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Assessment of relationship between eating attitudes and body image in adolescent athletesGonca Yildirim¹ and Aylin Büyükkaragöz²¹Atilim University, Turkey²Acibadem University, Turkey

Eating disorders are pathological disorders in eating behaviors involving distorted perceptions of body shape and weight. One of the strongest predictors of eating disorder is dissatisfaction of the body image. The main purpose of this study is to determine the occurrence of eating disorders in adolescent athletes and whether adolescent athletes are at risk for body image concerns or not. The study included adolescent athletes (n:219) and non-athletes (n:219). Social Physique Anxiety Scale (SPAS) was used to assess body image Eating Attitude Test-26 (EAT-26) and Eating Disorders Examination Questionnaire (EDE-Q) were used to assess eating behavior. For SPAS, non-athletes had higher scores than athletes, sedentary females had higher scores than female athletes and sedentary males and these findings were statistically significant ($p < 0.05$). There was no significant difference in SPAS scores between sedentary males and male athletes ($p > 0.05$). There was no significant difference in EAT-26 and EDE-Q scores between athletes and nonathletes ($p > 0.05$). However, sedentary females had higher EAT-26 and EDE-Q scores than sedentary males ($p < 0.05$). There was positive but weak correlation between EAT-26 and SPAS scores and there was positive and moderate correlation between EDE-Q and SPAS scores in athletes group. Additionally, positive and weak correlation between EAT-26 and SPAS scores and strong correlation between EDE-Q and SPAS scores was observed in non-athletes group. Results show that participation in sports may have beneficial effects on body image, which may also protect adolescents from eating disorders. Sedentary females seem to be the most risky group for eating disorder and body image.

Biography

Gonca Yildirim is pursuing her Post-graduate education at Acibadem University and completed her Bachelor's Degree at Başkent University. She works at Atilim University as a Research Assistant. And also International Medical Center Hospital- Dietitian Başkent University Nutrition and Dietetic student colloquium. She is participant of 9-10 May 2015 ANKARA and also Gülhane Hospital Symposium on Current Nutritional Approaches in Diseases 13-14 October 2017.

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