

## Anti-doping Green Seal

### Template for relevant study or survey in anti-doping.

*Title of the study:*

The use of anabolic androgenic steroids in bodybuilding. Relationship with training variables and body image.

*Publication date:*

2008

*Author/Organization:*

F. Arbinaga. University of Huelva / Revista Iberoamericana de Psicología del Ejercicio y el Deporte. Vol. 3, No. 1 (2008)

*Target audience:*

Psychologists, physicians, social workers, etc.

*Objective:*

To present data of 150 male bodybuilders on the consumption of androgenic anabolic steroids (AAS) and its relationship with training variables and body image.

*Location/Geographical coverage:*

Autonomous Community of Valencia - Spain

*Summary:*

We present data of 150 male bodybuilders on the consumption of androgenic anabolic steroids (AAS) and its relationship with training variables and body image. 24.67% explicitly recognise they consume EAAs and through the Index of Fat Free Corporal Mass this number would reach 36.67% of those taking part. Those who take part in competitions are the ones who significantly show a greater consumption ( $\chi^2=16.491$ ,  $p=0.000$ ). These consumers largely recognise that their friends are for the most part, bodybuilders ( $\chi^2=9.952$ ,  $p=0.007$ ). They don't differ in training more than planned, nor outside what was programmed, nor do they feel bad the days they don't train; however, the consumers spend more time training ( $t=4.658$   $p=0.000$ ) and they train for more days a week ( $t=3.466$   $p=0.001$ ). In the same way, there is no behavioural difference shown in the number of times they weigh themselves, they look in the mirror or they think they are small and not very muscular. Nevertheless, it is the consumers who largely avoid showing their bodies outside the gym ( $\chi^2=6.575$   $p=0.01$ ) or who feel bad after comparing themselves physically with others ( $\chi^2=4.894$   $p=0.027$ ) although they don't compare themselves excessively.

*URL of the survey/Related Website:*

<http://www.webs.ulpgc.es/riped/>