

## The Experiences of Competitive Bodybuilders in New Zealand Survey information Sheet

### Researcher's Introduction

My name is Anne Probert. I am a bodybuilder and a doctorate student at Massey University who is researching competitive bodybuilding in New Zealand. I am interested in learning more about the experiences of competitive bodybuilders and how this activity has influenced their lives.

### About This Survey

This survey has been sent to you as well as other bodybuilders living in New Zealand, who are:

- Active competitors (or)
- Have been competitors (or)
- Training for their first bodybuilding competition.

Its purpose is to provide an overview of bodybuilders in New Zealand (e.g. numbers, demographics, experience and opinions).

### Survey Procedures

If you agree to participate, you will not have to disclose your name on the survey form. Your individual response will be combined with other responses to produce the survey findings. All completed questionnaires will be stored in a locked cabinet and destroyed upon completion of the research programme.

The results of this survey will hopefully be published through a variety of avenues such as academic literature, mainstream journals and relevant sport or information sites. They will also be used as a basis for more in-depth research which involves interviewing bodybuilders about their experiences and life-stories.

If you participate in this survey, you can:

- Receive a copy of the results (ie a profile of competitive bodybuilders in NZ) and
- Indicate your interest in being interviewed about your bodybuilding experiences and life-story.

### Your Involvement

This survey should take approximately 15 minutes to complete. Your participation involves ticking the appropriate boxes in the attached questionnaire, then returning either via e:mail or post to me at the following address: Anne Probert, P.O. Box 1089, New Plymouth by 31st July 2005.

### Your rights

Your completion and return of the questionnaire implies consent. You have the right to decline to answer any particular question.

### Project Contacts

Please feel free to contact me if you have any further questions about this research.

#### My contact details are:

Anne Probert  
Phone: 06 751 3091  
Email: [aprobert@xtra.co.nz](mailto:aprobert@xtra.co.nz)  
PO Box 1089, New Plymouth.

#### My Chief Supervisor at Massey University is:

Dr Sarah Leberman  
Phone: 06 350 5799 ext. 2785  
Email: [S.I.Leberman@massey.ac.nz](mailto:S.I.Leberman@massey.ac.nz)

Thank you for your time and consideration.

#### Committee Approval Statement

This project has been evaluated by peer review and judged to be low risk. Consequently, it has not been reviewed by one of the University's Human Ethics Committees. The researcher (s) named above are responsible for the ethical conduct of this research. If you have any concerns about the conduct of this research that you wish to raise with someone other than the researcher (s), please contact Professor Sylvia Rumball, Assistance to the Vice-Chancellor (Ethic & Equity), telephone 06 350 5249, email: [humanethicspn@massey.ac.nz](mailto:humanethicspn@massey.ac.nz).

# The Experiences of Competitive Bodybuilders in New Zealand

## 1. I am:

(please tick one box)

- Male (1)<sup>1</sup>
- Female (2)

## 2. My age is:

(please tick one box)

- Under 20 years of age (1)
- 20 – 29 years (2)
- 30 – 39 years (3)
- 40 – 49 years (4)
- 50 – 59 years (5)
- Over 60 years (6)

## 3. I predominantly live in the following regional location:

(please tick one box)

- Auckland/Northland (1)
- Waikato/Bay of Plenty (2)
- Gisborne/Hawkes Bay (3)
- Taranaki/Wanganui/Manawatu (4)
- Wellington/Wairarapa (5)
- Marlborough, Nelson & Bays (6)
- Westcoast (7)
- Christchurch/Timaru/Oamaru (8)
- Otago/Southland (9)
- Other – please state (10)

## 4. My ethnicity is:

(please tick as many boxes as appropriate)

- New Zealand European (1)
- Maori (2)
- Samoan (3)
- Cook Island Maori (4)
- Tongan (5)
- Niuean (6)
- Chinese (7)
- Indian (8)
- Other (such as Dutch, Japanese etc) (9)
- Please state \_\_\_\_\_

## 5. People who live in the same household as myself include:

(please tick as many boxes as appropriate)

- My legal husband or wife (1)
- My partner, de facto, boyfriend or girlfriend (2)
- My son(s) and/or daughters (s) (3)
- My mother and/or father (4)
- My sister (s) and/or brother (s) (5)
- My flatmate (s) (6)
- None of the above – I live alone (7)
- Other. Please state: (8)

## 6. My employment status is:

(please tick one box)

- Not in paid employment (1)
- Employed full time (2)
- Employed part time (3)
- Self employed (4)
- Student (5)
- Other (6)

## 7. The highest qualification/s I have is/are:

(please tick one box)

- No qualifications. (1)
- Secondary school qualifications. (2)
- Tertiary qualification/s. (ie Qualification/s I have completed after secondary school which has/have taken more than 3 months of full time study to achieve). (3)

## 8. In terms of my bodybuilding experience, I have:

(please tick one box)

- Competed in one or more bodybuilding competitions (Go to Q.9) (1)
- Not yet competed in a bodybuilding competition, but I am intending to compete (Go to Q.10) (2)
- Other. Please explain: \_\_\_\_\_(go to Q.19) (3)

<sup>1</sup>Please ignore these numbers. They are for office use to assist with coding purposes.

**9. I have already competed in the following number of bodybuilding competitions:**

*(please tick one box)*

- 1 competition (1)
- 2 - 4 competitions (2)
- 5 -10 competitions (3)
- More than 10 competitions. (4)

**10. In 2005 or 2006 I am:**

*(Please tick one box)*

- Definitely aiming to compete in a bodybuilding competition (ie one or more) Go to Q. 11 (1)
- Possibly going to compete in a bodybuilding competition. Go to Q 11 (2)
- Unlikely to compete. Go to Q 12 (3)
- Definitely won't be competing in a bodybuilding competition. Go to Q.12 (4)

**11. The NEXT competition I am intending (or am considering) participating in takes place in the following year/month:**

*(Please tick one box)*

- |  |   |
|--|---|
| <input type="checkbox"/> April, 2005 (1)     | <input type="checkbox"/> March, 2006 (12)             |
| <input type="checkbox"/> May, 2005 (2)       | <input type="checkbox"/> April, 2006 (13)             |
| <input type="checkbox"/> June, 2005 (3)      | <input type="checkbox"/> May, 2006 (14)               |
| <input type="checkbox"/> July, 2005 (4)      | <input type="checkbox"/> June, 2006 (15)              |
| <input type="checkbox"/> August, 2005 (5)    | <input type="checkbox"/> July, 2006 (16)              |
| <input type="checkbox"/> September, 2005 (6) | <input type="checkbox"/> August, 2006 (17)            |
| <input type="checkbox"/> October, 2005 (7)   | <input type="checkbox"/> September, 2006 (18)         |
| <input type="checkbox"/> November, 2005 (8)  | <input type="checkbox"/> October, 2006 (19)           |
| <input type="checkbox"/> December, 2005 (9)  | <input type="checkbox"/> November, 2006 (20)          |
| <input type="checkbox"/> January, 2006 (10)  | <input type="checkbox"/> December, 2006 (21)          |
| <input type="checkbox"/> February, 2006 (11) | <input type="checkbox"/> Undecided/Unable to say (22) |

**12. My last bodybuilding competition was:**

*(Please tick one box)*

- Less than 6 months ago (1)
- Between 6 – 12 months ago (2)
- More than 1 year ago, but less than 2 years ago (3)
- 2-4 years ago (4)
- 5 or more years ago (5)
- Nil. I haven't yet competed (6)

**13. The category I am planning (or would like) to compete in for my next competition is:**

*NB: if you are not intending to compete, please indicate the category of your last competition.*

*(Please tick one box)*

**Female:**

- Physique (novice) (1)
- Physique (open or international) (2)
- Physique (age category eg Seniors, Masters, Under 20yrs, Secondary School Girls) (3)
- Figure (novice) (4)
- Figure (open or international) (5)
- Figure (age category e.g Seniors, Masters, Under 20yrs, Secondary School Girls) (6)
- Shape (open or international) (7)
- Fitness-model (8)
- Undecided/Other (Please explain) (9)

**Male:**

- Physique (novice) (10)
- Physique (open) (11)
- Physique (age category e.g. Juniors, Masters, Secondary School category) (12)
- Athletic (novice) (13)
- Athletic (open or international) (14)
- Athletic (Masters) (15)
- Undecided/Other (Please explain) (16)

**14. My training programme currently includes the following:**

i. Number of hours of cardio per week:

*(Please tick one box)*

- Less than 1 hour (1)
- 1-2 hours (2)
- 3-5 hours (3)
- 6-9 hours (4)
- 10 or more hours (5)

ii. Number of hours of weight lifting per week:

*(Please tick one box)*

- Less than 1 hour (6)
- 1-2 hours (7)
- 3-5 hours (8)
- 6-9 hours (9)
- 10 or more hours (10)

**15. When I am not competing, my off-season weight is usually:**

*(Please tick one box)*

- Lighter than my competition weight (1)
- The same as my competition weight (2)
- 1-4 kgs heavier than competition weight (3)
- 5-9 kg's heavier than competition weight (4)
- 10-14 kgs heavier than competition weight (5)
- 15-19 kgs heavier than competition weight (6)
- 20kgs or more heavier (7)
- Not Applicable: eg "Not yet competed" or "Competed too long ago to recall" (8)

**16. My eating programme typically contains the following supplements:**

*(please tick as many boxes as appropriate)*

i. Off season

- No supplements (1)
  - Protein powder (2)
  - Creatine (3)
  - Glutamine (4)
  - BCAA's (5)
  - HMB (6)
  - Fat Burners (7)
  - Other/s (please state) (8)
- 
- 

ii. 12 weeks out from a competition.

- Not applicable – eg "Not yet competed" or "Competed too long ago to recall" (9)
  - No supplements (10)
  - Protein powder (11)
  - Creatine (12)
  - Glutamine (13)
  - BCAA's (14)
  - HMB (15)
  - Fat Burners (16)
  - Other/s (please state) (17)
- 
- 

**17. My main sources of information on competitive bodybuilding is/are/were as follows:**

*(please tick as many boxes as appropriate)*

- My personal trainer (1)
- Personal trainers/experts employed by my gym (2)
- Other bodybuilders (3)
- Bodybuilding web sites (name main one's used) (4) \_\_\_\_\_
- Bodybuilding magazines (name main ones used) (5) \_\_\_\_\_
- Other (please state) (6) \_\_\_\_\_

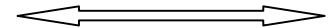
**18. In addition to myself, the following person/s are (or have been) competitive bodybuilders:**

*(please tick as many boxes as appropriate)*

- My legal husband or wife (1)
- My partner, de facto, boyfriend or girlfriend (2)
- My son(s) and/or daughters (s) (3)
- My mother and/or father (4)
- My sister (s) and/or brother (s) (5)
- My flatmate (s) (6)
- None of the above (7)
- Other. Please state (8) \_\_\_\_\_

Please indicate (by circling the appropriate number) how much you personally agree or disagree with each statement.

Strongly Disagree 1      Somewhat Disagree 2      Somewhat Agree 3      Strongly Agree 4



| Statements   | Please circle one number |   |   |   |
|--|--------------------------|---|---|---|
| 19. I am satisfied with how my body looks.   | 1                        | 2 | 3 | 4 |
| 20. Bodybuilding is an integral part of my lifestyle.  | 1                        | 2 | 3 | 4 |
| 21. I feel "different" from other people because I am a Bodybuilder.   | 1                        | 2 | 3 | 4 |
| 22. When preparing for a bodybuilding competition I feel in control of my life.  | 1                        | 2 | 3 | 4 |
| 23. I believe I have balanced outlook on health and fitness.   | 1                        | 2 | 3 | 4 |
| 24. If I miss a workout I feel extremely guilty.   | 1                        | 2 | 3 | 4 |
| 25. I consider I have a balanced lifestyle.  | 1                        | 2 | 3 | 4 |
| 26. When preparing for a bodybuilding competition I feel in control of my emotions.  | 1                        | 2 | 3 | 4 |
| 27. I consider participating in bodybuilding competitions to be a healthy activity.  | 1                        | 2 | 3 | 4 |
| 28. Relative to other people of a similar age, I consider myself physically superior.  | 1                        | 2 | 3 | 4 |
| 29. I believe some aspects of bodybuilding are unhealthy but I am willing to do what it takes in order to compete.                           | 1                        | 2 | 3 | 4 |
| 30. I enjoy wearing clothes, which display my physique.  | 1                        | 2 | 3 | 4 |
| 31. If I wasn't involved in bodybuilding, I would still have the same personality.   | 1                        | 2 | 3 | 4 |
| 32. I believe I am a disciplined person and bodybuilding helps me to demonstrate this.   | 1                        | 2 | 3 | 4 |
| 33. I believe that bodybuilding is a form of vanity and obsession with bodily perfection.  | 1                        | 2 | 3 | 4 |
| 34. I fear public ridicule when I tell people I am involved in bodybuilding.   | 1                        | 2 | 3 | 4 |
| 35. Participating in bodybuilding competitions is something which I am involved in now, but it isn't something I see myself doing long term. | 1                        | 2 | 3 | 4 |
| 36. I have experienced concern and pressure from family and/or friends that I could become too muscular.                                     | 1                        | 2 | 3 | 4 |
| 37. If steroids were legal, I believe that controlled and carefully planned use of them is an acceptable way to enhance bodily appearance.   | 1                        | 2 | 3 | 4 |
| 38. If female bodybuilders become too muscular, they become less feminine.   | 1                        | 2 | 3 | 4 |
| 39. My bodybuilding physique makes me feel more sexually attractive.   | 1                        | 2 | 3 | 4 |
| 40. I consider those involved in bodybuilding to be mentally stronger than those who are not.  | 1                        | 2 | 3 | 4 |
| 41. Sometimes I wish I wasn't (or hadn't been) a bodybuilder.  | 1                        | 2 | 3 | 4 |
| 42. If I could eat junk food all day and still be lean and muscular, I would.  | 1                        | 2 | 3 | 4 |
| 43. I would consider implants (e.g. pecs, breast, calf implants ) in order to obtain the ultimate bodybuilding shape.                        | 1                        | 2 | 3 | 4 |
| 44. My relationships suffer during bodybuilding training periods.  | 1                        | 2 | 3 | 4 |
| 45. I don't restrict my diet post competition.   | 1                        | 2 | 3 | 4 |
| 46. Other parts of my life have been negatively affected as a result of bodybuilding.  | 1                        | 2 | 3 | 4 |
| 47. If steroids were legal, I believe they would be more acceptable for use by male bodybuilders than female bodybuilders.                   | 1                        | 2 | 3 | 4 |
| 48. The muscularity of male bodybuilders enhances their masculinity.   | 1                        | 2 | 3 | 4 |
| 49. At bodybuilding events, my prime aim is to win.  | 1                        | 2 | 3 | 4 |
| 50. I believe bodybuilding in New Zealand is largely drug/steroid-free.  | 1                        | 2 | 3 | 4 |
| 51. The majority of my friends are also bodybuilders.  | 1                        | 2 | 3 | 4 |
| 52. I don't care what other people think about my body.  | 1                        | 2 | 3 | 4 |
| 53. When I tell people I am involved in bodybuilding, the reaction from women is usually more positive than those from men.                  | 1                        | 2 | 3 | 4 |
| 54. Bodybuilding has made me less sociable.  | 1                        | 2 | 3 | 4 |

55. Comments in relation to the above: \_\_\_\_\_

\_\_\_\_\_

## Willingness to participate in further research

(Please tick one box)

- Yes, I am Interested in potentially being interviewed **regarding my life-story and experiences as a competitive bodybuilder.** 56 (1)

My contact details to receive further information about this, are as follows:

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Postal details: \_\_\_\_\_

Phone: \_\_\_\_\_

- No, I am not Interested in being interviewed **regarding my life-story and experiences as a competitive bodybuilder.** 56 (2)

## Copy of survey results

(Please tick one box)

- Yes, I am Interested in receiving a copy of these survey results. 57 (1)  
**(Please indicate preference)**

**Email (provide email address)** \_\_\_\_\_

**Post (complete the following postal details):**

“The bodybuilder”

Street or PO Box: \_\_\_\_\_

Town/City: \_\_\_\_\_

- No, I am not Interested in receiving a copy of these survey results. 57 (2)

Thank you for your contribution.

**Please return this completed questionnaire by 31st July either via email or post.**

**Anne Probert  
P.O. Box 1089  
New Plymouth  
Email: aprobert@xtra.co.nz**