




Elena García Grimau, BSc, MSc

Academic researcher, Autonomous University of Madrid (Spain)
Spanish Commission for the Fight Against Doping in Sport (CELAD)
Former professional middle-distance runner.

 elenagrimau@gmail.com | elena.garciagrimau@estudiante.uam.es | elena.garcia.ext@celad.gob.es

Anti-doping expert with 6 years of professional experience working with the Spanish Anti-doping Organization, who collaborates in the implementation of educational programs, management of digital content and carries out scientific research in the field of anti-doping. Currently PhD candidate developing research related to doping attitudes and behavior in competitive sport, funded by the World Anti-doping Agency. Marketing background in a multinational healthcare company focused on people affected by HIV/AIDS.



<https://elenagarciagrimau.com/investigacion-publicaciones/>
<https://es.linkedin.com/in/elenagarciagrimau>
<https://twitter.com/HelenHoneyH>



<https://www.researchgate.net/profile/Elena-Garcia-Grimau>



ORCID: 0000-0003-0032-4497; Web of Science Researcher ID: GZK-9083-2022;
Loop profile: 1263300

Academic and Professional Qualifications

2019-PhD candidate in Sport & Exercise Science, Autonomous University of Madrid, Spain.
2016MSc Digital Marketing and Communications, Camilo José Cela University, Madrid
2010BSc Biochemistry, Complutense University of Madrid, Spain

Outline of Career History

2019-Academic researcher, Autonomous University of Madrid, Spain.
2016- Digital Marketing and Scientific Research, CELAD, Madrid, Spain
2013-2015Product Manager Junior, ViiV Healthcare, Madrid, Spain

Other Professional Activities

- UNESCO Anti-doping International Consultant Assistant. Assistant as an international consultant during the mission to evaluate the Russian Federation's public policy on the fight against doping. Final report was presented during the Sixth session of the Conference of parties, Paris, UNESCO headquarters (sept-2017).
- Member of the Assembly and Athletes Commission of the Royal Spanish Athletics Federation (RFEA).

Research Interest:

Doping and clean sport attitudes and behaviour, anti-doping education, sport integrity, use of performance enhancing supplements and drugs, sport physiology, sport analytics.

Grant-funded research

- World Anti-Doping Agency, Social Science Research Grants 2020. Attitudes, intentions and behavior toward doping among athletics in Spain. Co-I.
- EU ERASMUS+ Sports Collaborative Partnership: Understanding and promoting whistleblowing on doping irregularities in the EU: WIN-DOP. Researcher.

Professional athlete profile

Bronze medal in 1500m World University Games (Belgrade, Serbia, 2009)

Bronze medal in 1500m Ibero-American Championships (Iquique, Chile, 2008)

7th in 1500 Mediterranean Games (Mersin, Turkey, 2013)

7th in 1500 U23 European Athletics Championships (Debrecen, Hungary, 2007)

Spanish 3000m indoor Champion (2015)

Silver medal in 3000m steeplechase Spanish Championships (2015)

Bronze medal in 1500m Spanish Championships (2013)

World Athletics profile: <https://worldathletics.org/athletes/spain/elena-garcia-14261476>

Scientific publications:

- García-Grimau, E., De la Vega, R., De Arce, R., and Casado, A. (2022). An Explanatory Model of Doping Susceptibility Examining Morality in Elite Track and Field Athletes: A Logistic Regression Analysis. *Sustainability*, 14(24), 16404. <https://doi.org/10.3390/su142416404>
- García-Grimau, E., De la Vega R, and Casado A (2022). Moral Disengagement, Social Norms, and Motivational Profiles Influence Attitudes Toward Doping Among Spanish Athletics Coaches. *Front. Sports Act. Living* 4:842959. doi: 10.3389/fspor.2022.842959.
- García-Grimau, E., Casado, A., and de la Vega, R. (2021) Attitudes towards and susceptibility to doping in Spanish elite and national standard track and field athletes: An examination of the Sport Drug Control Model. *Front. Psychol.* doi: 10.3389/fpsyg.2021.679001.
- Ayyildiz, E., Kayabeşler, H., Gülü, M., Yagin, FH., Aldhahi, MI., García-Grimau, E., and Al-Mhanna, SB. (2023) Examining mindfulness and moral disengagement in doping: Perspective of Turkish wrestlers. *Front. Psychol.* 14:1142343. doi: 10.3389/fpsyg.2023.1142343
- Nicholls, A., Fairs, L., Toner, J., Jones, L., Mantis, C., Barkoukis, V., Perry, J.L., Micle, A., Theodorou, N., Shakhverdieva, S., Stoicescu, M., Vesic, M., Dikic, N., Andjelkovic, M., García Grimau, E., Amigo, J., Schomöller, A. (2021) Snitches Get Stitches and End Up in Ditches: A Systematic Review of the Factors Associated With Whistleblowing Intentions. *Front. Psychol.* Doi: 10.3389/fpsyg.2021.631538.
- García-Grimau, E., Casado, A., and de la Vega, R. (2020). Evolución de la investigación psicosocial del dopaje en el deporte de competición: una revisión narrativa (Evolution of doping in elite sport from the perspective of social sciences: a narrative review). *Retos*, 39, 973-980. <https://doi.org/10.47197/retos.v0i39.80834>.
- García-Grimau, E. (2017) Lenguaje del atleta profesional frente al dopaje: análisis en Twitter. *Materiales para la historia del deporte*, ISSN-e 2340-7166, Nº. Extra 3, 2016 (Ejemplar dedicado a: V Congreso Internacional Deporte, Dopaje y Sociedad, Madrid.), págs. 16-16