Title: Self efficacy and Perceived Behavior Control Associations with Gym users’ Anabolic Steroid Use Related Behaviors

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Abstract: Background: The use of anabolic steroids (AAS) has been associated with serious side effects including hypertension, alterations in lipid profiles, liver dysfunction, clotting abnormalities, and psychological effects including changes in mood, behavior, and depression. In addition, adverse effects include acne and deepening of the voice and aggressiveness. AASs abuse spread increasingly wide-spreading among professionals and amateurs taking part in sporting events gym salons. Awareness of why athletes and gym users taking such substances that may help health educators for develop appropriate intervention. In this regard perceived behavioural control (PBC) is defined as “a person's estimate of how easy or difficult it will be for him or her to carry out the behaviour”, and Self-efficacy (SE) is defined as “people's beliefs about their capabilities to produce performances that influence events affecting their lives”. Both refer to peoples' beliefs that they are capable of performing a given behaviour. The aim of this study was determine role of SE and PBC in predicting AS use among body builders.

Methods: A cross-sectional study, total of 300 body builders in Hamadan, was randomly selected. The data was gathered by using a self-report questionnaire included: demographic characteristics, self-efficacy to not use AASs, and PBC to not use AASs. Logistic regression analysis was applied to assess association between SE and PBC with AASs use.

Results: Based on the results, 24.3% (n = 73) of athletes reported that they have use AS and 38% of them reported history of using AS. Logistic regression model showed SE (OR= 0.851 & p-value = 0.000) and PBC (OR= 0.711 & p-value = 0.000) that indicate association between low PBC and Low SE to not use AASs with using these components.

Conclusion: High self-efficacy to not use AAs and high perceived behavioral control have effective potential to protect adolescents against high risk behaviors. Comprehensive preventative health education programs need to emphasize on psychological factors that mediate and predict adolescents' health-related behaviors.

anabolic steroid, perceived behavioral control, body building

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