

## QAD-Fit

Here you may find some statements regarding Performance-Enhancing Substances (PES) consumption in fitness. Please read each statement carefully and mark with an “X” the corresponding answer. "Performance-enhancing substances" are substances specifically taken for the purpose of improving physical appearance and increase performance in the practice of physical activity, excluding nutritional supplements.

	Totally disagree	Disagree	Partially disagree	No opinion	Partially agree	Agree	Totally agree
	1	2	3	4	5	6	7
1. I would take PES to achieve my goals in the practice of physical activity.							
2. When a practitioner qualifies himself in competition due to the intake of PES, he should be disqualified.							
3. Selling PES should be punished.							
4. To get the physical appearance I desire I would take PES.							
5. Performance enhancing substances help to improve physical abilities.							
6. To increase my physical abilities, I would take PES.							
7. To have a perfect physique, I would take PES.							
8. The consumption of PES helps to develop self-confidence.							
9. I would take PES, if most people I know approved of it.							
10. To achieve a targeted goal, I would take PES.							
11. Instructors who give PES to their practitioners should be punished.							
12. Consuming PES enhances the well-being of practitioners.							
13. Consuming PES is a form of cheating.							
14. To be admired physically, I would take PES.							
15. A practitioner must achieve his goals on his own, rather than with the help of PES.							
16. To physically please others, I would take PES.							

**Thank you.**