
Index

- abstinence syndromes 70–1
activity disorders 69–72, 87
adenosine triphosphate (ATP) 2–3
Adonis complex *see* bigorexia
aedweb.org 148
aerobic glycolysis 2
aerobics
 body weight 30–3, 35–9
 case study 179–81
 environmental pressures 44–6
 research programmes 109
aesthetic models 95–6
aesthetic sports
 aetiology 98
 body weight 24, 25, 30–2, 35–9
 case study 177–9
 environmental pressures 44–6,
 51–2
 research programmes 100–4
aetiology of eating disorders 98–9
alexitimia syndrome 75
alpha-linoleic acid 9
AMDQ *see* Athletic Milieu Direct
 Questionnaire
amenorrhoea
 diagnosis 68, 82, 84, 88
 research programmes 103
amino acids 2, 10–12, 18–19
anabolic steroids 74, 77
 anad.org 148–9
anaerobic glycolysis 2
anorexia
 activity disorders 69–72, 87
 case study 181–3
 criteria 68, 70
 cyberpsychology 148–9, 150, 156
 diagnosis 67–72, 74, 89
 research programmes 101–2, 103–4, 110,
 111
 treatment 123
anred.com 149
anthropometrical indices 82–3, 88
antidepressants 140–1
arbitral inference 128
artistic ice-skating 103
ATHENA (Athletes Targeting Healthy
 Exercise and Nutrition Alternatives)
 Programme 59
athletic anorexia 72, 101, 150
Athletic Milieu Direct Questionnaire
 (AMDQ) 91–2
athletics
 body weight 30–3, 35–9
 case study 168–74
 environmental pressures 41, 44–6
 research programmes 111–12
ATP *see* adenosine triphosphate
authoritarian coaches 52, 178

- b-eat.co.uk 149
- balanced diets 2–5
 body weight 23, 26–7
 case studies 172–4, 180
 cyberpsychology 158
 environmental pressures 54, 57
 orthorexia 77
 treatment 126–7, 133
- ballet 68, 103–4
- base metabolism (BM) 3
- basketball 30–3, 35–9, 44–6
- BDS *see* Body Building Dependence Scale
- behaviour observers 2
- bigorexia
 cyberpsychology 150
 diagnosis 71–2, 74–7, 95–6
 high-risk sports 27
 research programmes 111
 treatment 123
- binge-eating
 cyberpsychology 159
 diagnosis 72–3, 78, 80–1, 87, 93
 high-risk sports 26
- BITE *see* Bulimic Investigatory Test
 Edinburgh
- blame 129
- BM *see* base metabolism
- BMI *see* body mass index
- Body Building Dependence Scale (BDS) 111, 113
- body image
 aetiology 99
 case studies 168–9, 179–81
 cyberpsychology 143, 158
 diagnosis 72–7, 83–4, 88, 94–5
 environmental pressures 41–2, 44, 53–4, 62–3
 research programmes 103, 109–10, 113–14
 treatment 124, 127–8, 136–7
- body mass index (BMI) 3
- Body Shape Questionnaire (BSQ) 108, 157
- body weight 23–40
 aesthetic sports 24, 25, 30–2
 balanced diets 23, 26–7
 case studies 168–9
 cyberpsychology 158, 164
 diagnosis 82–3
 divisions/categories 23, 25–7, 29–32, 67
 eating disorders 24–5
 endurance sports 25, 28
 gym sports 25, 27
 high-risk sports 24–8, 30–40, 81
 low-risk sports 30–3, 35–40
 real/ideal/sports weights 33–40
 treatment 122, 126, 133–8
 weight loss methods 23, 26, 28–33
- bodybuilding 109–11
 body weight 25, 27, 31–3, 35–9
 environmental pressures 44–6
 good eating habits 12
- BSQ *see* Body Shape Questionnaire
- bulimia
 criteria 70, 72–3, 93
 cyberpsychology 150, 156
 diagnosis 67–8, 70, 72–3, 89, 93–4
 research programmes 103–4, 110, 111
 treatment 123
- Bulimia Test (BULIT) 93
- Bulimic Investigatory Test Edinburgh
 (BITE) 93
- caffeine 18
- calcium 15
- carbohydrates 2, 6–9
- case studies 167–84
 aerobics 179–81
 anorexia 181–3
 athletics 168–74
 gymnastics 177–9
 psychologist–coach interaction 171–4
 taekwondo 174–7
 urgent treatment 176–7
- CBT *see* cognitive behavioural therapy
- CHAD *see* Eating Habits in Sport
 Questionnaire
- characteristic assessment 67
- cholesterol 10
- CIE-10 68, 72
- CIMEC *see* Questionnaire of Influences over
 the Body Aesthetics Model
- clinical guidance 152
- co-therapists 153–4, 163
- coaches
 aetiology 98–9
 case studies 168, 170–4, 175–7, 178, 184
 cyberpsychology 153, 163

- environmental pressures 42–4, 50–3, 55–7, 58, 60–2
- good eating habits 1, 20–1
- cognitive behavioural therapy (CBT) 139, 152
- cognitive restriction therapies 131
- cognitive restructuring 135–6
- comparable assessment 66
- compensatory behaviour 69–70, 80, 87
 - see also* vomiting
- competitiveness 43, 99, 176
- compulsive behaviour 69–70, 74, 76–8
- control 129, 131
- couple therapy 140
- creatine 18
- cyberpsychology 143–65
 - advantages/disadvantages 148, 162–5
 - assessment/diagnosis 146–7, 151–7, 163
 - initial assessment 157
 - methodologies 144–6
 - objectives 157–9
 - on-line sessions 159–60
 - payment 161–2
 - sports psychologists 155–7, 160–1
 - training 145, 147, 159, 164
 - treatment 151–65
 - websites 147–51
- cycling 143
- dehydration 15–17
- democratic coaches 52, 61
- denial 49
- deprivation 71
- diagnosis 65–96
 - activity disorders 69–72, 87
 - anorexia 67–72, 74, 89
 - anthropometrical indices 82–3, 88
 - assessment techniques 66–7
 - bigorexia 71–2, 74–7, 95–6
 - body image 72–7, 83–4, 88, 94–5
 - body weight 82–3
 - bulimia 67–8, 70, 72–3, 89, 93–4
 - criteria in sport 67–79
 - deprivation 71
 - eating disorders not otherwise specified 67–8, 78–9, 89
 - emotional triangle 88–9
 - female athlete triad 84–6
 - interviews 79–86
 - methodologies 79–96
 - observation 79, 86–9
 - orthorexia 74, 77
 - questionnaires 79, 90–6
- Diagnostic and Statistical Manual (DSM-IV-R) 68, 72, 82, 89
- dichotomies 128
- directors 184
- dissatisfaction 83–4, 94–5, 99, 113
- distortions 127–8, 158
- distraction strategies 131, 181, 183
- disturbance 83–4
- diuretics
 - case studies 175
 - diagnosis 70
 - high-risk sports 23, 30–3
 - treatment 127, 134
- DSA *see* dynamic-specific action
- DSM-IV-R *see* Diagnostic and Statistical Manual
- dynamic-specific action (DSA) 3
- e-mail 147, 153
- EAI *see* Exercise Addiction Inventory
- EAT *see* Eating Attitudes Questionnaire
- Eating Attitudes Questionnaire (EAT) 92–3, 101, 103, 108–9, 111–17, 157
- Eating Disorder Examination Questionnaire (EDE-Q) 93, 111
- Eating Disorders Inventory (EDI) 94, 102–4, 109, 111–13, 157
- eating disorders not otherwise specified (EDNOS) 67–8, 78–9, 89, 104, 111, 123
- Eating Habits in Sport Questionnaire (CHAD) 92
- eatingdisorderinfo.org 149–50
- eatingdisorderscoalition.org 149
- EDE-Q *see* Eating Disorder Examination Questionnaire
- EDI *see* Eating Disorders Inventory
- EDNOS *see* eating disorders not otherwise specified
- EDQ *see* Exercise Dependence Questionnaire
- edreferral.com 149
- EDS *see* Exercise Dependence Scale
- educative psychology 144
- electrolytes 14

- emotional behaviour
 cyberpsychology 164
 diagnosis 75, 83–4, 86, 93–4
- emotional triangle 88–9
- endurance sports
 body weight 25, 28
 good eating habits 10
 research programmes 111–14
- energy requirements 3–4, 5
- environmental pressures 41–63
 aetiology 98–9
 balanced diets 54, 57
 case study 179–81
 coaches 42–4, 50–3, 55–7, 58, 60–2
 competitive cycles 43
 diagnosis 95–6
 families 42, 44–6, 47–50, 56–7, 58
 five P's 50
 high-risk sports 44–6, 52
 low-risk sports 44–6
 preventative measures 50, 52–3, 55–61
 research programmes 109
 self-perception 41–2, 44, 53–4, 62–3
 social pressures 42, 43–4, 55
 team-mates 41, 45–6, 53–5, 60
 treatment 122, 132–3, 140
- EOQ *see* Exercise Orientation Questionnaire
- ergogenic aids 17–19
- essential fatty acids 2, 9–10
- excessive exercise 69, 80, 87
- Exercise Addiction Inventory (EAI) 91
- Exercise Dependence Questionnaire (EDQ) 91, 157
- Exercise Dependence Scale (EDS) 91, 157
- Exercise Orientation Questionnaire (EOQ) 91
- exercise-induced anorexia 69
- experimental cognitive therapy 144–5
- exposure techniques 131
- express diets 23, 26
- families
 case studies 169, 170, 177–9, 184
 cyberpsychology 153, 163
 environmental pressures 42, 44–6, 47–50, 56–7, 58
 good eating habits 21
 treatment 122, 132–3, 140
- fast–binge system 26
- fats 9–10, 98
- fatty acids 2, 9–10, 16
- female athlete triad 84–6
- field guidance 152
- figure skating 103
- FISA *see* International Federation of Rowing Association
- five P's 50
- football 30–3, 35–9, 44–6
- frustration 75–6, 161
- gender 117–19
- glycaemic index 7
- glycolysis 2, 7–9, 16
- good eating habits 1–21
 balanced diets 2–5
 energy requirements 3–4, 5
 ergogenic aids 17–19
 guidance 19–21
 hydration 8, 15–17
 macronutrients 2, 5, 6–12, 13
 micronutrients 2, 12–15
 nutrient requirements 2, 5–17
 nutritional plans 4–5
- gradual diets 23
- group therapy 140, 164
- guilt 72–3
- gym sports
 body weight 25, 27, 31–3, 35–9
 case study 179–81
 diagnosis 65, 69–72, 74–7
 research programmes 109–11
- gymnastics 100–2, 177–9
- Harris–Benedict formula 3
- high-density lipoprotein (HDL)
 cholesterol 10
- high-risk sports
 body weight 24–8, 30–40, 81
 case studies 167–84
 cyberpsychology 149
 environmental pressures 44–6, 52
 research programmes 98, 100–17
- horse racing 114
- hospitalisation 122–3, 182–3
- hydration 8, 15–17
- iaedp.com 150
- ideal weight 33–6, 39–40, 126

- independence 131, 137
- individual treatment 138–9
- information sources 145
- innovative assessment 66
- inoculation of stress technique 131
- instant messaging 147, 153–4, 161
- integral assessment 66
- International Federation of Rowing Association (FISA) 109
- Internet *see* cyberpsychology
- intersession tasks 162–3
- interviews 79–86
- invisible training 173–4
- iron 14–15
- isolation 159, 165

- lactic threshold 16, 19
- laxatives
 - case studies 175
 - diagnosis 70
 - high-risk sports 23, 30–3
 - treatment 127, 134
- linoleic acid 9
- lipids 2, 9–10
- lipolysis 2
- loss of control 129, 131
- low-risk sports
 - body weight 30–3, 35–40
 - environmental pressures 44–6
 - research programmes 114–17

- macronutrients 2, 5, 6–12, 13
- magnification 128
- malnutrition 122
- martial arts
 - body weight 23, 29–33, 35–9
 - case study 174–7
 - environmental pressures 44–6
 - research programmes 104–6
- maximum oxygen consumption (VO_2 max) 7–8
- medical treatment 138–9, 140–1
- menstruation
 - diagnosis 68, 82, 84, 88
 - good eating habits 13
 - research programmes 103
- micronutrients 2, 12–15
- minerals 2, 4–5, 13–15
- monounsaturated
 - carbohydrates 6
 - fats 9
- motivation to change 123–5
- muscle dysmorphia *see* bigorexia

- National Collegiate Athletic Association (NCAA) 106–7
- nationaleatingdisorders.org 150
- NCAA *see* National Collegiate Athletic Association
- nervous tics 77
- non-purgative type bulimia 70
- non-specific symptoms 129
- non-verbal communication 164
- normalising food *see* balanced diets
- nutrient requirements 2, 5–17
- nutritional
 - education 139
 - plans 4–5
 - specialists 57, 60

- obesity 148
- obligatory exercisers 69, 90–1
- Obligatory Running Questionnaire 157
- observation 79, 86–9
- observational learning 131
- obsessive–compulsive behaviours 74, 76–8
- oligoelements 14
- on-line treatment *see* cyberpsychology
- orthorexia 74, 77, 123
- osteoporosis 84, 88
- overgeneralizations 128

- parallel treatments 132
- parents *see* families
- penalisation 86
- perceptual distortion 94–5
- perfectionism 76, 94, 99
- personalisation 128
- pharmaceutical treatment 138–9, 140–1
- phosphocreatine 2
- plastic clothing 23, 29–32, 175
- polyunsaturated
 - carbohydrates 6–7
 - fats 9
- POMS *see* Profile of Moods States Questionnaire
- pressures *see* environmental pressures

- preventative measures
 - cyberpsychology 145–6
 - environmental pressures 50, 52–3, 55–61
- problem-solving techniques 131
- professional forums 145
- Profile of Moods States Questionnaire (POMS) 105, 108
- prohibited foodstuffs 80, 127, 134
- proteins 2, 10–12, 110
- pseudo-anaemia 15
- pseudo-identities 76
- psychologist–coach interaction 171–4
- psychotherapy 144
- pubertal growth spurt 4
- purgative behaviour
 - cyberpsychology 158–9
 - diagnosis 69–70, 80, 87
 - see also* vomiting
- Questionnaire of Influences over the Body Aesthetics Model (CIMEC) 95–6
- questionnaires
 - cyberpsychology 155, 157
 - diagnosis 79, 90–6
 - research programmes 105
- rational restriction therapies 131
- real time conversations 147, 153–4, 161
- real weight 33–9
- relapses 129–30, 138, 141
- relaxation strategies 131, 181, 183
- research programmes
 - aesthetic sports 100–4
 - aetiology 98–9
 - endurance sports 111–14
 - gender 117–19
 - gym sports 109–11
 - high-risk sports 98, 100–17
 - low-risk sports 114–17
 - weight division sports 104–9
- resistance
 - to change 161
 - training 10
- restriction therapies 131
- restrictive behaviour 69–70, 79–80, 87
- restructuring, cognitive 135–6
- reverse anorexia *see* bigorexia
- reward strategies
 - cyberpsychology 160, 161
 - treatment 130, 133
- role-playing 131
- rowing 35–8, 44–6, 107–9
- running addiction 69
- saturated
 - carbohydrates 6
 - fats 9
- saunas 23, 28–32, 109–10, 175
- screening interviews 153, 155–6
- selective abstraction 128
- self-confidence 176–7, 178–9
- self-esteem 137
- self-help programmes 146
- self-perception *see* body image
- self-records 130, 134–8, 179, 181
- self-referencing 128
- sequenced treatment 132–8
- skills therapy 131
- slimming pills 30–3
- social
 - pressures 42, 43–4, 55
 - psychology 144
 - skills 131, 137, 159
- sodium bicarbonate 19
- something-fishy.org 150
- Spanish Federation of Sports Medicine 97–8
- sports anorexia 72
- sports weight 33–4, 37–40
- steroids *see* anabolic steroids
- superstitions 128
- supplementation
 - good eating habits 4–5, 10, 13
 - research programmes 110
- swedauk.org 150
- swimming
 - body weight 30–3, 35–9
 - environmental pressures 44–6
 - research programmes 112–14
- synchronised swimming 103, 114
- systematic sensitivity 130
- team-mates
 - aetiology 99
 - case studies 168, 169–70
 - environmental pressures 41, 45–6, 53–5, 60

- tenacity 99
- tennis 52
- tics 77
- time control 164
- Total Mood Disturbance (TMD)
 - 105
- trace elements 14
- treatment 121–41
 - balanced diets 126–7, 133
 - body weight 122, 126, 133–8
 - group therapy 140
 - individual 138–9
 - methodologies 130–1
 - motivation to change 123–5
 - objectives 125–30
 - pharmaceutical 138–9, 140–1
 - regimes 122–3
 - relapses 129–30, 138, 141
 - sequenced 132–8
 - types 138–41
- triad symptoms 84–6
- triglycerides 9–10
- urgent treatment 176–7
- value judgements 85–6
- videoconferences 154, 155, 164
- virtual reality 146
- vitamins 2, 5, 13–14
- VO₂ max *see* maximum oxygen consumption
- vomiting
 - cyberpsychology 159
 - diagnosis 68, 73
 - high-risk sports 23, 30–2
 - treatment 134
- WADA *see* World Anti-Doping Agency
- water *see* hydration
- weight *see* body weight
- weight division sports 26–7
 - aetiology 98
 - diagnosis 67
 - research programmes 104–9
 - weight-loss methods 23, 29–32
- WHO *see* World Health Organization
- World Anti-Doping Agency (WADA) 18
- World Health Organization (WHO) 2
- wrestling 67, 106–7

Index compiled by Neil Manley

