THE PREVALENCE OF DISORDERED EATING IN ELITE MALE AND FEMALE SOCCER PLAYERS
WILL ABBOTT, ADAM BRETT, THOMAS E. BROWNLEE, KELLY M. HAMMOND, LIAM D. HARPER, ROBERT J. NAUGHTON, LIAM ANDERSON, EDWARD H. MUNSON, JACK V. SHARKEY, REBECCA K. RANDELL, TOM CLIFFORD

FOR MORE INFORMATION, SEE THE PAPER ON WHICH THIS INFOGRAPHIC IS BASED, FOUND IN THE FOLLOWING REFERENCE: Link to Full text

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

137 male 70 female

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.

Rebecca Randell is employed by the Gatorade Sports Science Institute. The views expressed in this abstract are those of the authors and do not necessarily reflect the position or policy of PepsiCo, Inc.