# Abstract Template

**Abstract Title:** Excessive physical exercise and body image in eating disorders: preliminary results

Ouellet, M.[1], Monthuy-Blanc, J.[1]

[1] *University of Quebec in Trois-Rivières, CAN*

**Abstract (not more than 300 words)**

Anorexia nervosa and bulimia nervosa are among the most common chronic diseases in adolescents and young adults (Garner, 2004). Those eating disorders (ED) have mortality rates from up to 21% (Huas, 2013), making ED one of the deadliest mental health diseases (Fichter, Quadflieg, & Hedlund, 2008). Among inappropriate compensatory behaviors such as vomiting or laxative abuse used by patients, excessive physical exercise (EPE) is very worrisome for clinical teams since patients who present EPE have poorer prognosis than non-exerciser patients (Stiles-Shields, DclinPsy, Lock, & Le Grange, 2015). EPE is defined as an abnormal amount of physical activity combined with a compulsive need to do physical exercise. If other compensatory behaviors are well controlled during hospitalization, EPE is not cared directly during treatments since there is a lack of empirical knowledge about this behavior. Those issues highlight the need to study body image as a key construct. This research aims to study relations between quantitative and compulsive EPE components and body image in ED patients. The sample of this cross-sectional study is composed with patients aged between 14 and 26 years old engaged in an ED intervention program. An Immersive and Embodied Cyberbody Rating Scale (Monthuy-Blanc et al., 2018) and the Exercise and Eating Disorder test (Danielson et al., 2014) are used to measure variables. Preliminary results based on 15 patients indicates that there is a positive relation between body dissatisfaction and EPE compulsivity ($r= 0{,}818$, $p < 0{,}001$), but no relation between body dissatisfaction and EPE quantity. There is no relation between body distortion and both EPE components. Results suggest that it is not the amount of physical exercise that is related with body image issues but more the “need” to do physical exercise. Results are intended to provide targeted intervention strategies for exerciser patients, but more studies are needed.

Keywords—*Body Image, Cyberbody, Eating Disorder, Excessive Physical Exercise*

**Professional Biography (100-150 words)**

Marilou Ouellet is a doctoral student in psychology at the University of Quebec in Trois-Rivieres (Canada). Her research focuses on eating disorders and physical self-perceptions in athletes and non-athletes. She is involved in the organization of a multitude of scientific events and she is the scientific coordinator at the Transdisciplinary Research Group for Eating Disorders (Loricorps) since 2014.



Email Id: Marilou.ouellet@uqtr.ca

**Any Comments: n.a**