

## Anti-doping Green Seal

### Template for relevant study or survey in anti-doping.

*Title of the study:*

Muscle dysmorphia: detection of the use-abuse of anabolic androgenic steroids in a Spanish sample.

*Publication date:*

2017

*Author/Organization:*

I. González-Martí; J.G. Fernández-Bustos; O. R. Contreras Jordán; M.Sokolova - University of Castilla - La Mancha. Faculty of Education, Cuenca, Spain; Southwest State University, Kursk, Russia / Revista adicciones vol. XX, No. X, 2017

*Target audience:*

Psychologists, physicians, social workers, etc.

*Objective:*

To know the prevalence of the use of AAS in a Spanish sample affected by muscle dysmorphia

*Location/Geographical coverage:*

Sagunto. Valencia. Spain

*Summary:*

People who suffer from muscle dysmorphia due to a distorted body image perceive themselves as less muscular than they actually are. With the aim of increasing their muscular development, they resort to the use of anabolic androgenic steroids (AAS). The purpose of this study is to know the prevalence of the use of AAS in a Spanish sample affected by muscle dysmorphia. The study sample was comprised of 562 male and 172 female bodybuilders and weightlifters who were applied anthropometric measurements, Fat-Free Mass Index equation, Satisfaction Muscle Scale, and Somatomorphic Matrix software. The results show the creation of decision trees and a regression model was used to create explanatory models for muscle dysmorphia ( $R = .78$  and  $R^2 = .62$ ). The main conclusion is that almost 50% of both male and female participants affected by this disorder use this kind of AAS.

*URL of the survey/Related Website:*

<http://adicciones.es/>