

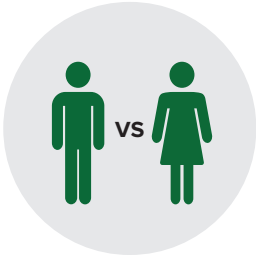


# THE PREVALENCE OF DISORDERED EATING IN ELITE MALE AND FEMALE SOCCER PLAYERS

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FOR MORE INFORMATION, SEE THE PAPER ON WHICH THIS INFOGRAPHIC IS BASED, FOUND IN THE FOLLOWING REFERENCE:  
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## PURPOSE



Despite the high number of male and female soccer players, there is very limited information on disordered eating (DE) symptoms in soccer, and no data on the prevalence of DE in male players.

The primary aim of this study was to assess the prevalence of DE risk in elite male and elite female soccer players compared to non-athlete controls, using a validated survey.

## METHODS



Each completed the clinical perfectionism questionnaire (CPQ-12) and the eating attitudes test (EAT-26) to assess perfectionism and DE risk, respectively.

## RESULTS



The prevalence of DE risk was **not different** in elite male and female soccer players



There were **no differences** in the prevalence of clinical levels of DE in male soccer players compared to controls



The proportion of females with DE risk **was higher** in controls than female soccer players



Perfectionism was a **significant predictor** of DE risk in males and females.

