

**Research Title:** Personality traits, attitudes, and perceptions of legitimacy towards anti-doping programs among athletes

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**Tier:** 3

This project will examine the personality traits (Dark Triad), attitudes and perceptions of legitimacy towards anti-doping programmes held by athletes in selected sports in Kenya.

This project will be achieved through cross-sectional descriptive quantitative survey design among 399 athletes across seven (7) purposively selected counties in Kenya through disproportionate stratified random sampling. This study will target 26355 athletes both registered and unregistered drawn from two individual sports (athletics and boxing) and two team sports (Rugby and Volleyball). Self-report questionnaire will be used for data collection regarding athletes' personality traits using Dark Triad of Personality (SD3) Questionnaire and attitudes towards doping using 8-item modified version of the Performance Enhancement Attitude Scale (PEAS). Athletes' perceptions of legitimacy towards anti-doping programs will be collected through an adopted questionnaire from anti-doping work from the perspectives of the elite athletes in University of Gävle, Sweden.

Data obtained will be analysed using SPSS Software. Descriptive values will be calculated and used to structure and summarise the data. Bivariate Correlation analysis will be calculated to determine the correlations between different variables. Differences between different variables will be explored using cross-tabulations and chi-square tests, augmented with logistic regression to analyse relationships. Thematic analysis will be performed by identifying themes in analysing perceptions of legitimacy.

Research Objectives:

- i. To determine the personality traits (Machiavellianism, psychopathy, and narcissism) of athletes in selected sports in Kenya.
- ii. To examine doping attitudes of athletes in dominant Olympic sports in Kenya.
- iii. To investigate the perceptions of Legitimacy towards anti-doping programmes held by athletes in selected sports in Kenya
- iv. To explore the relationship between the Dark Triad and doping attitudes amongst athletes in selected sports in Kenya
- v. To investigate the mediating role of the perceptions of legitimacy in the relationship between the Dark Triad and attitudes towards doping
- vi. To examines the moderating role of age, gender, experience and type of sport in the relationship between the Dark Triad and perceptions of legitimacy
- vii. To determine the influence of age, gender, experience and type of sport on personality traits, attitudes and perceptions of legitimacy.

The outcomes of this study may allow prompt identification of athletes who are at risk to doping due to their personality traits and attitudes towards doping and information gained may assist ADAK on where to direct resources in intelligence testing and anti-doping education for effective programming. The findings of this study may also reveal evidence-based information about WADA anti-doping programs from perspectives of Kenyan athletes which may be of specific interest in policy formulation towards amending/improving WADA protocols especially for African countries, where studies on the same are scarce. Further, the findings of this study might help ADAK in developing and structuring anti-doping control programs in different sports disciplines as well as athletes age categories, experience and gender in Kenya.