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Muscle dysmorphic disorder and misuse of dietary supplements in body builders

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The Aim: of our study was to evaluate mental health and substance abuse disorders among the Iranian body builders. A cross-sectional study was conducted among athletes in bodybuilding clubs in Tehran. After a preliminary interview, demographic characteristics and using drugs and nutritional supplements were recorded. The GH-12, Yale Brown OCS-BDD, DMS questionnaires were used. In this study mean score of BDD questionnaire was 12.19 ± 6.9 (range 0-36). Dysmorphic disorder prevalence was, 12.8% (23 persons). The results of the study showed that the use of anabolic steroids and having dysmorphic disorder ($P = 0.1$), the use of non-steroidal supplements and having dysmorphic disorder ($P = 0.76$), the use of anabolic steroids and having muscle dysmorphic disorder ($P = 0.5$) had no significant association. While the use of anabolic steroids and having muscle dysmorphic disorder ($P = 0.032$) and dysmorphic disorder and muscle dysmorphic disorder had statistically significant relationship. ($P = 0.026$)

Conclusion: Trend to the muscularity was accompanied with developing muscle dysmorphic disorder and misuse of dietary supplements and drugs. General health of people who have dysmorphic disorder compared to people who do not have was disturbed

Biography

Parisa Nejati has gotten her General Physician degree from Zanjan University of Medical Sciences in Iran and Post-graduation studies in the field of Sports Medicine from Iran University of Medical Sciences in Iran. She is an Assistant Professor of Sports Medicine in Iran University of Medical Sciences. She has worked in the field of musculoskeletal diseases, diagnosis and treatment for 7 years. She has published more than 10 papers in reputed journals. She has worked on sacroiliac joint dysfunction diagnosis and treatment since 2 years.

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