

# A Systematic Review Identifying the 9 Factors that Predict Doping Among Young People

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## Background

Performance enhancing drugs (PEDs) undermine the key principles of sport and pose a threat to athletes' physical and mental health.

## Purpose

Identify the factors that predict doping among people aged up to 21 years.

## Method

Systematic literature reviewing, based on search engines (e.g., SportDISCUS and PsycINFO) and manual searches in specialist, peer-reviewed journals.

## Results

9 Factors predicted doping among young people (see Figure 1).



Figure 1: Doping Predictors among young people

## Conclusion

Policy makers and National Anti-Doping Organisations could reduce the incidence of doping by targeting some of these factors directly.

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