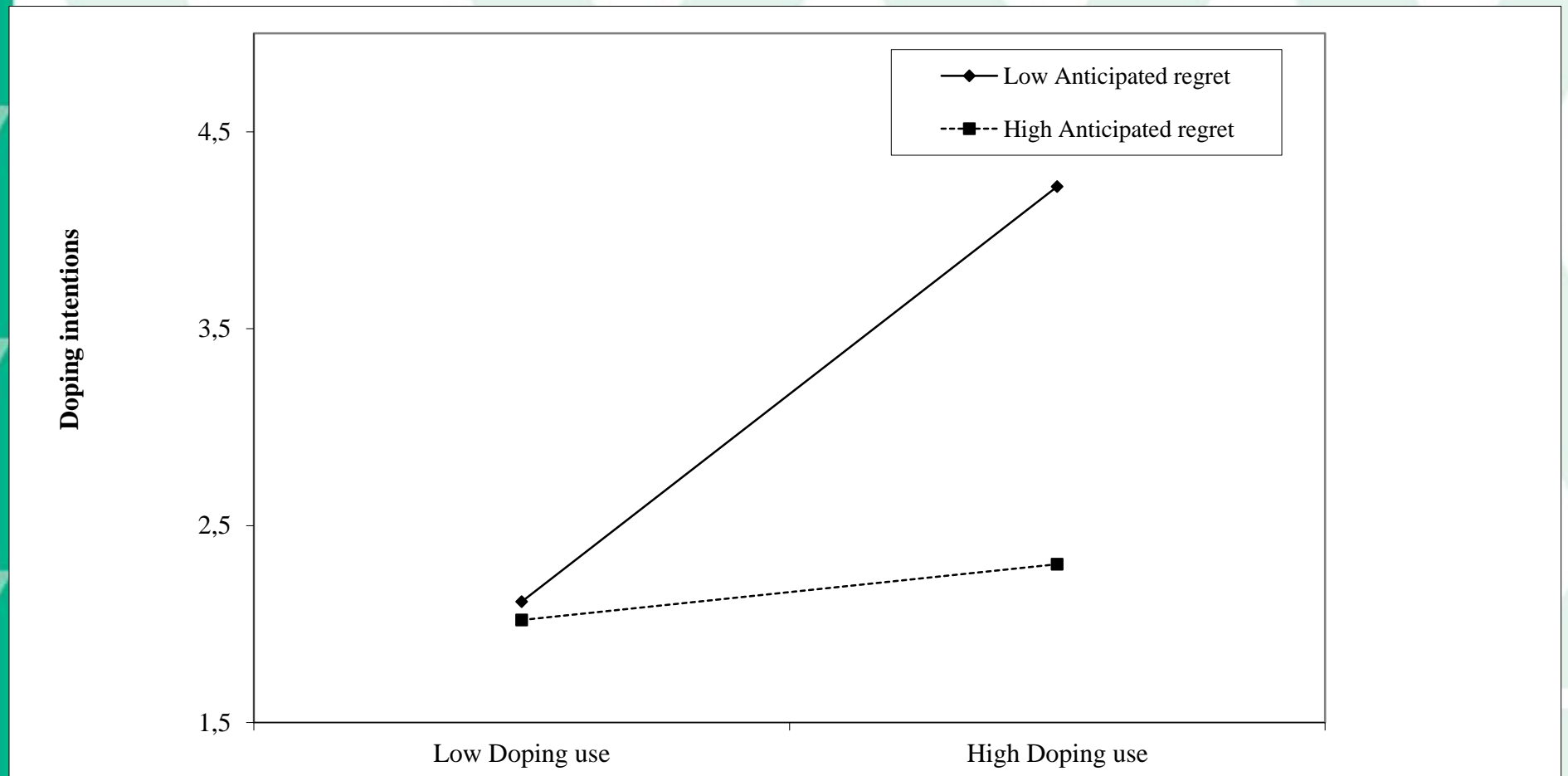
Moderated regression analysis

- Anticipated regret significantly moderated the effects of nutritional supplement use on doping intentions among non-users of doping (n = 182)
- Anticipated regret significantly moderated the effects of past doping use on doping intentions among doping users (n = 34)

Anticipated regret and NS use



Anticipated regret and doping use



Meaning of our findings

- Validated the effect we found with adolescent athletes in the integrative model using action-action convergence in measures (Lazuras et al., 2015)
- Anticipated regret moderates the influence of supplement and doping use on future doping intentions
- Anticipated regret has a place in doping intentions research
- Provides another target for anti-doping interventions and educational campaigns

- Development of an educational tool aiming to use evidence produced in competitive sport to tackle doping use in fitness and exercise:
 - Nutritional supplement use
 - Social-cognitive approaches
 - Anticipating negative emotions



Thank you for your attention