

# Barriers and Enablers to Parents' Clean Sport Behaviours

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# Why do parents matter?



Parents shape beliefs and attitudes (Erickson et al., 2017)

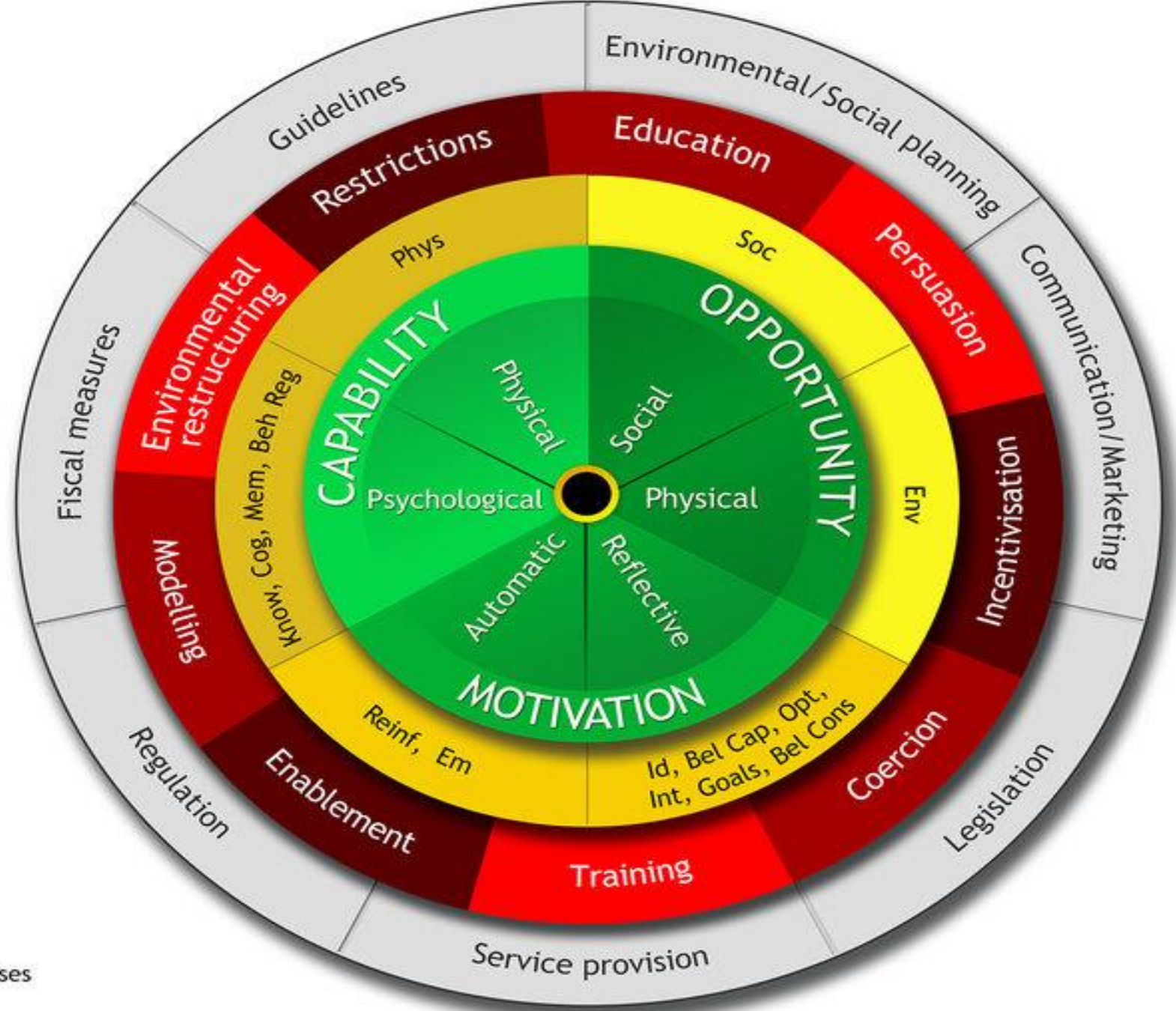
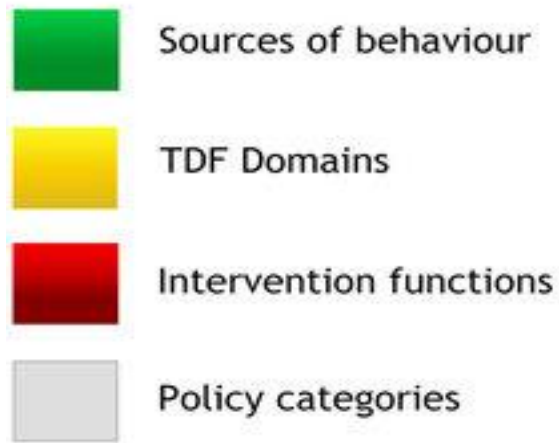


Parental behaviours can shape athletes behaviours (Dev et al., 2017)



Parents are reported as funding or supplying supplements (Kim et al., 2011; Laure & Binsinger, 2005)





Soc - Social influences  
 Env - Environmental Context and Resources  
 Id - Social/Professional Role and Identity  
 Bel Cap - Beliefs about Capabilities  
 Opt - Optimism  
 Int - Intentions  
 Goals - Goals  
 Bel Cons - Beliefs about Consequences  
 Reinf - Reinforcement  
 Em - Emotion  
 Know - Knowledge  
 Cog - Cognitive and interpersonal skills  
 Mem - Memory, Attention and Decision Processes  
 Beh Reg - Behavioural Regulation  
 Phys - Physical skills

## Method

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Four focus groups with fourteen parents and four grandparents of academy level cricket players (five mothers, nine fathers, two grandmothers, and two grandfathers) who identified as the primary caregiver for an academy player.

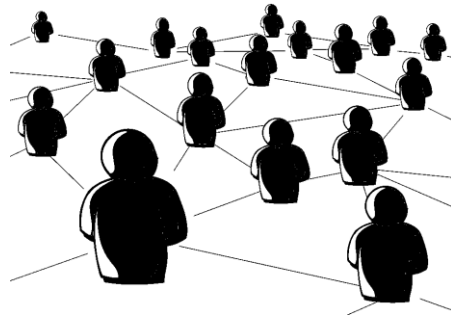
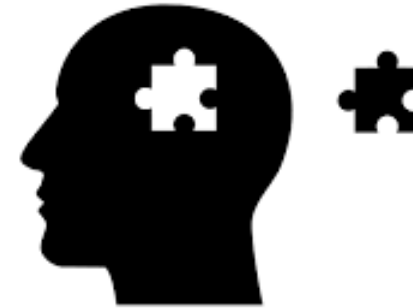
Focus groups were based on the COM-B model.

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# Results

## CAPABILITY

Physical (skills, strength, or stamina) or psychological (knowledge, skills, strength or stamina)



## OPPORTUNITY

Physical (environmental facilities & resources) & social (interpersonal influences, social cues and cultural norms)

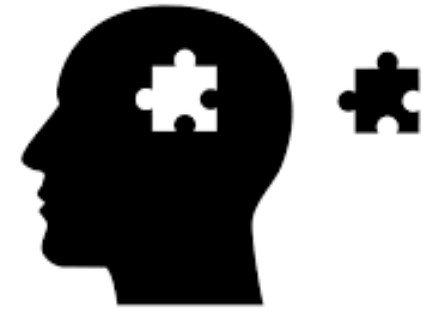
## MOTIVATION

Reflective (self-conscious planning & evaluation) or automatic (wants & needs, desires & impulses)



# Results

Barrier  
Enabler

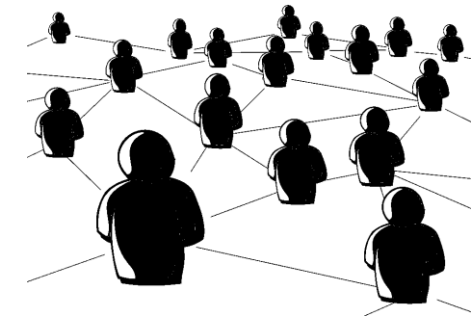


## Capability - Knowledge

- “Presuming most of the stuff they are going to have access to is over-the-counter medicines, therefore ethical pharmaceuticals, so they are not going to breach any doping standards” (Father 1, FG1)
- “On a scale of one to ten, it would be about 0.5” (Mother 2, FG4). “If you are 0.5 then I’m lower than that because you know there are eight different types of enhancing drugs and I don’t know any”. (Father 1, FG4)

# Results

Barrier  
Enabler



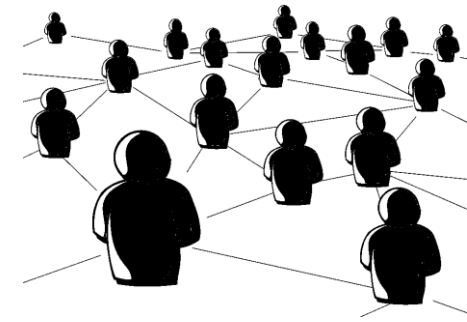
## Opportunity- Physical Opportunity (environmental context and resource)

- “If you think of the journey that we’ve been on right up until last year, the parents were involved in everything and told about everything. Now you get involved in the academy, and the parents are effectively shut out because it’s a professional set up.” (Father 1, FG1)
- “We do not talk about cricket because there’s enough pressure put on the children in the environment that they are playing in without getting any in the car. My first question to Adam is where do you want to go for your tea? You know, are you hungry? You know, what are we going to have for tea? We don’t go over the game because they’ve already done that.” (Grandmother 1, FG1)



# Results

Barrier  
Enabler



## Opportunity- Social Opportunities (social comparisons, social support)

- “I think the English Cricket Board (ECB) have got to take some responsibility. The whole point of these lads is to be working for the ECB, and maybe there should be a half an hour lesson as part of the induction onto this, now [they are at a] semi-professional level, that’s driven from the ECB, that goes through these things because they are not aware of everything.” (Father 2, FG3)
- “Because it’s a specific area as well, it’s not the sort of thing that you can discuss with a GP. You would want to try and have a conversation with somebody in the sport as a professional who is a nutritionist and knows about performance enhancing drugs whether that’s somebody who the school would recommend or the cricket club would recommend.” (Father, FG1)

# Results

Barrier  
Enabler



## Motivation- Social and professional role, beliefs about capabilities, and beliefs about consequences.

- “It’s a bit like social drugs as well. You’ve got a parental input haven’t you, where you are saying to them you don’t want to be coming in at 3 o’clock in the morning drunk, that’s not a good idea. You know you don’t want to be taking anything like cocaine and marijuana and all those other things that people take.” (Father 1, FG2)
- “I wouldn’t feel confident because I don’t think I’ve got any knowledge” (Mother 2, FG1).
- “Well as far as Sam, who is just a scholar, and as far as I’m concerned he hasn’t signed any contract, he will never be drugs tested, he’s 16 years old so at the moment he can take, within reason, what he wants.” (Father 2, FG2)

# Implications

Theme	What needs to happen for the target behaviour to occur?	Behaviour Change Wheel Interventions
Capability	<ul style="list-style-type: none"> <li>Parents must understand clean sport roles and responsibilities</li> </ul>	Education <i>Provide easily assessable clean sport information (e.g., online)</i>
Opportunity	<ul style="list-style-type: none"> <li>Organization must encourage parental involvement</li> <li>Parents must be encouraged to understand their roles and responsibilities</li> </ul>	Environmental restructuring <i>Provide an opportunity for parents to engage with the organization</i> Enablement <i>Provide consistent messaging to parents about the importance of their clean sport behaviours</i>
Motivation	<ul style="list-style-type: none"> <li>Believe in their ability to support clean sport and perform their clean sport roles and responsibilities</li> <li>Hold beliefs that clean sport roles and responsibilities are necessary at all levels</li> </ul>	Enablement <i>Provide opportunities for parents to increase knowledge and skills</i> Modelling <i>Use case studies which involve graded parental clean sport behaviours</i>

# Conclusion

- Our findings revealed:
  - Parents acknowledged responsibility in modulating behavior and attitudes, with respect to preventing doping in sport.
  - Parents lacked the knowledge and skills to fulfil their roles and responsibilities.
  - Current environmental context and resources discourage the parents' abilities to perform their clean sport duties.
- Sports organisations **must** develop and deliver programs that empower parents to perform clean sport behaviours and, thus, protect clean athletes.

thank you



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