# INVESTIGATING DETERMINANTS OF WHISTLEBLOWING ON DOPING IN SPORT

**Dr Laurie Patterson**

Dr Kelsey Erickson,
Dr Nick Stanger &
Prof. Susan Backhouse

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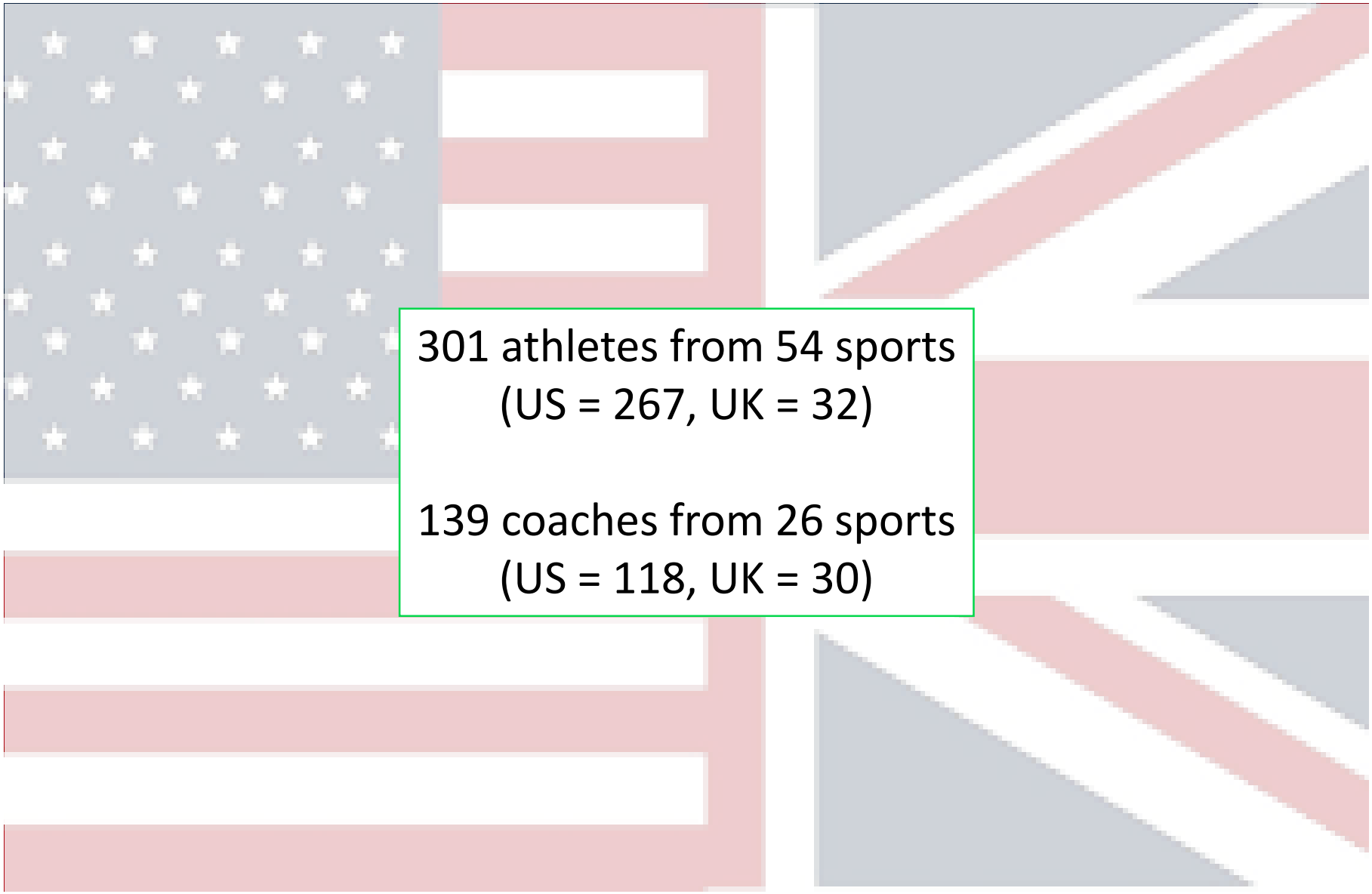
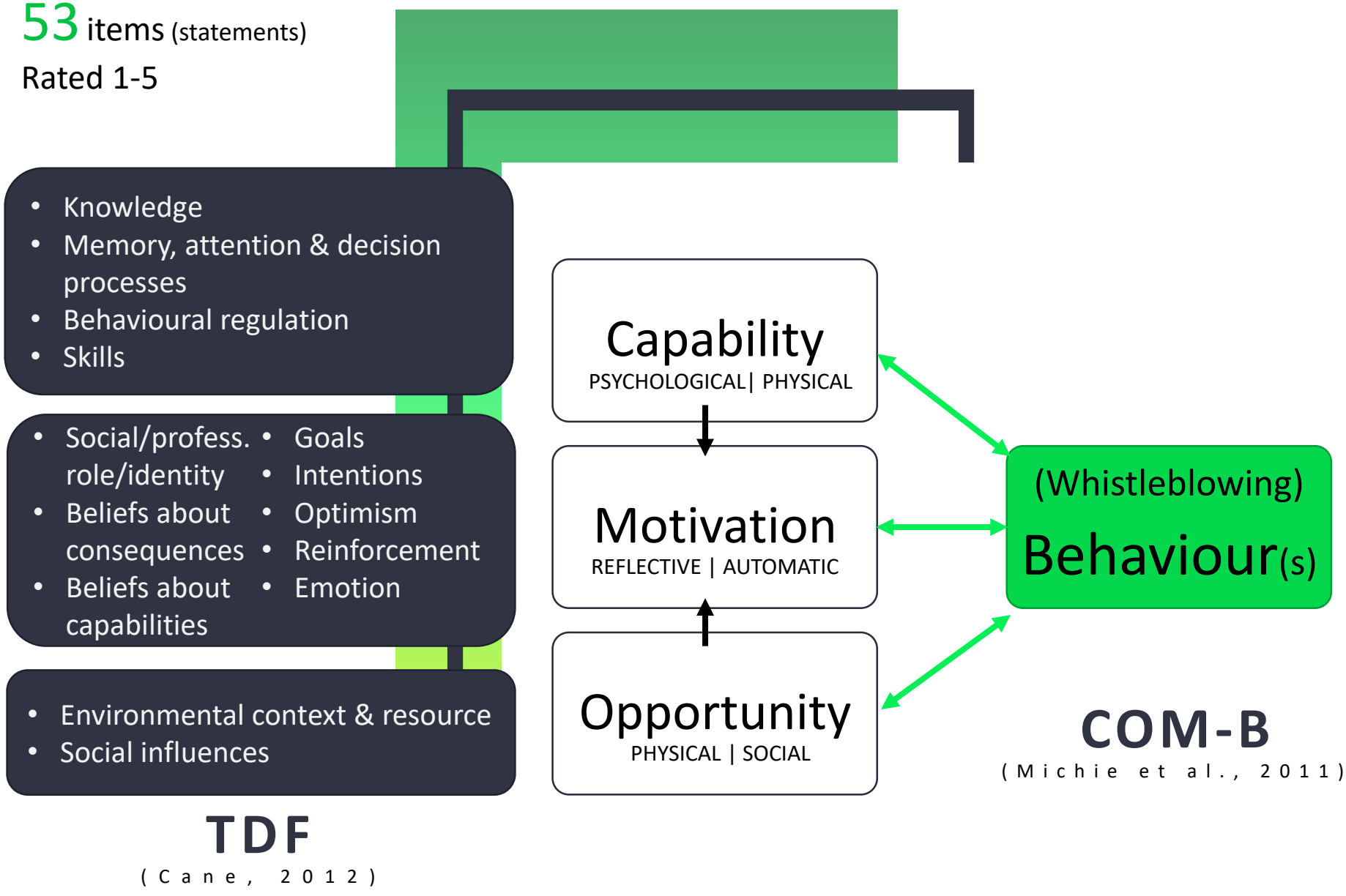
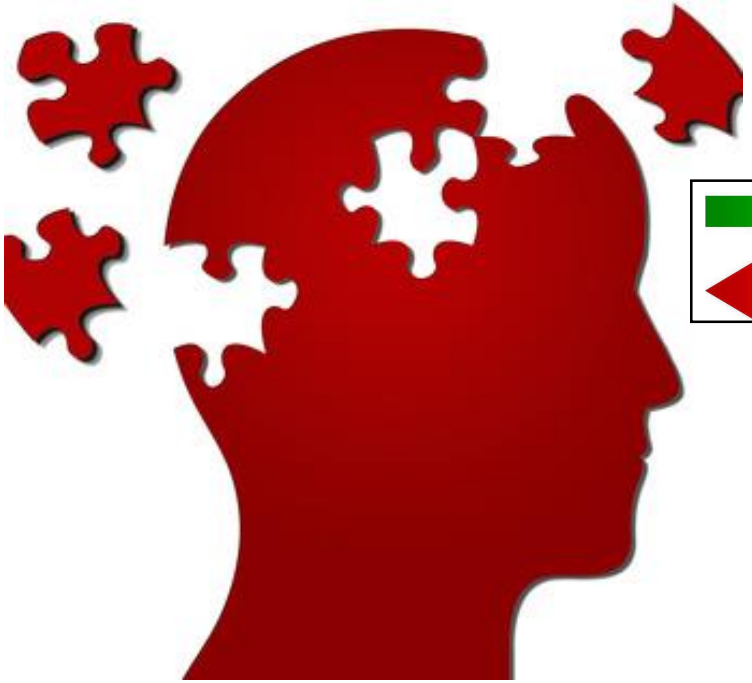

301 athletes from 54 sports
(US = 267, UK = 32)
139 coaches from 26 sports
(US = 118, UK = 30)

53 items (statements)

Rated 1-5





# CAPABILITY

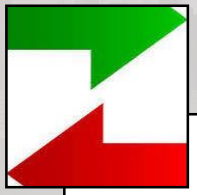
- (A) ~50% do not know how to report
- (A) ~65% do not know what to report
- 30-40% do not know what safeguards are in place for those who report

- >70% know their responsibilities
- (C) >60% know what info is required and how to report
- >60% are able to follow policies and procedures for reporting, and ~80% can access a platform

*Note*: (A) = Athlete, (C) = Coach, percentages represent agree/strongly agree ratings combined

# OPPORTUNITY

- 65-75% aware of whistleblowing channels



- ~40% feel their sport actively encourages whistleblowing
- ~20-30% feel reaction in sport and public reaction to whistleblowers is not encouraging them to report

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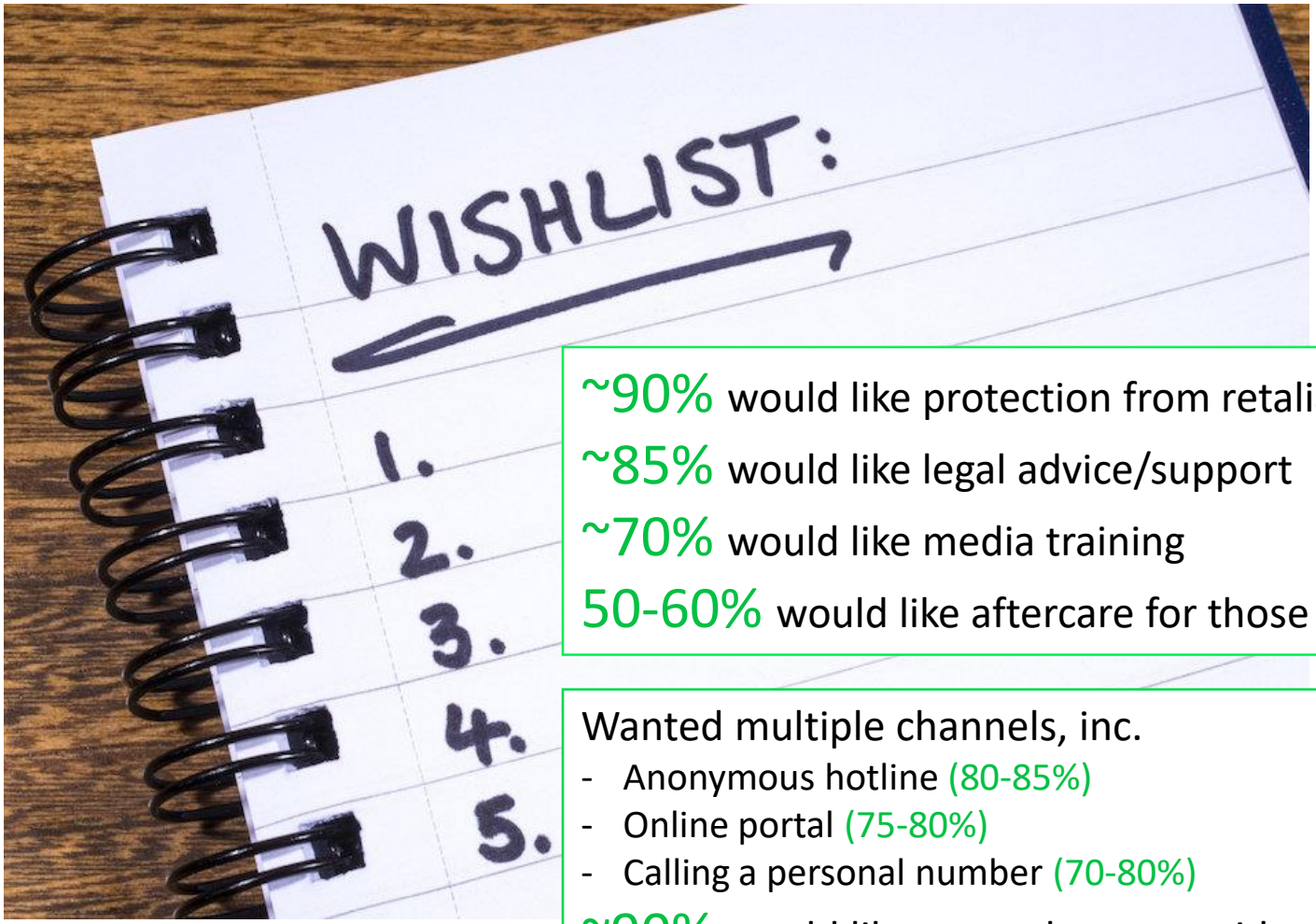



~90% would like protection from retaliation

~85% would like legal advice/support

~70% would like media training

50-60% would like aftercare for those reporting

Wanted multiple channels, inc.

- Anonymous hotline (80-85%)
- Online portal (75-80%)
- Calling a personal number (70-80%)

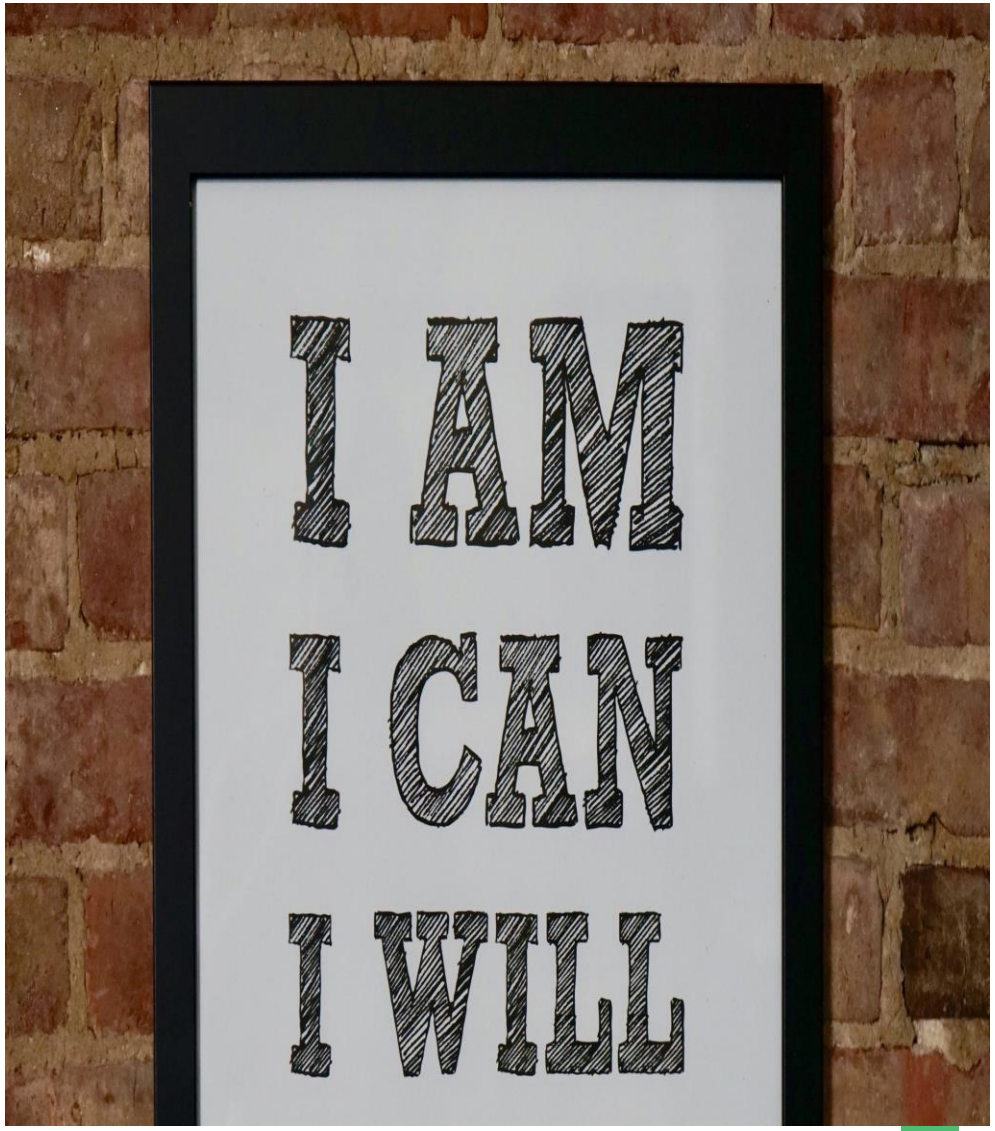
~90% would like a step-by-step guide

60-70% would like ongoing communication

# OPPORTUNITY

- >80% believe people important to them would advise/encourage them to report doping
- >90% feel people close to them will support their decision to report doping

# MOTIVATION




- ~90% stated reporting is consistent with their personal beliefs, and is important to their personal integrity
- ~80-90% feel it is their responsibility
- ~75-95% feel confident to report
- 95% (C) and 85% (A) have a strong intention to report doping

MOTIVATION

Protecting athletes' right to clean sport

~90%

Thorough investigation will be conducted

~70%

Sanctions will be imposed

60-70%

~20%

Being negatively labelled

Damaging relationships in sport

5-10%

Damaging relationships out of sport

Harming reputation of sport

Jeopardize their future careers

Damaging their future earnings

# MOTIVATION

- >50% (C) and ~80% (A) more likely to report if assured that identity is protected
- 80-95% do not need to be celebrated and thanked for reporting or receive financial rewards
- ~90% would <u>not</u> regret reporting
- 80-90% do <u>not</u> anticipate feeling fear or guilt

- ~50% would feel proud of reporting
- ~45% might feel anxious if they reported

# SUMMARY

- Knowledge
- Memory, attention & decision processes
- Behavioural regulation
- Skills

- Social/profess. role/identity
- Beliefs about consequences
- Beliefs about capabilities
- ~~Goals~~
- Intentions
- Optimism
- Reinforcement
- Emotion

- Environmental context & resource
- Social influences

**Capability**
PSYCHOLOGICAL | PHYSICAL

**Motivation**
REFLECTIVE | AUTOMATIC

**Opportunity**
PHYSICAL | SOCIAL

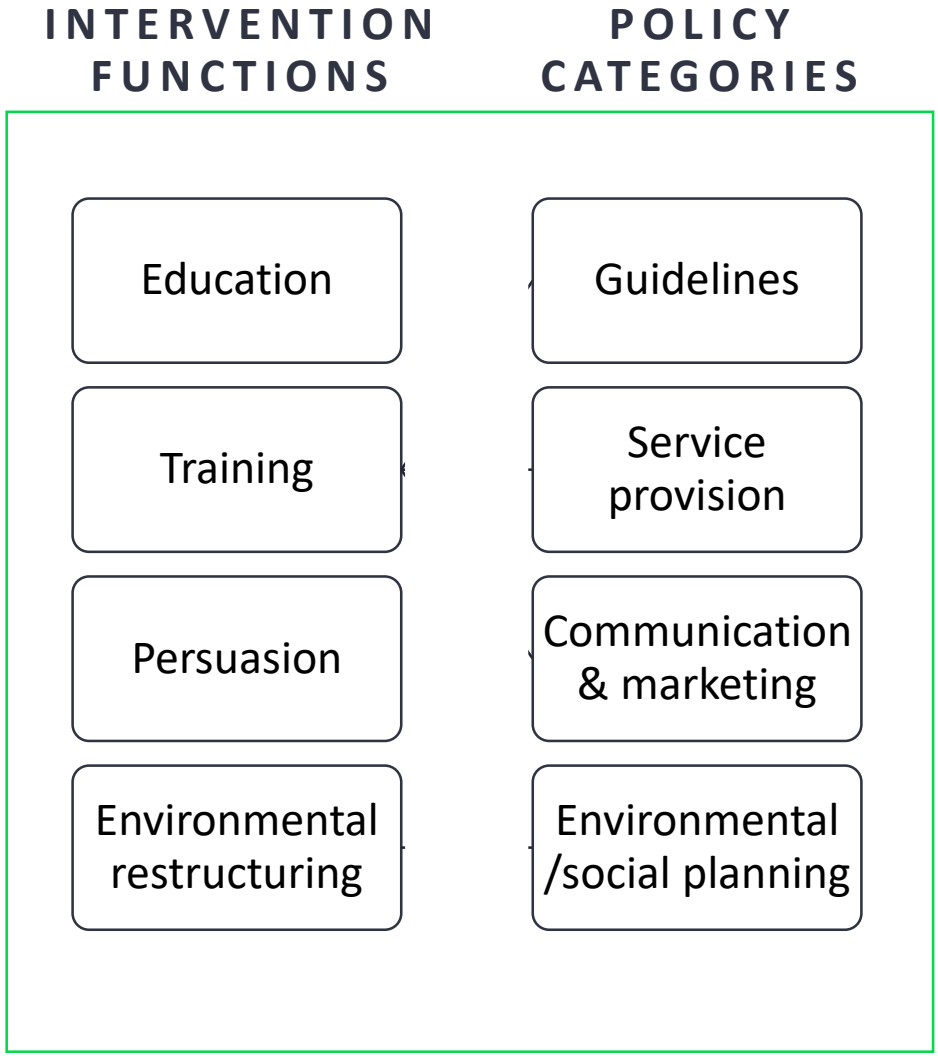
(Whistleblowing)
**Behaviour(s)**

# IMPLICATIONS

- Knowledge (what is required (A) and safeguards in place for whistleblowers)
- Skills (how to report)

- Reinforcement (assurance of anonymity /confidentiality, as well as related to reactions in and out of sport)
- Emotion (anxiety)

- Environmental context & resource (greater provisions in place to support whistleblowers before, during and after)

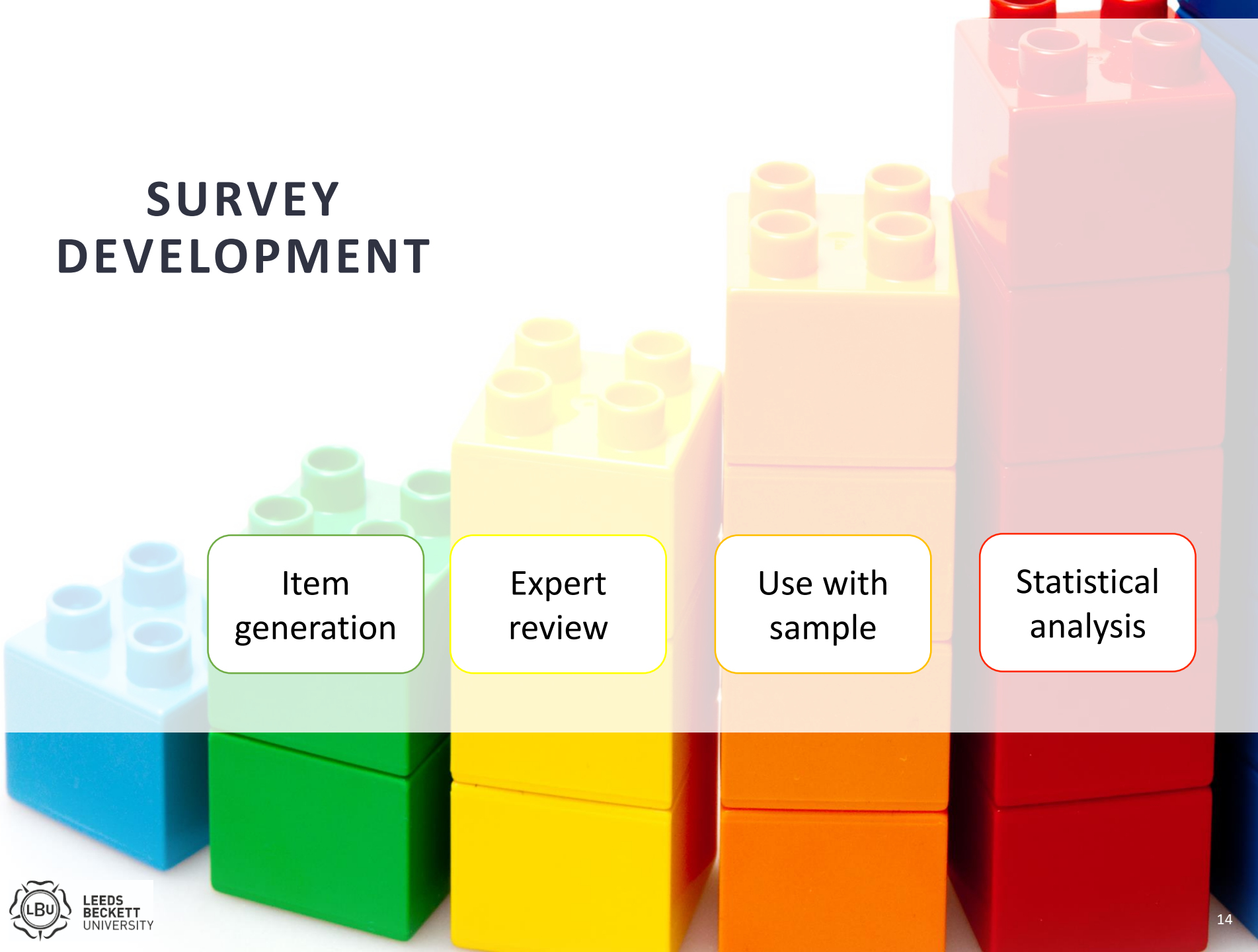


# THANK YOU!

@lauriepatts

L.Patterson@leedsbeckett.ac.uk

# SURVEY DEVELOPMENT

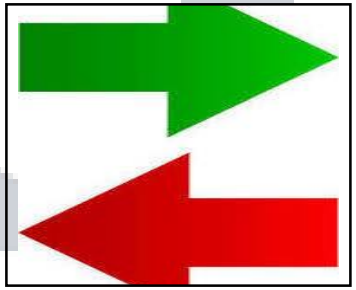


# SUB-SCALE SCORES

| | M | SD | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|---|---|---|
| **1. Commitment to reporting (F1)** | 4.11 | 0.64 | (.90) | | | | | | |
| **2. Beliefs about adverse consequences from reporting (F2)** | 2.38 | 0.78 | -.33*** | (.87) | | | | | |
| **3. Psychological capability (F3)** | 3.39 | 0.89 | .32*** | -.20** | (.88) | | | | |
| **4. Optimism (F4)** | 4.10 | 0.89 | .19** | -.14* | .20** | (.70) | | | |
| **5. Reinforcement (F5)** | 2.80 | 1.02 | -.07 | .32*** | -.05 | -.05 | (.72) | | |
| **6. Negative emotions from reporting (F6)** | 2.92 | 0.80 | -.32*** | .54*** | -.25*** | -.06 | .19** | (.73) | |
| **7. Beliefs about capability (F8)** | 3.97 | 0.77 | .60*** | -.32*** | .50*** | .25*** | -.08 | -.37*** | (.81) |
| **8. Gender** | - | - | .24*** | -.09 | .02 | .14* | -.13* | .03 | .13* |

*Note:* All measured on a 1-5 scale. * $p < .05$, ** $p < .01$, *** $p < .001$

# CROSS-COUNTRY COMPARISONS



# IMPLICATIONS

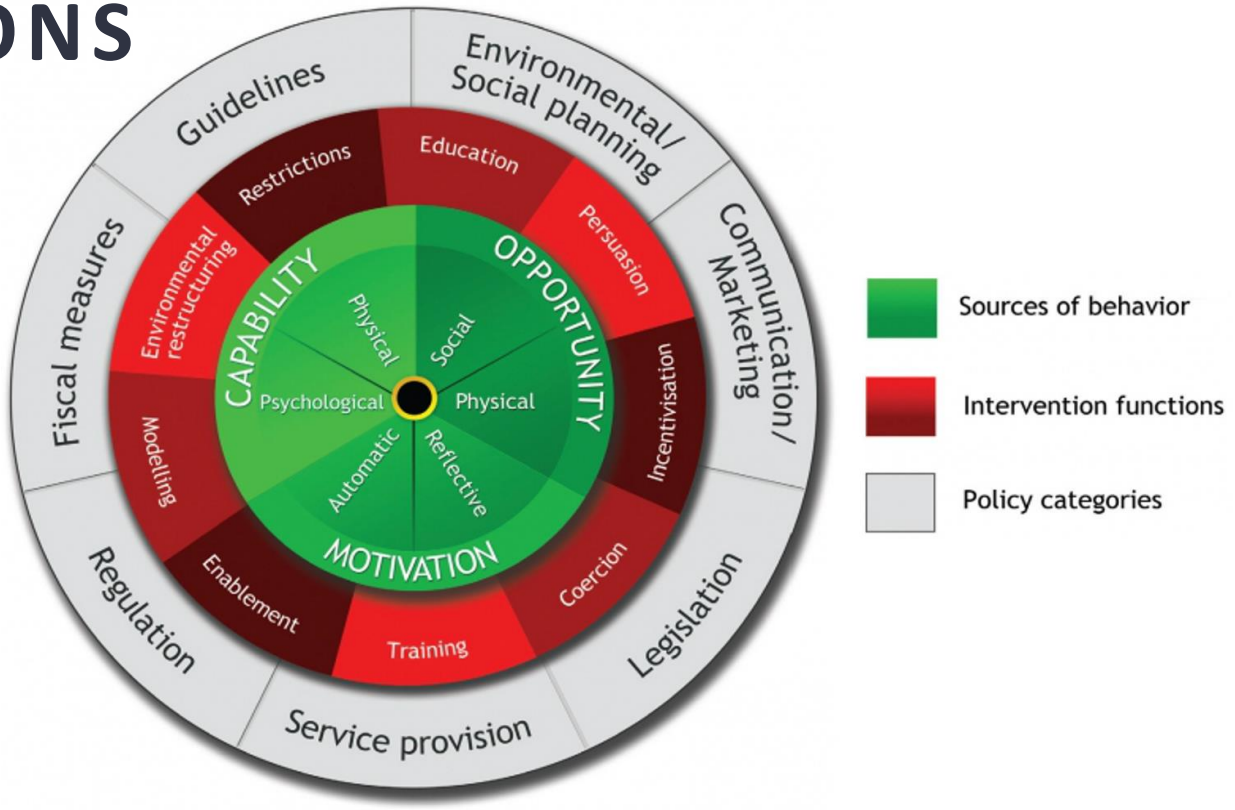
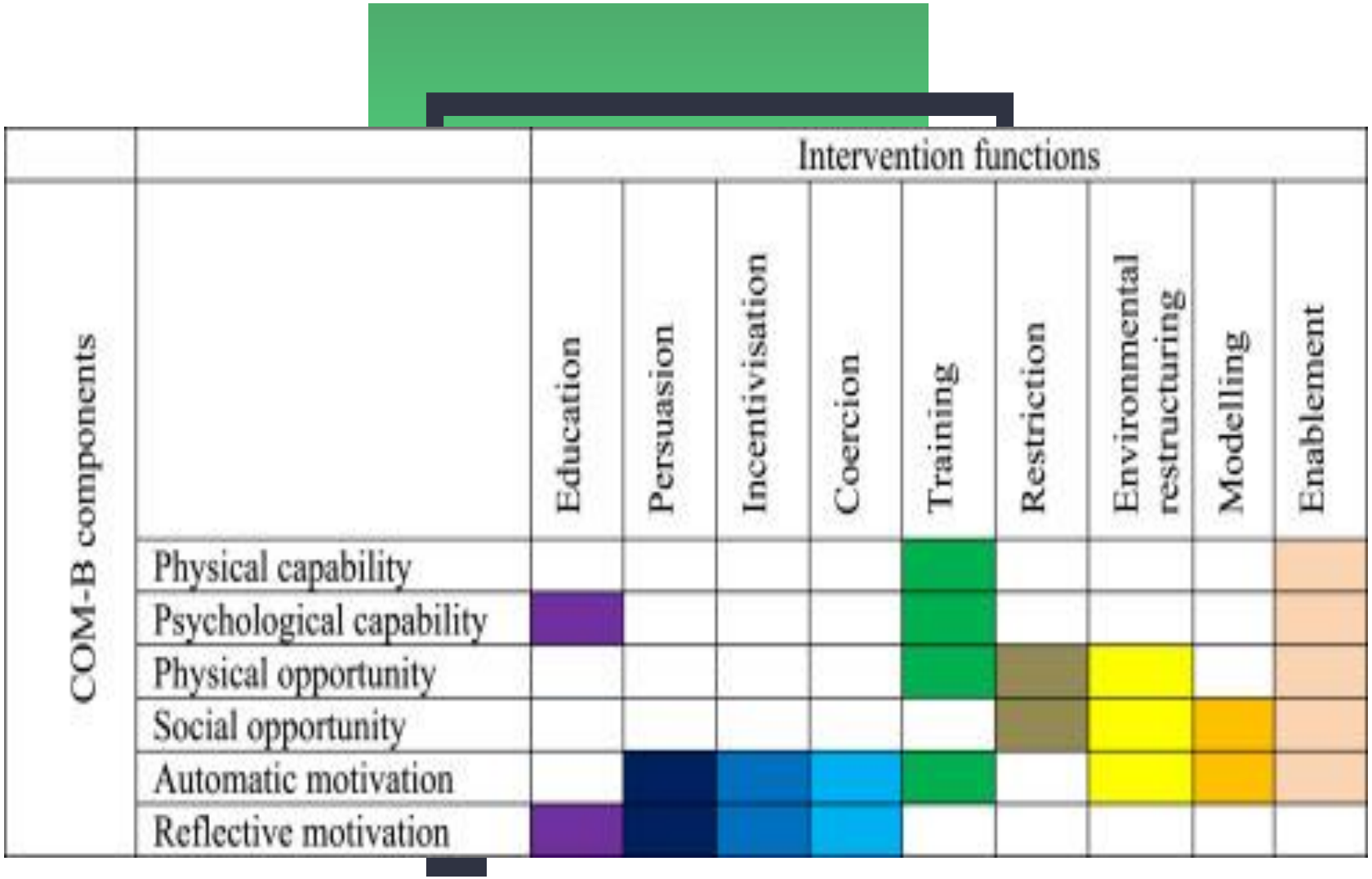
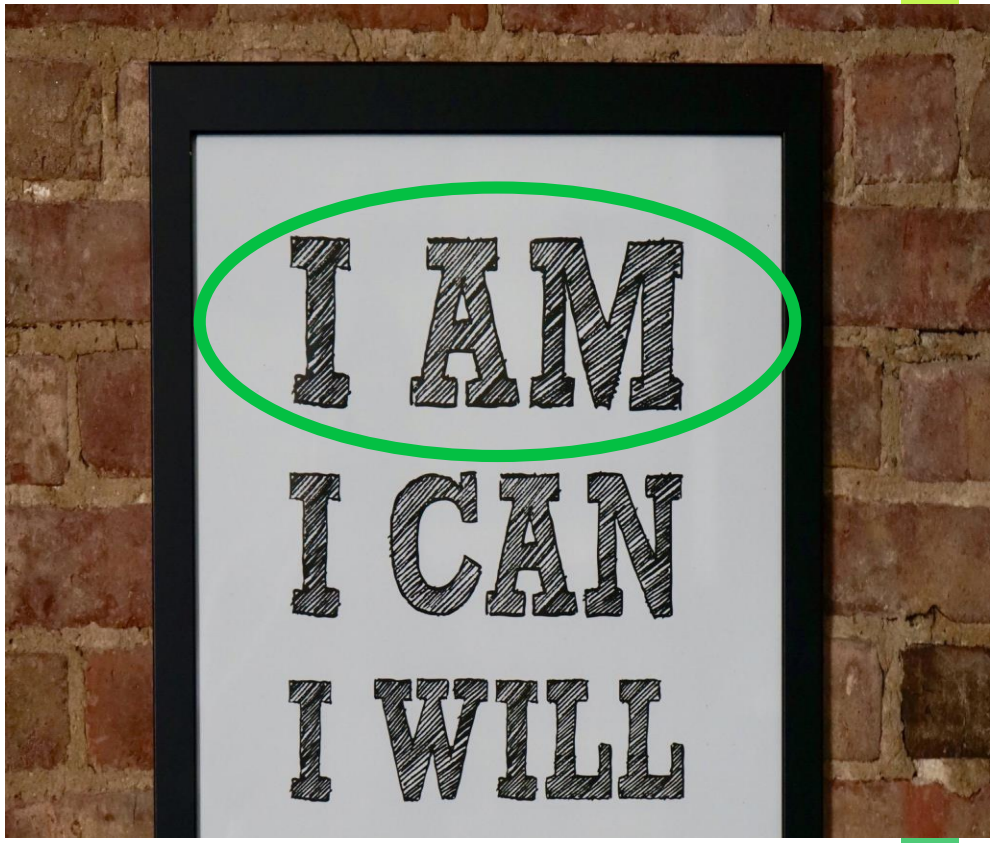



**Figure 2:** The Behaviour Change Wheel. Taken from Michie *et al*. (2011)[1].


Intervention functions
COM-B components
Education
Persuasion
Incentivisation
Coercion
Training
Restriction
Environmental restructuring
Modelling
Enablement
Physical capability
Psychological capability
Physical opportunity
Social opportunity
Automatic motivation
Reflective motivation




# MOTIVATION

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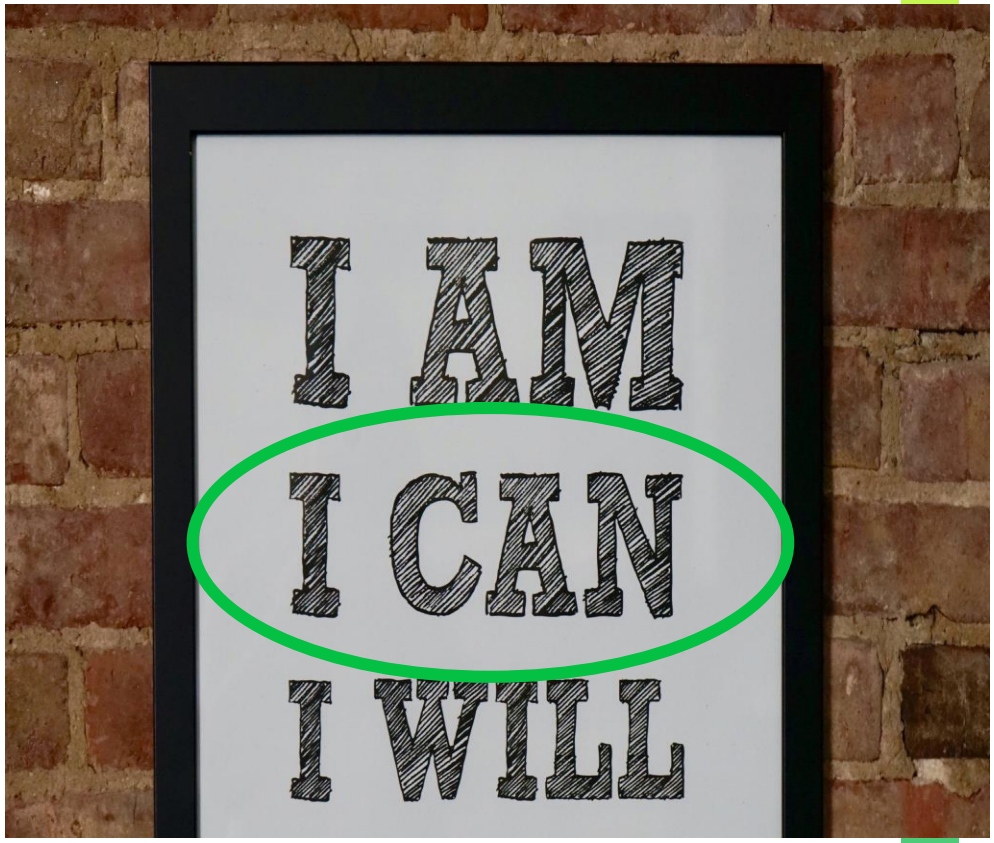
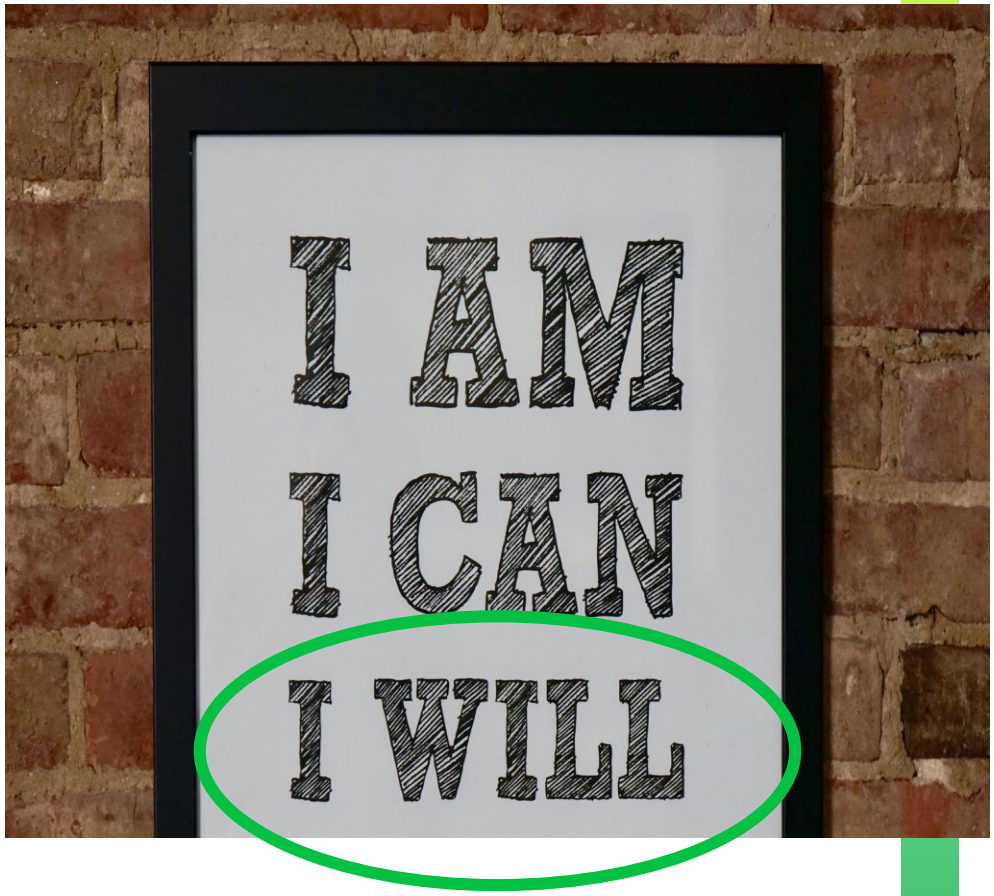



# MOTIVATION

**Even if…**

| | |
|---|---|
| My sport doesn't encourage me to report | Others are not willing to report |
| (A) = 79%, (C) = 94% | (A) = 85%, (C) = 92% |
| Someone I know well is encouraging the behavior I am reporting | Someone I know well is engaging in the behavior I am reporting |
| (A) = 81%, (C) = 88% | (A) = 75%, (C) = 86% |




# MOTIVATION

- 95% (C) and 85% (A) have a strong intention to report doping if they become aware of the behavior
- 80-90% would definitely report if they had evidence that it was happening in and outside their training group
- 80-90% would report if the confronted the doper and they did not stop