Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

App

Health Effects of Doping



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 9–10, Year 11–12

Targeted Drugs: Drugs (General), Prescription Medication, Steroids

Tags: Performance enhancing drugs, Virtual reality

Time Allocated: 1 lesson

Origin: Australian

Cost:
Free

Available

This app is available for iOS and Android devices

Download 'Health Effects of Doping' on the Apple App Store

Download Health Effects of Doping' on the Google Play Store

Developers

Sports Integrity Australia in collaboration with Drug Free Sport New Zealand.

Summary

Using augmented reality, users create an athlete avatar, who experiences the negative health effects of doping. Specifically, the app looks at the effects of steroids, stimulants, EPO, HGH, SARMs and opioids. The app includes a quiz to see how users stack up against other players, including top international athletes.

Expected Benefits

- Increased knowledge of the effects of performance enhancing drugs including steroids, stimulants, EPO, HGH, SARMs and opioids.

Evidence Base

Expert Review*:
This app provides accurate information about the health effects of a range of performance enhancing drugs. The app is developed by credible sources and the content is delivered in an interactive and engaging way. The Health Effects of Doping app has won several awards at the LearnXSummit Awards show including: best use of technology in learning, best augmented reality industry specific skills training project, and best performance support project.

*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

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