

The role of the police in doping prevention – a study among police officers

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Outline

- Background to the study
- Study methods
 - *Cross-sectional study*
 - *Interview study*
- Results
- Conclusions & implications



Background to the study

- Co-produced 100% PHT in 2007
- Multicomponent intervention targeting gyms & training facilities
- Builds on our experiences in nightlife to reduce alcohol and drug related problems
- STAD coordinates 100% PHT nationally
- Disseminated to 19 counties & >600 gyms/training facilities



100% Pure Hard Training

Aim is to reduce doping use and related problems among recreational athletes at gyms and training facilities



Swedish context

- Sweden adopted doping law in 1991
- Manufacturing, sale, supply, and possession as well as the use of doping substances outside healthcare is criminalized



1

**MOBILIZATION &
COLLABORATION**

2

TRAINING

3

**ENFORCEMENT &
POLICY WORK**

4

CERTIFICATION

Study methods



The aim was to investigate the view on doping and doping-related problems among police officers, and to explore facilitators and barriers to effective doping prevention at gyms

Cross-sectional study

- Questionnaire developed in co-production with police officers and regional coordinators
- 810 police officers invited via email to a web-based questionnaire
- Invited with assistance of 3 police officers with a coordinating role
- October 2020 to December 2021

Interview study

- 15 police officers recruited from all police regions
- Inclusion criteria: participated in 3h digital training and at least one gym operation
- Semi-structured interviews
- December 2021 to May 2022
- Analyzed with qualitative content analysis

Who did we reach?

For both studies:

- Representation from all 7 police regions in Sweden
- Representation from various roles, such as:
 - ✓ Intervention officers
 - ✓ Community officers
 - ✓ Municipality officers
 - ✓ Investigation leaders

Interview study

Number of informants	15
✓ <i>Female</i>	6
✓ <i>Male</i>	9
1-3 years as police officer	2
4-10 years	7
>10 years	6

Cross-sectional study

Number of respondents	597 (74%)
✓ <i>Female</i>	33%
✓ <i>Male</i>	67%
Median age	35 år
0-3 years as police officer	29%
4-7 years	26%
8-12 years	21%
>12 years	24%
Received previous training on doping?	
✓ <i>Yes, during undergraduate studies</i>	27%
✓ <i>Yes, through continuing education</i>	12%
✓ <i>Yes, in a different way</i>	11%
✓ <i>No</i>	51%

Results

Doping as a societal problem

Thinks that doping is a societal problem?

- | | |
|--------------------------------------|-----|
| ✓ Yes, a large or very large problem | 62% |
| ✓ Neither large nor small problem | 24% |
| ✓ Small problem | 7% |

Meet people who use, or who they suspect have used doping substances

- | | |
|------------------------------|-----|
| ✓ Once a month or more often | 54% |
| ✓ Sometime a year | 39% |
| ✓ Never | 1% |

Meet people who handle, or who they suspect have handled, doping substances

- | | |
|------------------------------|-----|
| ✓ Once a month or more often | 46% |
| ✓ Sometime a year | 43% |
| ✓ Never | 3% |

Think that the prevalence of doping-related problems has changed over past 3 years

- | | |
|--------------------------|-----|
| ✓ Large or some increase | 26% |
| ✓ No difference | 26% |
| ✓ Large or some decrease | 3% |
| ✓ Don't know | 46% |

"Number of unreported cases probably large"

"Doping substances often discovered in connection to drug offences"



"Increased availability through encrypted websites"

"Doping use has decreased in age and it is common among criminals"



"It feels like it's an area that has been a bit neglected and that it may not have been seen as a concern, but since it all started with initiatives in [X municipality], it has become clear that [doping] is widespread."

(Informant #6)

"It became very clear that this is common. As soon as we stepped into a gym, you could easily identify several persons that were under the influence of doping substances."

(Informant #4)

" We stumble across doping when we investigate other crimes, first and foremost drug crimes, and in some cases domestic violence."

(Informant #14)

In connection to what other crimes do you think doping is prevalent?

- 96% Violent crimes
- 88% Intimate partner violence
- 88% Drug-related crimes
- 86% Gang-related crimes



Doping-related police work

Think that doping work is part of their duties 96%

Think that doping is prioritized in their local police district

✓ Yes or partly 28%

✓ No 64%

✓ Don't know 8%

Think that their local police district work strategically against doping

✓ Yes 21%

✓ No 61%

✓ Don't know 18%

Think that they are given sufficient resources to work against doping

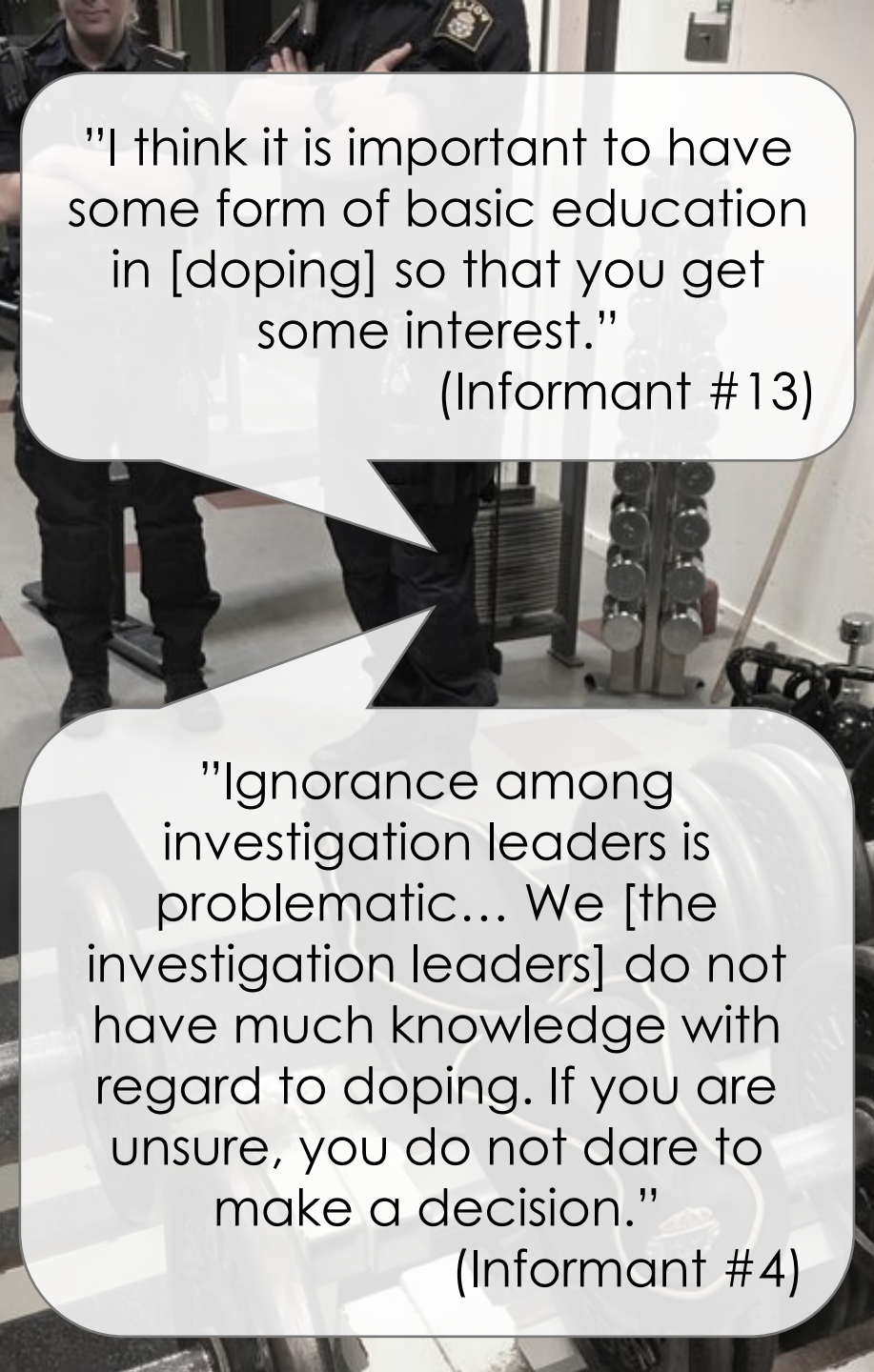
✓ Yes or partly 43%

✓ No 53%

✓ Not relevant to my role 4%

"I think a lot is ignorance about doping... My ignorance has been huge when it comes to doping."
(Informant #3)

"Doping work is part of much else that is done. There are many different things we must work with, of which doping is one, so in everyday work, [efforts against doping] happen if you stumble accross it."
(Informant #2)

A background image showing a gym setting with several police officers in uniform. One officer in the foreground is wearing a vest with 'POLICE' written on it. They appear to be engaged in some activity, possibly related to doping control or fitness testing.

"I think it is important to have some form of basic education in [doping] so that you get some interest."

(Informant #13)

"Ignorance among investigation leaders is problematic... We [the investigation leaders] do not have much knowledge with regard to doping. If you are unsure, you do not dare to make a decision."

(Informant #4)

Doping-related police work

- 51%** Has not received any training about doping and related problems
- 74%** Lacks training about doping and related problems
- 56%** Lacks simplified procedures for doping tests

Doping-related police work

Do your local police district conduct inspections at gyms at least once a year?

- ✓ Yes 46%
- ✓ Never 27%
- ✓ Don't know 28%

Do your local police district collaborate with other actors about doping issues?

- ✓ Yes 36%
- ✓ No 21%
- ✓ Don't know 44%

What other actors do you collaborate with?

- ✓ Gyms/training facilities 94%
- ✓ Municipal coordinators 31%
- ✓ County administrative board 22%
- ✓ Customs 8%



Barriers to effective anti-doping work by the Police

- Lack of knowledge about doping
- Competing tasks for police officers
- Time-consuming processes around detection and collection of evidence in doping offences

Facilitators to effective anti-doping work by the Police

- Recognition of doping as a societal problem
- Motivated police management and police officers
- Cooperation between police, gyms, & other authorities
- Increased level of knowledge
- Training of police officers





Möjligheter och hinder för ett effektivt dopningspreventivt arbete

— En djupintervjustudie bland poliser

Pia Kvillemo, Anna Strandberg, Tobias Elgán och Johanna Gripenberg

RAPPORT NR 75



Polisen och dopningspreventivt arbete

— En enkätstudie bland poliser

Tobias Elgán, Pia Kvillemo, Anna Strandberg och Johanna Gripenberg

RAPPORT NR 76



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Facilitators and barriers in preventing doping among recreational athletes: A qualitative interview study among police officers

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Background: Doping is a societal problem associated with health problems, violence, and other crimes, especially when combined with alcohol and drugs. Elite, as well as recreational athletes who exercise in gyms may use doping to enhance their performance and/or improve their appearance. According to Swedish law, manufacturing, selling, supplying, possessing, and using anabolic androgenic steroids and growth hormones is forbidden. Exceptions apply if these substances are used for medical purposes and prescribed by doctors. As doping is illegal, the police authority is vital in counteracting doping.

Aim: We aimed to identify facilitators and barriers to effective doping prevention at gyms by examining police officers' views on doping as a societal problem, their experiences of doping prevention efforts, and their perceptions on what enables or hinders doping prevention.

Methods: Interviews with police officers ($n = 15$) were conducted from December 2021 to May 2022. The interviews were recorded and transcribed verbatim. A targeted content analysis of the material was performed.

Results: Facilitators for effective doping prevention involving the police included the recognition of doping as a societal problem; mobilization of key actors; motivated police management and officers; adequate resource allocation; collaboration between the police, gyms, and other relevant authorities; and skills development for police and other professions. Barriers to effective doping prevention included a lack of knowledge about doping, time-consuming processes around the detection and collection of evidence in doping offenses, and competing tasks for police officers.

Conclusion: Doping prevention should become more efficient by taking advantage of existing facilitators and removing remaining barriers. This study could guide recommendations linked to the police organization and the surrounding society regarding doping prevention.

KEYWORDS

anabolic androgenic steroids, performance and image enhancing substances, public health, policy, control, recreational sport, gym, multi-component program



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Police officers' perspective on doping and prevention among recreational athletes: a cross-sectional study

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Introduction: The use of anabolic androgenic steroids among recreational athletes has received growing attention in recent decades. Several countries have implemented bans on doping; however, recreational athletes and other subpopulations continue to use doping substances. Recognizing that the police play a crucial role in preventing the use and dealing of doping substances in Sweden, efforts have been made to intensify police interventions and enhance collaboration with other key actors. This study examined police officers' perceptions of doping as defined in Swedish law, related problems, and suggestions for effective prevention of doping in the society.

Methods: A cross-sectional survey study was conducted using a web survey of police officers ($N = 597$). Data were analyzed using descriptive statistics and free-form text responses were analyzed using content analysis.

Results: Participant responses to the survey (73.7% response rate) indicated that approximately 62.6% thought that doping is a societal problem, and approximately 26% perceived that the availability of doping substances has increased over the past three years. A total of 95.6% of respondents believed that doping occurred in connection with other crimes such as intimate partner violence (88.2%) and drug-related crimes (88.0%). Further, 56.3% of respondents perceived that it was their duty to prevent doping, but 63.8% indicated that doping-related work was not prioritized within their local police district.

Discussion: Police officers perceived doping as a societal problem and expressed motivation to counteract it, highlighting increased knowledge, legislative changes, intensified doping prevention in gyms, and commitment from other societal actors to increase the effectiveness of doping prevention. Suggestions for increasing the efficiency of doping prevention included education and increased knowledge at all levels in the police organization, intensified prevention efforts at gyms, legislative changes to permit simplified doping test procedures, and breach of secrecy for postal items. There was also a suggestion for further engagement from other actors, such as healthcare workers, school officials, and non-governmental organizations.

KEYWORDS

anabolic androgenic steroids, substance use, public health, police intervention, recreational athletes, multi-component program

Conclusions & implications

Conclusions

- Majority thinks doping is a large societal problem, connected to many types of crime
- About half have not received training on doping
- Officers are motivated to work against doping, but a majority report that doping work is not given adequate resources
- Police work can be enhanced by motivated management, simplified routines for doping tests, increased knowledge, and improved collaboration with gyms





Implications:

Training for police officers

- ✓ 3 h digital training co-produced
- ✓ Aim: to improve knowledge level and to increase number of operations at gyms
- ✓ More than 1000 police officers trained since 2021
- ✓ Training content:
 - 100% PHT & collaboration with gyms
 - Anti-doping work within the Police
 - Plan & conduct operations at gyms
 - Media communication
 - Group discussion

Evaluation of the training for police officers (n=237)

Believe they will benefit to a large/very large extent from training	79%
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Believed they have gained increased knowledge about why police should work against doping	77%
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Think the training has equipped them with knowledge to visit or conduct operations at gyms	74%
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STAD

Uppföljning av en digital dopnings- utbildning för poliser

Slutrapport av en uppföljning under hösten 2021

Tobias Elgán, Pia Kvillemo, Kristin Feltmann och
Johanna Gripenberg

RAPPORT NR 74

Has the training had an effect on police work?

- Police describes an increase of operations at gyms in 2021
- They describe that knowledge from training has been used to plan & conduct operations at gyms
- In 2021, 18 large police operations at gyms (all-time-high) resulting in a number of convictions. Along with doping substances, drugs and weapons were confiscated
- Operations received great attention in local and national media

Aftonbladet
Fredag 23 oktober 2020

EXTRA 17

Här slår Mjölksyra till - mot gymmen



KOPPLING TILL VALDSBROT "Operation Mjölksyra", som insatsen kallas internt, kan stöja även annan kriminalitet. "Ofta når vi läsar om brutala brott som grova våldsbrott mot kvinnor är doping inblandad", säger polissatschefen Ted Eriksson. Foto: ANDREAS SÄPDELL

Senaste tiden har polisen slagit till mot flera gym på jakt efter dopningspreparat och narkotika. Operation Mjölksyra, som insatsen kallas internt kan vara en del i att stöja även annan kriminalitet.

- Vi ser en direkt koppling mellan doping och våldsbrott, säger insatschefen Ted Eriksson. Det kan finnas på vilket gym som helst. Insats Mjölksyra har under de senaste dagarna gjort razzier på både stora gymkedjor och mindre, nischade träningsklubbar runt om i Stockholm.

Ted Eriksson vid Norrmalmepolisens är insatschef under operation Mjölksyra.

- Ofta när vi läser om brutala brott som grova våldsbrott mot kvinnor är doping inblandad, säger han.

Flera uppmärksammade kvinnomord nämns som exempel.

- Många tänker att de bara dopar sig för sin egna skull, för att nå vissa manliga ideal eller för att de läskar bodybuilding. Men doping ökar risken för våldsbrott.

Blandar ofta preparat

Operation Mjölksyra hitade också flera fall narkotikabrott i sina tillslag, något som inte flekvinar.

- Ofta labbar man med flera olika preparat, man kanske tar tramadol för att slippa väck i kroppen eller hasch för att slappna av. Det finns en tillverkning och föresäljning av det här som bidrar till annan kriminalitet och oro i samhället, säger Ted Eriksson.

Kokain och hasch

När insatsen kommit till den sista av fem dagar har löta gym i centrala Stockholm besökts av både civila och uniformerade poliser. Elva personer misstänks för dopningsbrott. Fyra för narkotikabrott. Polisens jobb gymmen liknar narkotikabrottsutrymna.

- Vi har märkt att det finns kriminella individer som går på gym med andra ändamål än att träna. Det förekommer viss narkotikahandel på gymmen, den här veckan hittade vi kokain men vi misstänker att det förekommer hasch också, säger Ted Eriksson.

Förutom tips från allmänheten och även gymmen ifråga går det ofta att se på en person om de stora musklerna kommit till genom onaturliga metoder.

Vissa träningsprofiler kan till och med lägga upp sina rutiner på sociala medier, där polisen märker att muskelbygget går snabbare än normalt. Problemen leder också till ett skevt ideal bland unga män som följer dem.

Skeva mansideal

- Jag trodde att de som dopade sig skulle vara äldre än vi i mitt ålder. Men många är under 20 år. Man mer eller mindre börjar sina träningsrutiner med att dopa sig. Det manliga idealen gör att man snabbt vill se resultat, säger Ted Eriksson och fortsätter:

- Sen kan det leda till att andra preparat blandas in. Det kan sketa olyckligt, som en ond cirkel.

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Future directions

- Continued national coordination, method development, and quality assurance of 100% PHT
- Further dissemination of 100% PHT
- Continued training of gym staff and police officers



Researchers involved in the study



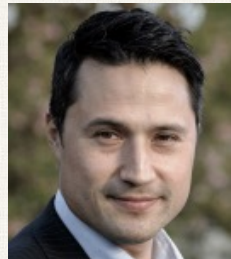
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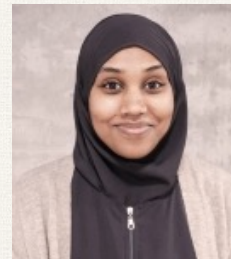
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