

The Doping Self-Regulatory Efficacy Scale

Here we would like to get a better **understanding** of **experiences** that can be **difficult to manage**. For each of the questions listed below, please **circle the number** that best corresponds to **your level of confidence right now**. Please respond **honestly**.

<i>How confident are you right now in your ability to ...</i>	No Confidence		Moderate Confidence		Complete Confidence
1. ...resist doping even if your training group encouraged you to do it?	1	2	3	4	5
2. ...resist doping even if you knew you could get away with it?	1	2	3	4	5
3. ...ignore the temptation to dope even if you knew it would improve your performance?	1	2	3	4	5
4. ...resist peer pressure to dope?	1	2	3	4	5
5. ...reject doping even if most of your training partners did it?	1	2	3	4	5
6. ...ignore the temptation to dope when feeling down physically?	1	2	3	4	5