

# Athletes believe drugs improve performance: Study

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*A majority of elite [athletes](#) use drugs to achieve athletic success, improve performance or alternatively for financial gain, a new research has revealed.*

The study by researchers at the Department of Physical and [Sports](#) Education at the University of Granada shows that athletes widely believe that the fight against [doping](#) is 'insufficient and biased' and the sanctions are 'not severe enough.'



The athletes consider doping substances as 'effective' in improving performance, despite understanding that they constitute cheating, pose [health](#) risks and entail sanctions.

Researchers Mikel Zabala and Jaime Morente-Sanchez have analysed the attitudes, beliefs and knowledge about doping of elite athletes from all over the world and intend to act against doping by developing specific, efficient anti-doping strategies.

The study reveals that athletes participating in team-based sports appear to be less susceptible to using doping substances and coaches are the chief influence and source of information for athletes when they begin to take [banned](#) substances, while doctors and other specialists are less involved.

Researchers also believe that lack of complete information should be remedied through appropriate educational programmes as many [players](#) are unaware of the [problems](#) entailed in using banned substances and methods.

Some elite athletes also do not have much information about dietary supplements and the secondary effects of

performance-enhancing substances.

Zabala and Morente-Sanchez have said that prevention campaigns are essential to influence athletes' attitudes towards doping and the culture surrounding this banned practice.

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