

عنوان مقاله:

The Role of Education Based on the Perception/Tendency Model on the Use of Energy Supplements in Bodybuilding Athletes: A Randomized Clinical Trial Study

محل انتشار:

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خلاصه مقاله:

Aims: One of the essential strategies in reducing energy supplements, especially in adolescents and young individuals, is preventive measures, such as training. This study aimed to determine the effect of prototype willingness model-based training on bodybuilder athletes. **Materials & Methods:** This randomized clinical trial study was conducted on 112 bodybuilder athletes in Sabzevar and was selected by cluster sampling method. The data collection tool was a researcher-made questionnaire based on the prototype willingness model. The educational intervention was performed for the experimental group based on the pre-test results. Data were analyzed using descriptive and analytical tests in SPSS 21 software. **Findings:** The three constructs of attitude, subjective norms, and intention accounted for 23.1% of the variance in behavioral intention, among which the effect of attitude was more than other variables. Behavioral intention and behavioral willingness predicted 14% of the behavior variance that Behavioral intention had the most significant impact on behavior. Regarding the effect of educational interventions, there was a statistically significant difference between the mean scores of model constructs of imagery and intentions between the two groups before and two months after the educational intervention ($p < 0.05$). **Conclusion:** Educational interventions based on the prototype/willingness model could effectively improve the preventive predictor's behavior of not using energy supplements. The educational intervention aimed at increasing the attitude and reducing the influence of friends can provide the basis for lowering intention and ultimately decreasing the intake of energy supplements in

کلمات کلیدی:

Athletes Supplement, Model, Education

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