

Compliance to the World Anti-Doping Program

A status evaluation of national sport organizations in Hong Kong

Yvonne Yuan, PhD, MBA, CSCS

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Research Team

- Dr. Lena Fung
Hong Kong Baptist University
- Dr. Yvonne Yuan
Hong Kong Sports Institute

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Background

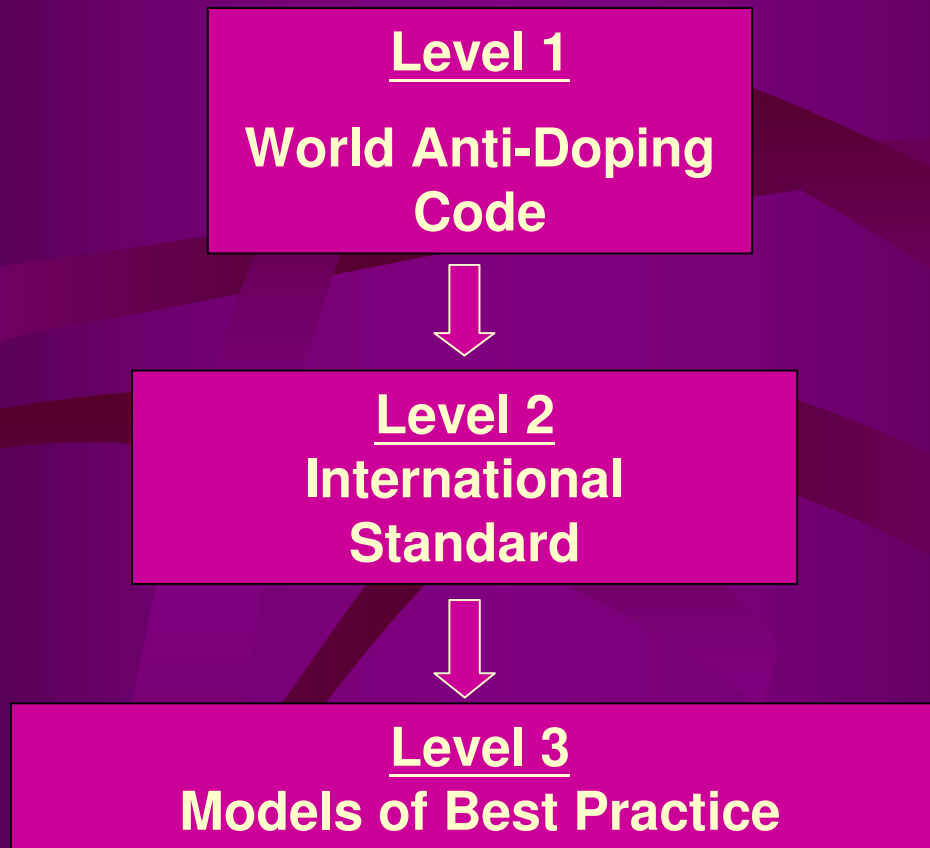
World Anti-Doping Agency (WADA)

- International independent organization created in 1999
- Composed and funded equally by the sports movement and governments of the world
- To promote, coordinate, and monitor the fight against doping in sport in all its forms
- Coordinated the development and implementation of the World Anti-Doping Program

Purpose of the World Anti-Doping Program

- To ensure harmonized, coordinated, and effective anti-doping programs at the international and national level with regard to detection, deterrence, and prevention of doping

World Anti-Doping Program



- The Code has entered into force since 2004
- Most IFs and NADOs involved in high level competitive sports should have their system in place

How about NSAs, especially those not involved in high level competitive sports?

Purpose of the study

- To assess the status of HK NSAs in implementing anti-doping functions, and
- To assess the elements constraining their full compliance

Significance of the study

- To help the policy makers to identify interventions to help the NSAs to take actions and contribute to WADA's anti-doping efforts
- To provide a framework for other countries to identify possible ways to develop and enhance anti-doping efforts
- To create an environment for drug-free sport

Phase 1 – Design of questionnaire

- Conduct in-depth interview – SAP and Fencing
- Draft questionnaire
- Complete questionnaire by NSAs
- Comment received
- Revise questionnaire

Phase 2 – Data collection

- Questionnaires
 - 3 versions, self respond
- Interview
 - Structured questions + follow-up questions
 - Anti-doping works

Questionnaire

	Administrator	Coach	Committee member
Readiness for change questionnaire	v	v	v
Pros and Cons	v	v	v
Resources	v		
Education/Information program	v		
Demographics	v		

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Results

- 62 invitations
- 42 interviews (67.7%)
- 44 questionnaires (71%)

Table 1.1 – Number of paid staffs

	Full-time		Part-time	
	Count	%	Count	%
0	2	4.8	20	48.8
1-5	28	66.7	20	48.8
>5	12	28.6	1	2.4
Total	42	100	41	100

Table 1.2 - Number of athletes

	Participating in international events*		Others	
	Count	%	Count	%
0 - 10	7	20.0	1	3.8
11 - 50	20	57.1	5	19.2
51 - 100	4	11.4	9	34.6
101 - 200	3	8.6	2	7.7
> 200	1	2.9	9	34.6
Total	35	100	26	100

* International events refer to those events endorsed by the corresponding IF.

Table 1.3 – Number of coaches

Level 1			Level 2			Level 3		
	Count	%		Count	%		Count	%
0-50	8	24.2	0-10	13	39.4	0	7	21.2
51-100	9	27.3	11-30	6	18.2	1-5	10	30.3
101-200	11	33.3	31-50	3	9.1	6-10	7	21.2
201-300	4	12.1	51-100	5	15.2	11-20	4	12.1
>300	1	3.03	>100	6	18.2	>20	5	15.2
Total	33	100	Total	33	100	Total	33	100

Table 1.4 – Competition organized and participated

Average no. of local competition held per year		Average no. of international competition held per year		Average no. of international competitions participated per year	
Count	%	Count	%	Count	%
0-5	34.1	0	22.5	1-2	31.7
6-10	24.4	1	42.5	3-5	31.7
11-20	19.5	2	15	6-10	14.6
21-30	2.4	3	2.5	11-20	14.6
>30	19.5	>3	17.5	>20	7.3
Total	100	Total	100	Total	100

Table 2.1 – Financial resources used in anti-doping by the Hong Kong NSOs

	Average annual expenditure in the past 3 years	Expected expenditure in this year
0 USD	36 (87.8 %)	37 (88.1 %)
1 - 1000 USD	3 (7.3 %)	2 (4.8 %)
1001 - 2000 USD	1 (2.4 %)	2 (4.8 %)
> 2000 USD	1 (2.4 %)	1 (2.4 %)

* Count (%)

Tables 2.2 – Manpower resources used in anti-doping by the Hong Kong NSOs

	Count	%
Paid Staff		
0	35	85.4
1	5	12.2
2	1	2.4
Honorary consultant – Medical professional		
0	32	80
1	3	7.5
2	2	5
>2	3	7.5
Honorary consultant – Legal professional		
0	36	90
1	2	5
2	2	5
Honorary consultant – Technical expert (e.g. Doping Control Officer)		
0	33	82.5
1	2	5
2	3	7.5
>2	2	5
Honorary consultant		
0	38	95
4	1	2.5
6	1	2.5

Table 3.1 – The content that should be included in an anti-doping education program presented in descending order of importance as perceived by NSOs

Content	Score	
	Mean	SD
Ways to avoid inadvertent doping	.97	1.09
Rights and responsibilities of athletes in doping control	.95	1.17
Anti-doping rules and regulations	.77	1.02
Responsibilities of NSO in doping control	.56	.93
Competitive sports and ethics	.47	.69
Therapeutic use exemption for prohibited drugs	.45	.92
Drug testing procedures	.40	.80
The current practices of international anti-doping works	.39	.84
Whereabouts information of athletes	.35	.87
The current practices of anti-doping works in Hong Kong	.34	.72

Table 3.2 – The mode of education/information program presented in descending order of suitability as perceived by NSOs

	Mean	SD
Web page	2.77	2.02
Workshop	2.58	2.12
Pamphlets	2.15	1.79
VCD	2.13	1.73
Others	.35	1.03

Table 3.3 – Other suitable mode of education/information program suggested

Mode	Frequency of being suggested
TV commercial/program	3
Seminar	1
Article in newspaper	1
Commercial media	1
Exhibition	1

Table 3.4 – The most suitable time for conducting workshop on anti-doping

	Frequency	%
Office hours of weekdays (Mon – Fri)	12	30
Evening of weekdays (Mon – Fri)	18	45
Non-office hours of weekends (Sat, Sun)	10	25
Total	40	100

Table 3.5 - Will you recommend your staff to attend the anti-doping workshop that cost \$300 per head and last for 6-8 hours?

	Frequency	%
Yes	28	68.3
No	13	31.7
Total	41	100

Table 4 – Readiness for change to initiate / strengthen anti-doping works

	Precontemplation	Contemplation	Action
Administrator	8 (18.2%)	24 (54.5%)	14 (27.3%)
Coach	8 (17.8%)	23 (51.1%)	14 (31.1%)
Committee member	10 (22.7%)	21 (47.7%)	13 (29.5%)

* Count (percentage)

Table 5 –Factors affecting decision on initiating / strengthening anti-doping works presented in descending order of importance

Pros	Score	
	Average	SD
Administrators		
It will directly or indirectly improve professional knowledge of the NSO staff	5.1	1.17
It will help us to avoid being penalized by IF	3.85	1.61
It will affect the professional image of the NSA.	3.69	1.49
It will help to preserve the health of our athletes.	3.17	1.38
There is a need to comply to the rules and regulations set forth by the international sporting community	2.06	1.17
It will help to maintain fair play.	2.06	1.21

Coach

It will directly or indirectly improve professional knowledge of the NSO staff	4.11	1.41
It will help us to avoid being penalized by IF	3.93	1.67
It will affect the professional image of the NSA.	3.7	1.66
There is a need to comply to the rules and regulations set forth by the international sporting community	2.93	1.6
It will help to preserve the health of our athletes.	2.7	1.6
It will help to maintain fair play.	2.41	1.54

Committee member

It will directly or indirectly improve professional knowledge of the NSO staff	4.85	1.24
It will help us to avoid being penalized by IF	4.1	1.62
It will affect the professional image of the NSA.	3.94	1.6
It will help to preserve the health of our athletes.	2.73	1.58
There is a need to comply to the rules and regulations set forth by the international sporting community	2.45	1.11
It will help to maintain fair play.	2.24	1.28

Cons	Score	
	Average	SD
<i>Administrators</i>		
It will create unnecessary hassle to our athletes.	4.98	1.23
It will pose additional financial pressure on our NSO.	3.81	1.46
Anti-doping work is not essential to the development of our NSO.	3.36	1.55
Athletes of our sport do not use prohibited substances to enhance performance.	3.12	1.66
There is a lack of professional knowledge to implement such works.	3.07	1.51
There is a lack of manpower to implement such works.	2.44	1.38

Coach

It will create unnecessary hassle to our athletes.	4.56	1.28
Anti-doping work is not essential to the development of our NSO.	3.78	1.41
It will pose additional financial pressure on our NSO.	3.6	1.55
Athletes of our sport do not use prohibited substances to enhance performance.	3.58	1.76
There is a lack of professional knowledge to implement such works.	3.06	1.63
There is a lack of manpower to implement such works.	2.76	1.21

Committee member

It will create unnecessary hassle to our athletes.	4.92	1.41
Anti-doping work is not essential to the development of our NSO.	3.92	1.68
It will pose additional financial pressure on our NSO.	3.85	1.72
There is a lack of professional knowledge to implement such works.	3.52	1.69
Athletes of our sport do not use prohibited substances to enhance performance.	3.27	1.71
There is a lack of manpower to implement such works.	2.85	1.66

Anti-doping works

- Education
- Capacity building
- Drug testing & related functions
- Cooperation with IF and other ADOs
- Policy

The present status of the anti-doping works of the Hong Kong NSAs

- 1 = No such intention in the foreseeable future;
- 2 = Under serious consideration of taking action within the next 6 months (or in the foreseeable future)
- 3 = Have constructed a plan to do so
- 4 = System in place

Table 6 – The present status of the anti-doping works of the Hong Kong NSOs

	Status*	Count	%
Education			
To remind athletes and athlete support personnel that they are bound by the anti-doping rules	1	7	16.3
	2	1	2.3
	4	35	81.4
	Total	43	100
To distribute information on doping control from third parties to your athletes and athlete support personnel	1	14	32.6
	2	1	2.3
	4	28	65.1
	Total	43	100
To distribute information about education programs on doping control to athletes/coaches/sport administrators	1	18	41.9
	4	25	58.1
	Total	43	100

To include information on doping control in newsletter, web page, or correspondence to members of your NSA	1	30	69.8
	2	5	11.6
	4	8	18.6
	Total	43	100
To seek assistance from relevant parties to organize education or information sessions for your athletes and athlete support personnel on matters related to doping control	1	28	65.1
	2	8	18.6
	3	2	4.7
	4	5	11.6
	Total	43	100
To organize education talk or seminar for your athletes/coaches/sport administrators on anti-doping	1	35	81.4
	2	5	11.6
	4	3	7
	Total	43	100

Capacity building

To upgrade the existing staff on doping related issues	1	32	74.4
through information/education program	2	5	11.6
	4	6	14
	Total	43	100
To train up Doping Control Officer for your NSA	1	38	88.4
	2	3	7
	4	2	4.7
	Total	43	100

Drug testing and related functions

To conduct drug test in locally held international event	1	23	53.5
	2	4	9.3
	4	16	37.2
	Total	43	100
To conduct drug test in local competition	1	39	90.7
	2	1	2.3
	4	3	7
	Total	43	100
To conduct out-of-competition drug test on your athletes	1	41	95.3
	2	1	2.3
	4	1	2.3
	Total	43	100
To keep record of all drug tests conducted on your athletes (during international competition, out-of-competition)	1	26	60.5
	2	3	7
	3	1	2.3
	4	13	30.2
	Total	43	100

To regularly update your IF and other ADO on the drug	1	36	83.7
test record and results of your athletes	2	1	2.3
	4	6	14
	Total	43	100
To collect or coordinate the whereabouts information of	1	24	55.8
your athletes	4	19	44.2
	Total	43	100
To regularly update your IF and other ADO on the	1	30	69.8
whereabouts information of your athletes	4	13	30.2
	Total	43	100
To assist athlete in the application of Therapeutic Use	1	34	79.1
Exemption (TUE)	2	1	2.3
	4	8	18.6
	Total	43	100

To keep record of TUE for your athletes

1 35 81.4

2 1 2.3

4 7 16.3

Total 43 100

To regularly update your IF and other ADO on the TUE
status of your athletes

1 39 90.7

2 1 2.3

4 3 7

Total 43 100

Cooperation with IF and other ADOs

To assist IF or other ADOs in conducting drug test	1	35	81.4
	4	8	18.6
Total		43	100

Policy

To discuss doping related issues in the meeting of your NSO	1	25	58.1
	2	1	2.3
	4	17	39.5
	Total	43	100
To include a clause to forbidding the use of prohibited substances by athletes in the constitution of your NSO	1	26	60.5
	2	5	11.6
	4	12	27.9
	Total	43	100
To prepare a procedural guideline to handle anti-doping related duties. (If such guideline exist, please provide details on the target group and contents)	1	33	76.7
	2	7	16.3
	4	3	7
	Total	43	100

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Recommendations

Individuals at contemplation stage

- Start to realize the target behavior is problematic
- May not be ready to made any change
- If they were pressured, they can be very resistant.

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Stage-matched interventions
outperform
action-oriented interventions

The Stage of Change Where the Processes of Change Are Most Emphasized

Stages of Change

Precontemplation **Contemplation** Preparation Action Maintenance

Processes
of
Change

Consciousness raising

Dramatic relief

Environmental reevaluation

Self-reevaluation

Self-liberation

Contingency management

Helping relationship

Counterconditioning

Stimulus control

Suitable strategies

- Consciousness raising
 - Increase awareness of a problem and possible solutions
- Dramatic relief
 - Fear about failures and inspiration for successful change
- Environment reevaluation
 - Potential effect on sports and society
- Self reevaluation
 - Effect on one's identity, happiness, and success

Major constraints

- Limited financial and manpower resources

Additional resources to
individual NSAs

vs.

Centralized body
to coordinate anti-doping functions
for Hong Kong

