

Risk factors in development causing Bigorexia.

The subject of this study are the risk factors in human development, that may be causing Bigorexia.

The study contains theoretical part, which describes Bigorexia as an eating disorder with addictive elements in behaviour. Theoretical part also contains characterization of compulsive exercising, steroid abuse and theories of bigorexia development – cognitive, psychodynamic, biological, cognitive-behavioral and behavioral theory. In this part are also described risk factors for Bigorexia development and process of medical treatment.

Next part is practical, containing four case histories of men with Bigorexia. The respondents are asked for their own understanding of Bigorexia. The case histories are searched for common characteristics in development, which may contribute to Bigorexia. The characteristics are individually analyzed and the risk factors are evaluated. And the results are overconcern of their body appearance, continuation in exercise over the presence of injury or illness, anxiety caused by default of training program, preoccupation by exercise, neglect of duty, demanding of higher achievements and the mood changing.

By recognition of these risk factors, we can be able to expect development of Bigorexia and make preventive arrangements.

Keywords: Bigorexia, muscle dysmorphia, muscularity, eating disorders, psychology