

Study of prevalence of consumption and consumer awareness of doping substances and supplements side effects among male bodybuilders in Karaj

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Background and Aims: One of the problems existing in sport, specially bodybuilding, is high attraction to some issues such as improving the body shape by increasing muscle mass, which leads to increased incidence of nutritional disorders and doping substance use between athletes. Due to such substances side effects, this study has been done to determine the prevalence of consumption and consumer awareness of doping substances side effects among male bodybuilders in Karaj.

Methods: The present study was designed as a descriptive-analytic study on 780 randomly selected male bodybuilders in Karaj. questionnaire containing demographic characteristics, awareness of doping substances side effect, through the interviews were completed. Data was analyzed by SPSS v.19 and chi-square test.

Results: The prevalence of taking doping substances and supplements was reported 88.2% among participants. The highest prevalence stands for food supplements, vitamins and both (69.9%). The prevalence of doping and anabolic substances, hormones and corticosteroids use was 5.6% and 2.1% respectively. 54.4% of bodybuilders were between 20-30 years old and 83% of them had a diploma degree and higher. 78.2% of the participants had poor awareness, 19.7% moderate and only 2.1% had good awareness of side effects. there was a significant correlation ($p<0.05$) between the frequency of side effects incidence, and legal or illegal substances. in addition there was a significant correlation between the type of substances and the awareness ($p<0.05$).

Conclusion: This study indicates that the prevalence of nutritional supplement use is widespread among bodybuilders in Karaj. The results also demonstrates poor awareness of doping substances side effects that emphasizes on the necessity of more educational programs.

Keywords: bodybuilders, doping , awareness