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## Knowledge, perception and practice of elite athletes towards dietary supplements in a South Asian Country Sri Lanka

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**Objective:** The main objective is to evaluate knowledge, attitude and belief towards usage of supplements and doping in sports in Sri Lankan athletes.

**Methodology:** A total of 386 elite athletes (33.2% Male and 66.8% Female) from 14 sports categories aged between 18-36 years were randomly selected for a questionnaire based study from January-July 2018.

**Results & Discussion:** Out of 386 athletes 92.7% ( $P<0.05$ ) believed that the supplements are essential to maintain health and 74.6% believed that it is essential for award winning. Both these perceptions were significantly higher in males than females. Among users 91.3% are aware about prohibited substances in sports showing significance in international players than others. When it comes to practice 76.2% of users are checking the label of supplements for doping substances having significant increase in both international players and those who participated for nutritional workshops. Athletes who participated in nutritional workshops have significantly higher tendency to inform doctor about their sport career while medication. Among supplement users 41.8% are using them to enhance performance in sports and 54% use them to regain energy while 16.5% use without any objective. Among creatine, protein and vitamin consumers respectively, 39%.3, 14.3% and 51.8% are not aware about the supplement type that they consume. Among supplement users, 60.5% ( $P<0.05$ ) of athletes take supplements by themselves without influence of coach, doctor or any other party.

**Conclusion:** Even though athletes are empowered with the required anti-doping knowledge, their knowledge about supplements and actual practice needs to be improved.

### Biography

Shehani Anne Dilrushi Pigera has completed her BSc and MSc at University of Colombo, Sri Lanka. She is currently working as a Research Officer at Sri Lanka Anti-Doping Agency. She has co-authored five publications in peer-reviewed journals and was awarded Presidential Awards for Scientific Publications in year 2015 and 2017. Her research interest includes epidemiological studies, sports science and sports medicine.

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