
SPORT PSYCHOLOGIST'S DIGEST

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The Drug Education Boomerang

Physical gender dichotomization (PGD) is the focus of the article. Physical gender dichotomization refers to the belief that males unambiguously fit into one physical category and females unambiguously fit into the other. The relationship of PGD to drug education has come by way of using factual and hypothesized alterations of physical gender as components of anti-drug media campaigns, most notably addressing anabolic steroids. The present study looked at over 40 anti-drug campaigns utilizing posters, videos, and other forms of media. Themes were categorized, assumptions were identified, and interpretations were recognized. Examples of anti-drug material were highlighted in the article. One picture of a poster displays a "masculine" female with a medal around her neck, and an impression that she could be from Eastern Europe. The title under the woman states, "Steroids: They'll make a man out of you yet." Another example displays two penguins walking with the caption, "The only way to tell a male and female penguin apart is by autopsy. After years of steroid use, the same may be true of humans." The authors conclude that many of the campaigns are problematic because they assume and reinforce notions that bodies are purely natural and that drugs are artificial substances that change the natural bodies. Also, these campaigns deny the physical realities of many humans and legitimate contemporary gender order. Suggestions are given for future campaigns to highlight the more important area of health issues.

Davis, L., & Delano, L. (1992). Fixing the boundaries of physical gender: Side effects of anti-drug campaigns in athletics. *Sociology of Sport Journal*, 9, 1-19.

How to Hold on While Letting Go

This article described a program designed to assist elite athletes with retirement and transition. The development of the Career Assistance Program for Athletes (CAPA), which was initiated by the United States Olympic Committee, was described. Using a life-span developmental model, the CAPA workshop format was presented, focusing on three main topics: (a) managing the emotional and social impact of transitions, (b) increasing understanding and awareness of personal qualities relevant to coping with transitions and career development, and (c) introducing information about the world of work. Results of an informal evaluation form are discussed in terms of program evaluation. Implications for counselors are provided, based on central issues athletes mentioned during the workshops.

Peptitpas, A., Danish, S., McKelvain, R., & Murphy, S. (1992). A career assistance program for elite athletes. *Journal of Counseling & Development*, 70, 383-386.

Sport Psych: From an -iatry Perspective

This article provided an overview of how psychiatry can contribute to the understanding of athletics behavior and how sport provides a fruitful area for psychiatric research. This attempt to define the boundaries of sport psychiatry included

both developmental and psychodynamic perspectives. Psychodynamic factors in sports-related problems such as focusing on choking, slumps, injury, training, retirement, and the coach-athlete relationship were described. Separate sections discussed the areas of occupational factors and mental illness as it relates to the field of sport psychiatry. Treatment issues focused on therapeutic eclecticism, the therapeutic relationship and transference issues, and medication. Case examples were utilized throughout the article to further illustrate the underpinnings of the framework of sport psychiatry.

Begel, D. (1992). An overview of sport psychiatry. *American Journal of Psychiatry*, **149**, 606-614.

So Tell Me a Lot About Yourself

This article focused on the value of the interviewing process in understanding athletes' presenting concerns and in developing effective treatment plans for the athletic population. A description of the Sport-Clinical Intake Protocol (SCIP) is presented with two case studies provided to facilitate understanding of the taxonomy and to highlight its value in conceptualizing athletes' concerns. The objectives of the SCIP were (a) to acquire both sport-specific and clinical information, (b) to incorporate the sport-specific and clinical avenues of inquiry into an organized framework that is nonthreatening to the client, (c) to provide information that will enable the professional to determine the true nature of the problem, thereby allowing for the decision to treat or refer the client, and (d) to give the professional sufficient understanding of the client to develop an initial treatment direction. The SCIP consists of the following components: presenting problem, athletic history, family and social support, health, important life events, changes prior to onset of presenting problem, and details of the presenting problem.

Taylor, J., & Schneider, B.A. (1992). The sport-clinical intake protocol: A comprehensive interviewing instrument for applied sport psychology. *Professional Psychology: Research and Practice*, **23**, 318-325.

Bulking up and Lashing Out

This study examined the effects of anabolic steroids (AS) on aggression of both competitive and recreational weight lifters. The study included a sample of 8 current users, 4 weight lifters who had used AS in the previous year, and 25 weight lifters who reported no previous use of steroids. Anabolic steroids were used in a cyclical pattern with the most common oral AS being Anadrol and the most common injectable AS being Depo-testosterone. Subjects responded to the Bass-Durkee Hostility Inventory. Results indicated that AS users had significantly higher scores on assault, indirect aggression, and verbal aggression. Recent AS users scored lower on aggression as compared to current users, but scored higher than nonusers. However, scores on the hostility scale did not significantly differ between the three groups. Authors acknowledge design limitations and caution the generalization of the data, but underscore the need for continued study of the psychopharmacology of AS as a function of the concerning results.

Yates, W.R., Perry, P., & Murray, S. (1992). Aggression and hostility in anabolic steroid users. *Biological Psychiatry*, **31**, 1232-1234.