



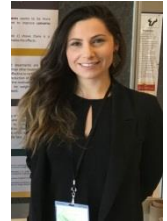
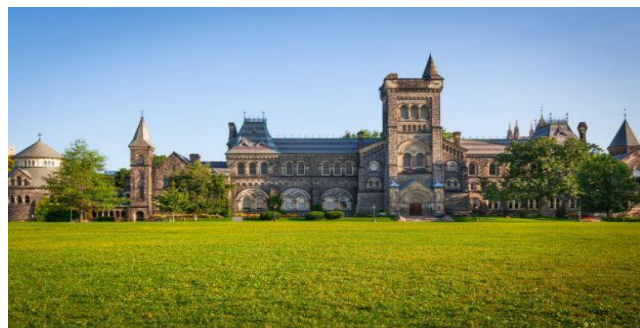
## ***Excessive physical exercise and physical self-concept in eating disorders: Preliminary results***

Marilou Ouellet

University of Quebec, Canada

### ***Abstract***

**S**tatement of the Problem: Anorexia nervosa and bulimia nervosa are among the most common chronic diseases in adolescents and young adults (Garner, 2004). Those eating disorders (ED) have mortality rates from up to 21% (Huas, 2013), making ED one of the deadliest mental health diseases (Fichter, Quadflieg, & Hedlund, 2008). Among inappropriate compensatory behaviors such as vomiting or laxative abuse used by patients, excessive physical exercise (EPE) is very worrisome for clinical teams since patients who present EPE have poorer prognosis than non-exerciser patients (Stiles-Shields, DelinPsy, Lock, & Le Grange, 2015). EPE is defined by an abnormal amount of physical activity combined with a compulsive need to do physical exercise. If other compensatory behaviors are well controlled during hospitalization, EPE is not cared directly during treatments since there is a lack of empirical knowledge about this behavior. Those issues highlight the need to study physical self-concept as a key construct. Methodology & Theoretical Orientation: This research aims to study relations between quantitative and compulsive EPE components and physical self-concept in ED patients.



### ***Biography:***

Marilou Ouellet is a doctoral student in psychology at the University of Quebec in Trois-Rivieres (Canada). Her research focuses on eating disorders and physical self-perceptions in athletes and non-athletes. She is involved in the organization of a multitude of scientific events and she is the scientific coordinator at the Transdisciplinary Research Group for Eating Disorders (Loricorps) since 2014

### ***Speaker Publications:***

1. Clinical Medicine "eLoriCorps Immersive Body Rating Scale": Exploring the Assessment of Body Image Disturbances from Allocentric and Egocentric Perspectives Article Sep 2020DOI: 10.3390/jcm9092926ISBN: 2077-0383

[19th World Congress on Nutrition and Food Chemistry](#)  
September 23-24, 2020 Webinar

### ***Abstract Citation:***

Marilou Ouellet, Excessive physical exercise and physical self-concept in eating disorders: preliminary results, Nutri-food chemistry 2020, 19th World Congress on Nutrition and Food Chemistry September 23-24, 2020 Webinar

(<https://nutrition-foodchemistry.insightconferences.com/abstract/2020/excessive-physical-exercise-and-physical-self-concept-in-eating-disorders-preliminary-results> )