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## MINDFUL MUSCLES NEWSLETTER #4



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### Mindful Muscles News & Updates in 2023

In April 2023, Professor Lambros Lazuras presented Mindful Muscles to the consortium of the Erasmus+ project “*European Week of Clean Sport - EWCS*”, which consists of National Anti-Doping Organisations from 4 European countries and one sport organisation, EuropeActive, from Belgium. This presentation took place during the 2<sup>nd</sup> partners’ meeting of the EWCS in Warsaw, Poland, at the back of activities involving key players in the field, including the World Anti-Doping Agency, the Council of Europe’s Monitoring Group of the Anti-Doping Convention, and UK Anti-Doping.



Professor Lazuras also presented Mindful Muscles, at a separate event, held at the premises of the Polish Anti-Doping Agency (POLADA) in Warsaw. This involved plans for partnering with POLADA in further developing the Mindful Muscles content for anti-doping education in recreational sport settings.



In March 2023, Dr Ana Tavares presented Mindful Muscles at the Online Symposium on Health, Exercise, & Sport, organised by the Polytechnic Institute of Lisbon. In May 2023, Dr Tavares also presented the project at the 3<sup>rd</sup> International Congress of Health & Well-Being Intervention, at the Instituto Piaget University Campus of Viseu, in Portugal.



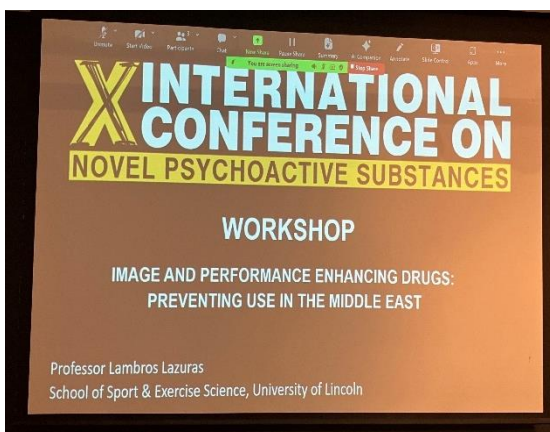
In July 2023, Professors Lazuras (SHU) and Barkoukis (ATh) presented current approaches for the prevention of doping in recreational and elite sport, at the 28<sup>th</sup> Annual Congress of the European College of Sport Science, in Paris, France. This was done in the context of a specialised symposium on doping prevention in sport organised by the University of Leipzig, and Professor Lazuras gave a talk focused on Mindful Muscles.



In November 2023, Professor Lazuras gave a keynote speech on Image and Performance Enhancement Drug Use in Recreational Sport, at the 10<sup>th</sup> Conference on Novel Psychoactive Substances in Abu Dhabi, United Arab Emirates. This is an annual Conference taking place in a different country each year and co-organised by the International Society for the Study of Emerging Drugs (ISSED), the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), and the World Anti-Doping Agency. Professor Lazuras specifically presented Mindful Muscles during his keynote speech as a novel approach to addressing doping prevention in recreational sport. The keynote speech was well attended by local and regional public health authorities, as well as WADA officials, such as Professor Olivier Rabin and Dr Irene Mazzoni.



Professor Lazuras also talked about Mindful Muscles in the context of a workshop he led about the prevention of doping in recreational sport in Middle East countries.



## Mindful Muscles inspiring a Special Issue article collection in an academic journal

Professor Lazuras, together with members of the Mindful Muscles Community of Practice of Early Career Researchers, Drs Honor Townshend (University of East London) and Julio Amaral (King's College London) co-lead a special issue on current trends in doping use in recreational and competitive sport, which will be published in 2024 in the Elsevier peer-reviewed academic journal *Emerging Trends in Drugs, Addictions, and Health*.

This special issue was inspired by project Mindful Muscles and the discussions and reflections taking place during the Open Lecture Series of the project:

<https://www.youtube.com/channel/UCSmRe24M1gffVEm286JQpWw>

Emerging Trends in Drugs, Addictions, and Health | [Open access](#) Submit your article ↗

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### Current Trends in Doping Use in Recreational and Competitive Sport

The use of doping substances (e.g., anabolic steroids and growth hormone) presents a perennial issue both in elite and competitive sport, and in recreational sport settings. This special issue calls for research articles that relate to methods and approaches for estimating the prevalence of doping; understanding the individual and social risk factors (e.g., body image concerns, exercise addiction, nutritional supplement use, performance anxiety) and psychological processes that underlie doping use; and identifying the components and functions of preventive interventions that can significantly reduce the risk for doping use in different sport populations. Original research articles using different methodologies (quantitative, qualitative, mixed), and systematic literature review and meta-analysis articles will be considered.

**Guest editors:**

Prof. Lambros Lazuras, University of Lincoln, Lincoln, UK

Dr. Thomas Zandonai, Miguel Hernandez University of Elche, Elche, Spain

Dr. Honor Doro Townshend, University of East London, London, UK

Dr. Julio Amaral, King's College London, London, UK

**Manuscript submission information:**

To have your article considered for this special issue, please submit your manuscript by the **29 February 2024** through [Editorial Manager](#). For this special issue, a full APC waiver has been approved for the Open Access publication of the accepted manuscripts.

To indicate your article should be included in this special issue, please select the article type 'VSI: Doping Use in Sport'

The link to the special issue can be accessed here:

<https://www.sciencedirect.com/journal/emerging-trends-in-drugs-addictions-and-health/about/call-for-papers#current-trends-in-doping-use-in-recreational-and-competitive-sport>

### **Our last partners' meeting in Helsinki, Finland!**

After more than 2 years of fruitful collaboration, partnership, and mutual efforts our project was successfully concluded at the end of December 2023. The final partners' meeting took place earlier, in June 2023, at the premises of Dopinglinkki in Helsinki, Finland. One of the key outcomes of the meeting is that the Mindful Muscles partnership is bound to continue, through a follow-up application to the Erasmus+ Call for Proposals in March 2024. Way to go Mindful Muscles!

