



# MEDICINE & SCIENCE IN SPORTS & EXERCISE

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## BODY DISSATISFACTION IN MEN AND WOMEN PROFESSIONAL BALLET DANCERS [G18K FREE COMMUNICATION/POSTER BODY IMAGE II]

Glace, B<sup>1</sup>; Murphy, C<sup>1</sup>; Liederbach, M J.<sup>1</sup>; McHugh, M P.<sup>1</sup>

<sup>1</sup>NISMAT, Lenox Hill Hospital, New York, NY, USA  
e-mail: lb@nismat.org

### Graphics

- [Table. No caption av...](#)

It has been presumed that professional ballet dancers have an increased tendency to develop eating disorders. The Eating Disorder Inventory [EDI] is a widely used self-report scale which measures symptoms of disordered eating. We administered the EDI to male and female professional ballet dancers. 10 eumenorrhic [EU], 7 amenorrhic [AM], and 11 men ballet dancers participated. Anthropometrics were determined during the follicular phase for eumenorrhic women, and surveys were completed and blood was drawn for estradiol and progesterone between days 18–21 of the cycle. Amenorrhic women and men had blood drawn and completed surveys approximately 2 weeks after anthropometric measurements. Mean age was  $22 \pm 1.6$  yrs for men and  $22 \pm 1.1$  yrs for women. Body fat was higher [ $p < 0.05$ ] for the EU [20%] than for AM [15%] or for men [10%]; body fat of AM did not differ from that of men. Progesterone was greater in EU than AM, 8 vs. 0.57 pg/ml,  $p = 0.03$ . 9/10 EU, 9/11 men, but only 3/7 AM women completed the EDI. Higher scores represent an increased likelihood of eating pathology. Scores for male dancers in all sub-categories of the EDI were similar to reference values of non-patient male college students. EU had lower scores than reference non-patient women for Interoceptive Awareness [ $p = 0.03$ ] and for Impulse Regulation [ $p = 0.02$ ] with similar scores for Body Dissatisfaction, Bulimia and Drive for Thinness. Additionally, body fat % was correlated to scores for Drive for Thinness and Body Dissatisfaction in EU.

### Graphic

Table. No caption available.

Greater dissatisfaction was expressed by women as body fat and size increased, a response similar to that reported for healthy college age women. The non-compliance of AM in completing the EDI may indicate disordered eating. Contrary to expectations, men and normally menstruating women ballet dancers had EDI profiles similar to, or less pathologic than, those of non eating-disordered populations.

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