



Sock it to eating disorders

April 11, 2024 | #sockittoeds

Kahoot: Eating issues in athletes

1- What is the athletic ideal?

- A- Athletes' perceptions of their bodies
- B- The pressure to perform in sports
- C- Society's standard for what an athlete should look like
- D- The value athletes attribute to their appearance

→ Answer: C

Additional information: The athletic ideal can put a lot of pressure on athletes to transform their bodies by trying to improve their performance, further control their diet and becoming more and more concerned about body image. For girls, the ideal is to be thin and well-muscled (but not too muscular!).

2- What impacts can remarks about an athlete's appearance have on the athlete's relationship with their sport and their body?

Kahoot option: One option is to just write whatever comes spontaneously into your head.

Additional information: Here are some of the adverse effects in the practice of sports of remarks (positive or negative) about our bodies:

- We become hyperaware/hypervigilant about changes in our weight/appearance, affecting our pleasure in the sport, performance, concentration, etc.
- We start to compare ourselves with our teammates. This can happen just as easily when we are complimented on our physique, for example, as when we are teased about gaining a few pounds. Our body image can deteriorate as we become more and more concerned about our appearance and about what people think of us.
- Discussing athletes' bodies becomes the norm and is trivialized in the world of sports. This can lead to shame and even fear of sharing our concerns with those close to us (coaches, teammates, friends, family)
- We may start changing our behaviour (skipping breakfast, increasing the frequency/intensity of training, for example) to try to alter our appearance.



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3- What is body functionality?

- A- The ability to lift heavy weights when training
- B- Everything the body makes it possible for us to do on a daily basis
- C- The pressure to conform to the athletic ideal
- D- All of the above

Answer: B

Additional information: Our bodies are incredible machines! We need to focus on what we feel in our bodies when in movement, to rely on our skills and abilities rather than our appearance.

4- What is bigorexia?

- A- A tendency to eat our emotions and engage in binge eating
- B- A form of food restriction (constant dieting)
- C- Being sedentary, not moving enough
- D- An eating disorder characterized by an obsession with working out and a distorted body image

Answer: D

Additional information: Athletes are more at risk of developing bigorexia than the population at large. Men are more likely to suffer from bigorexia than women. Some men also abuse steroids and supplements to maximize their muscle mass.

5- What is another term used for bigorexia?

- A- Reverse anorexia
- B- Orthorexia
- C- Body building
- D- ARFID

Answer: A.

Additional information: The term reverse anorexia refers to the distorted body image that is one of the features of bigorexia: people with bigorexia have the impression that they are much smaller/thinner than they actually are.



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6- What percentage of the people suffering from bigorexia are men?

- A- 25%
- B- 90%
- C- 75%
- D- 55%

Answer: B

Additional information: Unfortunately, bigorexia often flies under the radar in men, remaining unidentified and undiagnosed because we live in a society that values sculpted, muscular bodies in men. It can be difficult, as a result, for a young male athlete, for example, to become aware of his obsession with his sport when what he feels he's striving for is glorified.

7- What percentage of athletes (or sports enthusiasts in general) end up developing an eating disorder?

- A- 1%
- B- 13.5%
- C- 5%
- D- 25%

Answer: B (reference: IFAC – France's federal institute of behavioural addictions)

Additional information: Athletes are about 10 times more likely to develop an eating disorder than members of the general population!

8- True or false: Athletes are 10 times more at risk of developing an eating disorder than members of the general population.

- A- True
 - B- False
- Answer: A.



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9- True or false: People who are physically fit are less likely to have body image issues.

- A- True
- B- False

Answer: B

Additional information: Anyone can suffer from body image issues because they are about perception. No matter what our gender, sex or physical condition, any one of us may live with body dissatisfaction.

10- True or false: Different sports can have different effects on an athlete's body image.

- A- True
- B- False

Answer: A

Additional information: It's true that some situations can lead to a somewhat more negative relationship with our body. For example, having to be weighed regularly, being in a place with a lot of mirrors, having to wear tight clothing to perform, etc. On the other hand, an athletic environment that values inclusion and diversity and places the emphasis on skills and pleasure rather than appearance can have a positive impact on body image.