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~~Muscle dysmorphia: current insights. David T od 1. Christian Edwards 2. Ieuan Cranswick 1. 1 School of Sport and Exercise . . . Liverpool John Moores University, Byrom . Street, Liverpool . . .~~

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~~Tod DA, Edwards C, Cranswick I. Muscle dysmorphia: Current insights Psychology Research and Behavior Management, DOI Author Url Public Url Slimani M, Tod DA, Chaabene H, Miarka B, Chamari K. Effects of mental imagery on muscular strength in healthy and patient participants: A systematic review Journal of Sports Science and Medicine, Author Url Public Url~~

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~~Individuals with muscle dysmorphia are preoccupied with their appearance and are concerned that they are insufficiently large and muscular, and their lives are consumed by activities aimed at increasing muscularity, such as weightlifting, dieting, and drug use. 2 These individuals also experience severe distress about having their bodies viewed by others, experience impaired occupational and social functioning, and participate in risky health behaviors, such as the use of physique-enhancing . . .~~

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~~Muscle dysmorphia: current insights David Tod1 Christian Edwards2 Ieuan Cranswick1 School of Sport and Exercise Science, Faculty of Science, Liverpool John Moores University, Liverpool, Merseyside, 2Institute of Sport and Exercise Science, University of Worcester, Worcester, Worcestershire, UK Abstract: Since 1997, there has been increasing research focusing on muscle dysmorphia, a condition underpinned by people's beliefs that they have insufficient muscularity, in both the Western and . . .~~

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~~MUSCLE DYSMORPHIA: CURRENT INSIGHTS 1 REVIEW Short running header: MUSCLE DYSMORPHIA Tod et al Muscle Dysmorphia: Current insights David Tod1 Christian Edwards2 Ieuan Cranswick3 1School of Sport and Exercise Science, Liverpool John Moores University, Liverpool, Merseyside, United Kingdom; 2Institute of Sport and Exercise Science, University of Worcester, Worcester,~~

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The revised 13th edition of the essential reference for the prescribing of drugs for patients with mental health disorders The revised and updated 13th edition of The Maudsley Prescribing Guidelines in Psychiatry provides up-to-date information, expert guidance on prescribing practice in mental health, including drug choice, treatment of adverse effects and how to augment or switch medications. The text covers a wide range of topics including pharmacological interventions for schizophrenia, bipolar disorder, depression and anxiety, and many other less common conditions. There is advice on prescribing in children and adolescents, in substance misuse and in special patient groups. This world-renowned guide has been written in concise terms by an expert team of psychiatrists and specialist pharmacists. The guidelines help with complex prescribing problems and include information on prescribing psychotropic medications outside their licensed indications as well as potential interactions with other medications and substances such as alcohol, tobacco and caffeine. In addition, each of the book's 165 sections features a full reference list so that evidence on which guidance is based can be readily accessed. This important text: Is the world's leading clinical resource for evidence-based prescribing in day-to-day clinical practice and for formulating prescribing policy Includes referenced information on topics such as transferring from one medication to another, prescribing psychotropic medications during pregnancy or breastfeeding, and treating patients with comorbid physical conditions, including impaired renal or hepatic function. Presents guidance on complex clinical problems that may not be encountered routinely Written for psychiatrists, neuropharmacologists, pharmacists and clinical psychologists as well as nurses and medical trainees, The Maudsley Prescribing Guidelines in Psychiatry are the established reference source for ensuring the safe and effective use of medications for patients presenting with mental health problems.

Increasingly boys and men are suffering with eating disorders and related body image problems. Some have full-blown conditions such as anorexia nervosa, bulimia, binge eating, compulsive exercising or bigorexia. Others are distressed by slightly lesser degrees of disordered eating or over-exercise and seek ways of overcoming their problems. The Invisible Man applies the latest research to produce a practical, problem-focused self-help manual for men with eating disorders and body image problems. Divided into four sections, this evidence-based survival kit covers: the wider cultural context of male body image problems features unique to men science fact and science fiction a 7 stage approach to treatment. By combining the science of cognitive behaviour therapy with motivational enhancement and problem-solving therapies, The Invisible Man provides help to all men with body image disorders, as well as families and professionals involved in their care.

This book is about gym culture, the pursuit of fit, muscular bodies and the use of drugs as a means to get there. Building on the international research literature and in-depth interviews with men who have experience of image and performance enhancing drugs (IPEDs), the book explores the fascination with muscles, motivations for using drugs to enhance them, assessments of risks, and experience of side effects. The book examines what the altered body does to the men's identity, self-image and relationships with peers and partners. Taking an evolutionary psychological approach, it also investigates the biological and psychological foundations of the fascination with the muscular body and discusses the notion of precarious manhood. Building on these analyses the book considers the political and regulatory initiatives in place to prevent the use of IPEDs and assesses those strategies' potential to reach their aims. This is essential reading for anybody with an interest in the issue of drugs in sport, the ethics of sport, sociology of sport, sociology of the body, masculinity or public health.

Whether it's understanding how a player copes with the pressures of taking a penalty, or how a coach motivates their team, sport psychology helps us to get into the athlete's mind. In this enlightening overview, the authors integrate biological, social and cognitive approaches to investigate the impact of behaviour, thoughts and feelings on performance and help us comprehend the psychological effects of playing sports. Whatever your level of study, this wide-ranging introduction will give you a deeper understanding of the effect of key psychological principles on the experience and performance of sports.

Despite increasing interest in the use of human enhancement drugs (HEDs), our understanding of this phenomenon and the regulatory framework used to address it has lagged behind. Encompassing public health, epidemiology, neuroethics, sport science, criminology, and sociology, this book brings together a broad spectrum of scholarly insights and research expertise from leading authorities to examine key international issues in the field of HEDs. As 'traditional' and other 'new' drug markets have occupied much of the academic attention, there has been a lack of scholarly focus on human enhancement drugs. This book provides readers with a much-needed understanding of the illicit drug market of HEDs. The authors, from a variety of cultural contexts, disciplines and perspectives, include both academics and practitioners. Topics explored in this collection amongst others include: • The anti-doping industry and performance and image enhancing drugs • Steroids and gender • The use of cognitive enhancing drugs in academia • The use of sunless synthetic tanning products • The (online) trade of HEDs • Regulations of the enhancement drugs market This collection will serve as a reference for students, academics, practitioners, law enforcement and others working in this area to reflect on the current state of research and consider future priorities. This detailed exploration will provide a valuable knowledge base for those interested in human enhancement drugs, while also promoting critical discussion.

This book offers a conceptual and practical guide to the systematic review process and its application to sport, exercise, and physical activity research. It begins by describing what systematic reviews are and why they assist scientists and practitioners. Providing step-by-step instructions the author leads readers through the process, including generation of suitable review questions; development and implementation of search strategies; data extraction and analysis; theoretical interpretation; and result dissemination. Conducting Systematic Reviews in Sport, Exercise, and Physical Activity clarifies several common misunderstandings including the difference between qualitative systematic reviews and meta-analyses . Each chapter begins with a set of learning objectives focused on practical application, illustrated with examples from reviews published within the sport, exercise, and physical activity fields. Once a reader has completed all the learning activities along the way, they will have designed a systematic review and have written a protocol ready for registration. The book ends with a collection of advice from internationally regarded scientists with substantial experience in systematic reviews.

Little Big Men is a study of competitive bodybuilders on the West Coast that examines the subculture from the perspective of bodybuilders' everyday activities. It offers fascinating descriptions and insightful analogies of an important and understudied subculture that has risen to widespread popularity in today's mass culture. Alan Klein conducted his field study of bodybuilding in some of the world's best-known gyms. In studying the social and political relations of bodybuilding competitors, Klein explores not only gym dynamics but also the internal and external pressures bodybuilders face. Central to his examination is the critique of masculinity. Through his study of "hustling" among bodybuilders, Klein is able to construct a social-psychological male configuration that includes narcissism, homophobia, hypermasculinity, and fascism. Because they exist as exaggerations, these bodybuilder traits come to represent one end of the continuum of modern masculinity, what Klein terms comic-book masculinity. This study is a rare foray into the critique of contemporary American macho.

SPORT AND EXERCISE PSYCHOLOGICAL "This book is a joy to read and greatly needed. The overall scholarly quality is very strong, and the chapters are clear, accessible, helpful and interesting - a rare combination. There are few texts that examine sport and exercise from a practitioner's perspective, and fewer that help students and trainees navigate the complex terrain of practice. The editors should be congratulated on pulling together a book that educates, inspires, provokes, and will be of practical use." Professor Brett Smith, School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham Sport and Exercise Psychology: Practitioner Case Studies is a contemporary text focusing on current issues in the discipline of sport and exercise psychology. Integrating research and practice in order to develop a coherent understanding of existing knowledge, future research directions and applied implications within the field, the text explores issues pertinent to the applied practitioner/supervisor and draws on expert commentary to investigate potential solutions to many key issues. Each chapter uses a case study approach to allow internationally recognized contributors to highlight and evaluate their experience across a broad range of sport and exercise performance areas. Practitioners are provided with a full range of available interventions to address specific types of psychological issue including performing under pressure, working with teams, injury rehabilitation, working with coaches, mental toughness, career transitions, athlete well-being, physical activity promotion, exercise dependence, and motor learning and control. Sport and Exercise Psychology is supported by a range of online materials designed to help both study and practice. It presents content that is directly applicable to those seeking to enter the profession, and which can also inform the ongoing development of reflective practitioners.

This book brings together a collection of critical essays that challenge the existing dogma of leisure as an unmitigated social good, in order to examine the commodification and marketisation of leisure across a number of key sites. Leisure and consumer culture have become symbolic of the individual freedoms of liberal society, ostensibly presenting individuals with the opportunity to display individual creativity, cultural competence and taste. This book problematizes these assertions, and considers the range of harms that emerge in a consumer society predicated upon intense individualism and symbolic competition. Approaching the field of commodified leisure through the lens of social harm, this collection of essays pushes far beyond criminology's traditional interest in 'deviant' forms of leisure, to consider the normalized social, interpersonal and environmental harms that emerge at the intersection of leisure and consumer capitalism. Capturing the current vitality and interdisciplinary scope of recent work which is underpinned by the deviant leisure perspective, this collection uses case studies, original research and other forms of empirical enquiry to scrutinise activities that range from alcohol consumption and gambling, to charity tourism; CrossFit training; and cosmetic pharmaceuticals. Drawn from researchers across the UK, US, Europe and Australia, Deviant Leisure: Criminological Perspectives on Leisure and Harm represents the first systematic attempt at a criminological consideration of the global harms of the leisure industry; firmly establishing leisure as a subject of serious criminological importance.

This book offers a new history of drug use in sport. It argues that the idea of taking drugs to enhance performance has not always been the crisis or 'evil' we now think it is. Instead, the late nineteenth century was a time of some experimentation and innovation largely unhindered by talk of cheating or health risks. By the interwar period, experiments had been modernised in the new laboratories of exercise physiologists. Still there was very little sense that this was contrary to the ethics or spirit of sport. Sports, drugs and science were closely linked for over half a century. The Second World War provided the impetus for both increased use of drugs and the emergence of an anti-doping response. By the end of the 1950s a new framework of ethics was being imposed on the drugs question that constructed doping in highly emotive terms as an 'evil'. Alongside this emerged the science and procedural bureaucracy of testing. The years up to 1976 laid the foundations for four decades of anti-doping. This book offers a detailed and critical understanding of who was involved, what they were trying to achieve, why they set about this task and the context in which they worked. By doing so, it reconsiders the classic dichotomy of 'good anti-doping' up against 'evil doping'. Winner of the 2007 Lord Aberdare Literary Prize for the best book in British sports history.