

Participant Information Sheet

Young sport players in QLD (Survey)

Research title:	ROIDAware: A community-led program to prevent steroid harms and raise awareness of risk in youth sport
Lead researcher:	Dr Timothy Piatkowski (University of Queensland)
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Ethics approval number:	2026/HE011310

Thank you for your interest in this research project. Please read the information below carefully so you can decide if you would like to take part. Participation is entirely voluntary. If you choose not to take part, or decide later that you no longer wish to continue, you may withdraw at any time without penalty. By beginning the survey, you are indicating your consent to participate.

What is this study about?

This is a partnership between the University of Queensland (UQ), the Alcohol and Drug Foundation and QuIVAA. It looks at what young people in sport think about performance and image enhancing drugs (PIEDs) such as steroids, peptides, and SARMs, and how they come across them.

It also explores how social media, gyms, sport environments and fitness culture may influence attitudes to performance, appearance and risk. We will use the findings to help design better harm prevention and education resources for young people in sport.

What am I being invited to do?

We are inviting you to take part in a research survey because you are aged 16–25 and involved in community sport in Queensland. If you agree, you will complete an anonymous online survey that takes around 10 minutes. We hope to have 1,000 young people in Queensland take part.

Do I have to take part?

No. Taking part is completely your choice. If you start the survey, you can stop at any point along the way.

Your decision to not take part or stop partway through will have no negative impact in any way. Once you submit your responses, they cannot be removed from the study because the survey is anonymous (i.e. we can't tell which responses are yours).

What will I be asked to do?

If you agree to take part, you will be asked to complete a brief (approx. 10min) online survey. The survey includes questions about:

- your involvement in sport
- your exposure to fitness and body image content online
- awareness of supplements and PIEDs
- attitudes towards risk, performance, and appearance pressures
- general patterns of information-seeking about health and fitness

Some questions ask whether you have heard of or been exposed to substances such as steroids, peptides, SARMs, or similar enhancement drugs. You will not be asked to provide information that identifies you (the survey is anonymous), and you may skip questions you do not wish to answer.

Who can participate?

You may participate if you are aged 16–25 years and currently play community sport in Queensland.

What are the benefits?

This research will improve understanding of how young people in community sport settings are exposed to information about supplements, steroids, peptides, and other PIEDs. It will help identify:

- how awareness of these substances develops
- the role of social media and sport environments
- the types of prevention or education resources young people may find useful

The findings will inform the development of youth-informed prevention and harm reduction resources within community sport.

What are the risks?

The risks of participating in this survey are considered minimal. Some questions relate to sensitive topics such as awareness of substances/drugs, body image, performance pressure, and exposure to enhancement-related content. You may skip questions that you don't want to answer. Although some questions ask about PIEDs that may be illegal or regulated, this research is not designed to investigate or expose illegal activity. You can skip questions you do not wish to answer and because the survey is anonymous and does not collect your details, we cannot link your responses to you. If completing the survey causes distress, you may stop the survey at any time. If needed, you might like to contact one of the support services listed below.

Butterfly Foundation National Support Line

P: 1800 334 673 (8am-midnight, 7 days p/wk)

W: <https://butterfly.org.au> (can also chat online or email)

Reachout Australia

W: <https://au.reachout.com>

Support for people aged 16-25, including online chat

Beyond Blue

P: 1300 22 4636 (24 hours)

W: <https://www.beyondblue.org.au> (online chat available)

Steroid QNECT: Queensland's Peer-led Steroid Education Service

P: 1800 175 889 (ask for Sonya)

What happens to my information?

By taking part in this study, you consent to UQ collecting and using and (where applicable) disclosing your information as set out in this Participant Information Sheet. Information obtained in connection with this study will be retained and disposed of in accordance with relevant UQ policies, and State and National regulations. For further information regarding the management of research data and information, refer to [UQ's Research Data Management Policy](#).

No identifying information is collected in this survey. Findings will be reported in aggregate only, meaning individual responses will not be included in any publications, reports, or presentations. Project data will be stored securely for a minimum of seven years following the project's publication and dissemination activities, after which they will be securely deleted in accordance with UQ policy.

Anonymous information collected for this project may also be used in future research projects related to youth PIED prevention, harm reduction, community sport, health promotion, and resource development. Because the survey does not collect information that identifies you, the research team will not be able to link a response or disclosure back to you or take action in relation to an individual response. As with other research data, access to the anonymous survey data may nevertheless be required by law or by authorised University or regulatory personnel.

How will the study findings be communicated?

Study findings may be communicated through research reports, evidence briefs, prevention and education resources, conference presentations, social media, and peer-reviewed publications. Findings will be presented in aggregated or de-identified form, and no individual participant will be identified. You may contact the research team after the study is completed to request a summary of the overall findings.

Can I withdraw from the research?

Participation in this study is entirely voluntary. You can stop the survey at any time before submission. These partial responses will submit and may still be included in the analysis. Once fully submitted, responses cannot be removed because they are not linked to any identifying information (i.e. we can't tell which responses are yours).

Questions/further information

If you have any further questions about the study, please do not hesitate to contact the lead researcher (see top of the information sheet for details).

Who can I contact if I have concerns about the project?

This study will be conducted in accordance with the National Statement on Ethical Conduct in Human Research. It has received ethical approval following The University of Queensland's human research ethics review processes. If you have any questions or concerns about the study or your participation, you are encouraged to discuss these with the research team (refer to first page for contact details). If you prefer to speak with someone at the University who is not involved in the project, you may contact the Human Research Ethics Team via email: humanethics@research.uq.edu.au or phone (see contact details at <https://research-support.uq.edu.au/research-support/ethics-integrity-compliance/contacts>).