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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  $12.19 \pm 6.9$  (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 is a Sports Medicine Specialist with seven years of experience in Sports Injuries and Exercise Prescription in Medical Conditions. Her favorite field of work is fitness and obesity. She works as a Member of fitness team visiting the overweight and obese patients for prescribing exercise as well as diet adjustment. She has been teaching sports nutrition to sports medicine residents at Iran University of Medical Sciences since 2010. She has experience in nutritional strategies in special sports like indoor soccer or volleyball.

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