Heading Committee: United Nations Office on Drugs and Crime (UNODC)

Topic: The usage of appearance performance enhancing drugs (APEDs) and sports

Country: Greece

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Appearance and performance enhancing drugs (APEDs) are substances used for their effects on one’s outward appearance (e.g., increased muscle, reduced fat) or for improving one’s performance and likelihood for personal achievement (e.g., weightlifting, sports, fighting, sex, job performance). Appearance and performance enhancing drugs (APEDs) include a wide range of substances borrowed from a wide range of medical disciplines and associated fields and have a long history in sport and competition. The defining features of APED use are discussed and include polypharmacy, body image disturbance, and disturbances in diet and exercise.

References about specialists giving Olympic athletes nutritional ingredients to enhance their physical performance abound. Also, ancient Greek athletes tried to increase their physical strength by eating sheep testicles and hearts prior to the games. Sheep testicles are a prime source of testosterone, the hormone that anabolic steroids are designed to produce in modern times.

Greek sport has been tainted by several doping cases in recent years and Dimas took charge of the weightlifting federation after a 2008 doping scandal involving 11 weightlifters who tested positive for banned substances. He has since worked hard to stamp out doping and said he was proud that no cases had been reported in Greek weightlifting on his watch.

The**proof of this origin is in Greece**, where six statues in a row line the path to the arena of the Peloponnese, some 175 kilometers from Athens. It is the walk of shame for the brazen cheaters of the ancient Olympic Games. There we find written the names of the Greek athletes who broke with the standards of the Games, which were founded in 776 B.C. as the forerunners of the ones we know today. The punishment at the time was not only expulsion from the competition, but also a black mark for all eternity. That’s how seriously the ancients took the rules; however, it is not clear in any document that doping was considered cheating.

Petróczi indicated that morality, social pressure from significant others, self-esteem, conscientiousness, and a high perception of risk were inhibitors of doping use. Morality can determine the formulation of attitudes toward anabolic drug use. The review of Morente-Sanchez and Zabala referred that athletes considered that doping was cheating. Kaiser stated that attitudes represent the individual view of morality and that morality can be the basis for the development of attitudes.

The World Anti-Doping Agency (WADA) has suspended the accreditation of the Doping Control Laboratory of Athens, Greece for a period of up to six months. This suspension has been imposed due to non-conformities with the [International Standard for Laboratories](https://www.wada-ama.org/en/resources/laboratories/international-standard-for-laboratories-isl) (ISL) as identified during a WADA site visit, including in relation to the lack of institutional support and investment for the laboratory. In August 2019, disciplinary proceedings were initiated by WADA’s Laboratory Expert Group (LabEG) and subsequently carried out by an independent Disciplinary Committee, which was mandated to make a recommendation to the Chair of the WADA Executive Committee regarding the status of the laboratory’s accreditation. This process is now complete.

The suspension, which took effect on 1 October 2019, prohibits the laboratory from carrying out any anti-doping activities, including all analyses of urine and blood samples. During the period of suspension, relevant samples must be securely transported to another WADA-accredited laboratory for analysis, in accordance with the guidance provided in the ISL. This is in order to ensure continued high-quality sample analysis, which also helps preserve athletes’ confidence in this process and the wider anti-doping system. In accordance with the ISL, WADA is responsible for accrediting and re-accrediting anti-doping laboratories, thereby ensuring that they maintain the highest quality standards. This monitoring process is conducted in conjunction with International Organization for Standardization (ISO) assessment by independent national accreditation bodies that are full members of the International Laboratory Accreditation Cooperation (ILAC).