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Candidates of behavioural addictions

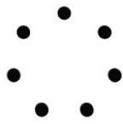
Exercise addiction: New developments

Dr. Attila Szabo

24.10.2019

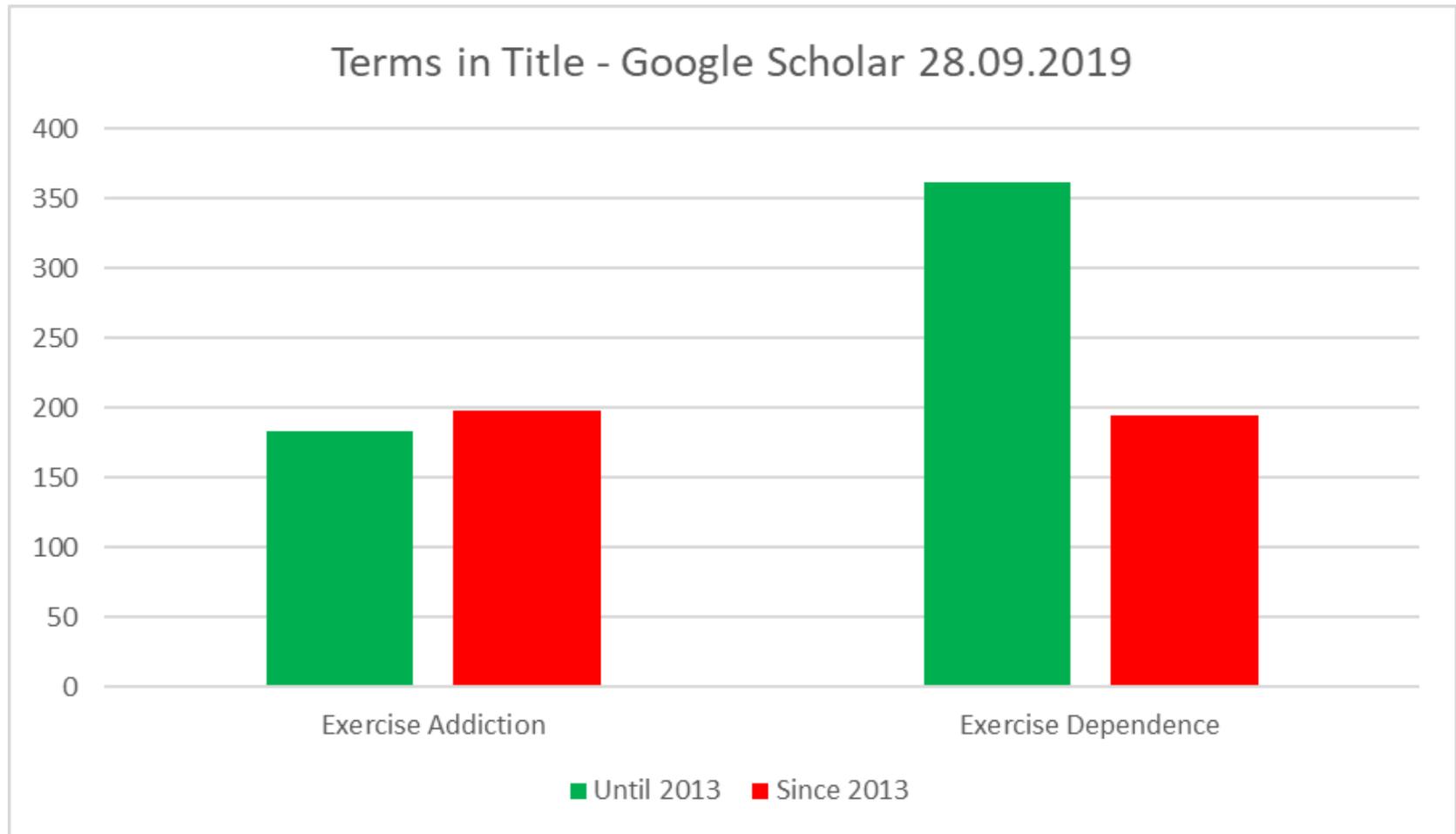


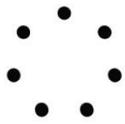
**LISBON
ADDICTIONS
2019**



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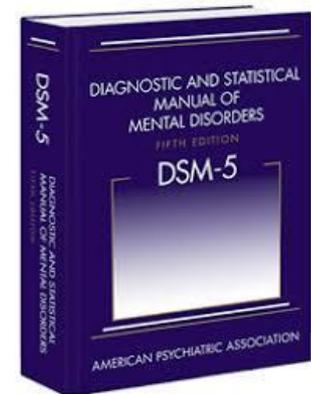




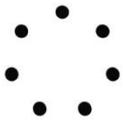
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Cases



Despite numerous (>1000) studies were published on the topic, there are less than 20 reported cases of exercise addiction.

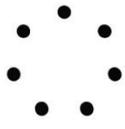


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Why is that?

- Exercise addiction is researched with questionnaires (EDS, EAI) which measure the *level of risk* for exercises addiction.
- These questionnaires are *not* diagnostic tools.
- Even those classified at high risk of exercise addiction *may never manifest* dysfunctional exercise behaviour or a related morbidity.
- Those with severe *symptoms* and already experienced *losses* and/or negative consequences due to their exercise patterns, should be interviewed to generate a diagnosis.

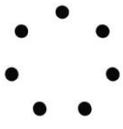


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Several recent studies showed that there is an overlap between exercise addiction and passion:

1. Paradis, Cooke, Martin, & Hall, 2013
2. Akehurst & Oliver, 2014
3. Parastatidou, Doganis, Theodorakis, & Vlachopoulos, 2014
4. Stenseng, Haugen, Torstveit, & Høigaard, 2015
5. De La Vega, Parastatidou, Ruíz-Barquín, & Szabo, 2016
6. Sicilia, Alcaraz-Ibáñez, Lirola, & Burgueño, 2017
7. Kovacsik, Griffiths, Pontes, ... & Szabo, 2018
8. Kovacsik, Soós, De La Vega, Ruíz-Barquín, & Szabo, 2018
9. Szabo, 2018
10. Bureau, Blom, Bolin, & Nagelkirk, 2019



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When Passion Appears, Exercise Addiction Disappears

Should Hundreds of Studies Not Considering Passion
Be Revisited?

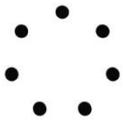
Attila Szabo^{1,2} and Rita Kovacsik^{1,3}

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²Institute of Psychology ELTE Eötvös Loránd University, Budapest, Hungary

³Doctoral School of Psychology, ELTE Eötvös Loránd University, Budapest, Hungary

Swiss Journal of Psychology, 78(3-4), 137. doi:10.1024/1421-0185/a000228



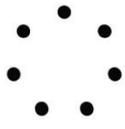
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Addiction destroys, passion creates, and
that is the only difference between them

- Kevin Ashton
Passion Quotes

 www.brainquotes.org



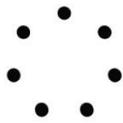
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There are several models for exercise addiction.

An evolutionary model predicts that with time all exercisers will become addicted to exercise.

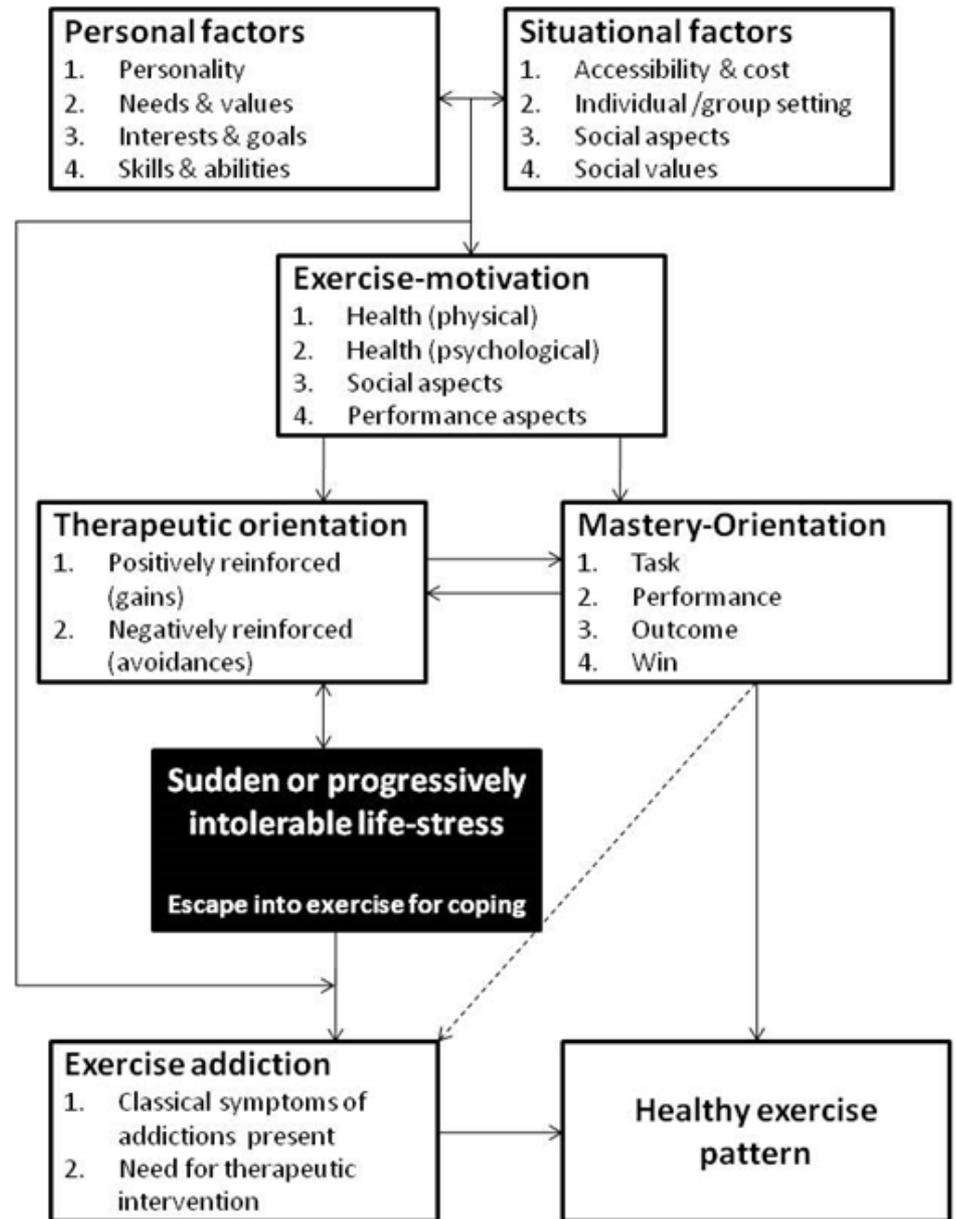
A revolutionary model predicts that there is a trigger, such as life stress, for exercise addiction.

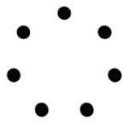


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Egorov, A. Y., & Szabo, A. (2013). The exercise paradox: An interactional model for a clearer conceptualization of exercise addiction. *Journal of Behavioral Addictions*, 2(4), 199–208. doi:10.1556/jba.2.2013.4.2

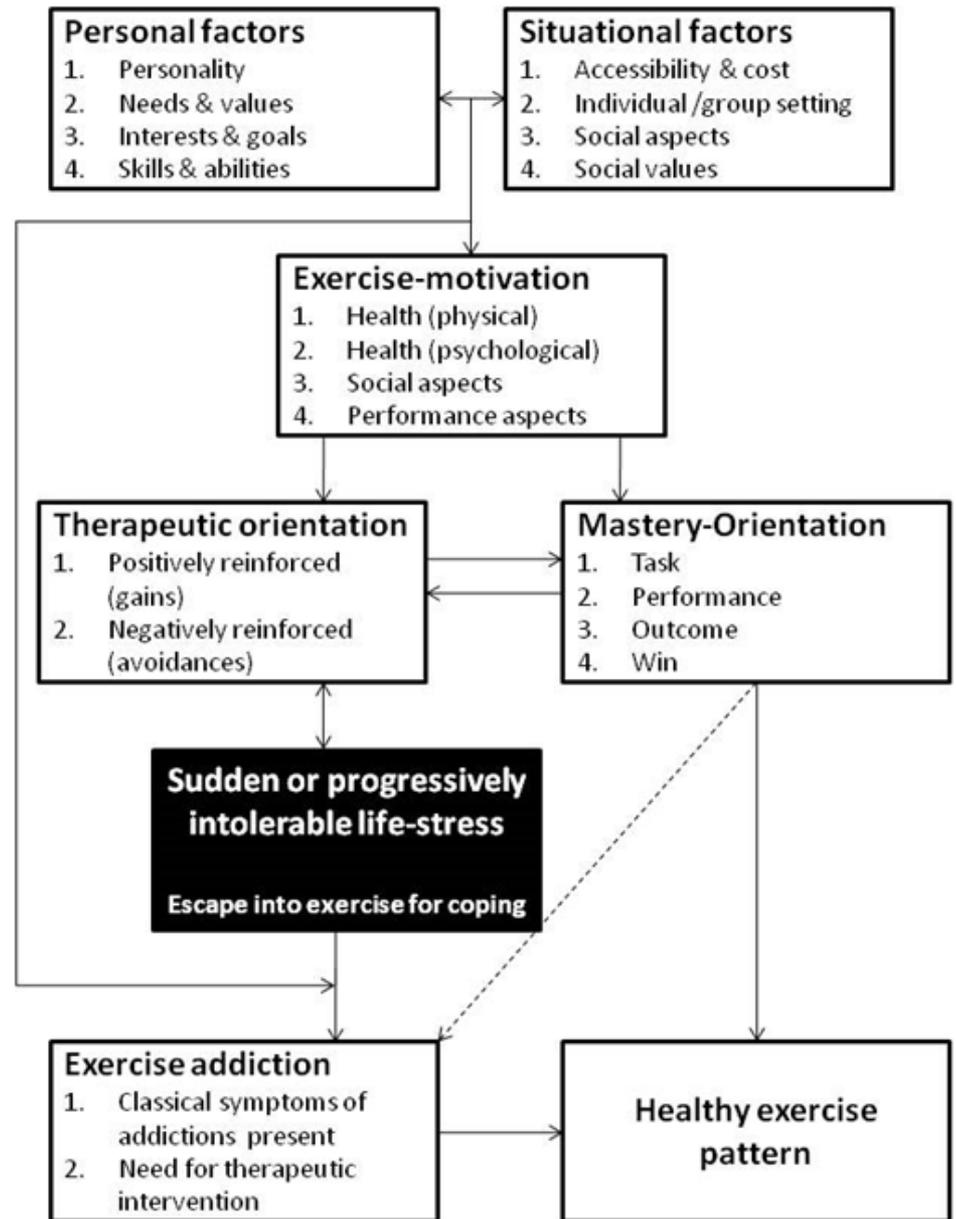


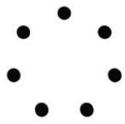


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Longitudinal studies

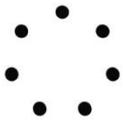
...could shed light on whether there is progressive / evolutionary trend in the risk of exercise addiction.

If yes...

Millions of people should be addicted to exercise.

Or there is an alternative explanation...

The current tools used in measuring the risk of exercise addiction measure passion (and similar constructs, like commitment) rather than addiction.



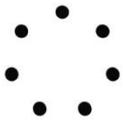
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Method

Participants

- The research was conducted at ELTE athletic clubs which included **nine different organized sports**.
- Participant recruitment: **Systematic randomization**
- In total **149** volunteers (53 men and 96 women; mean age = 21.08, SD = 2.98 years) completed the study.



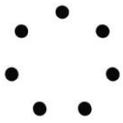
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Instruments

Materials

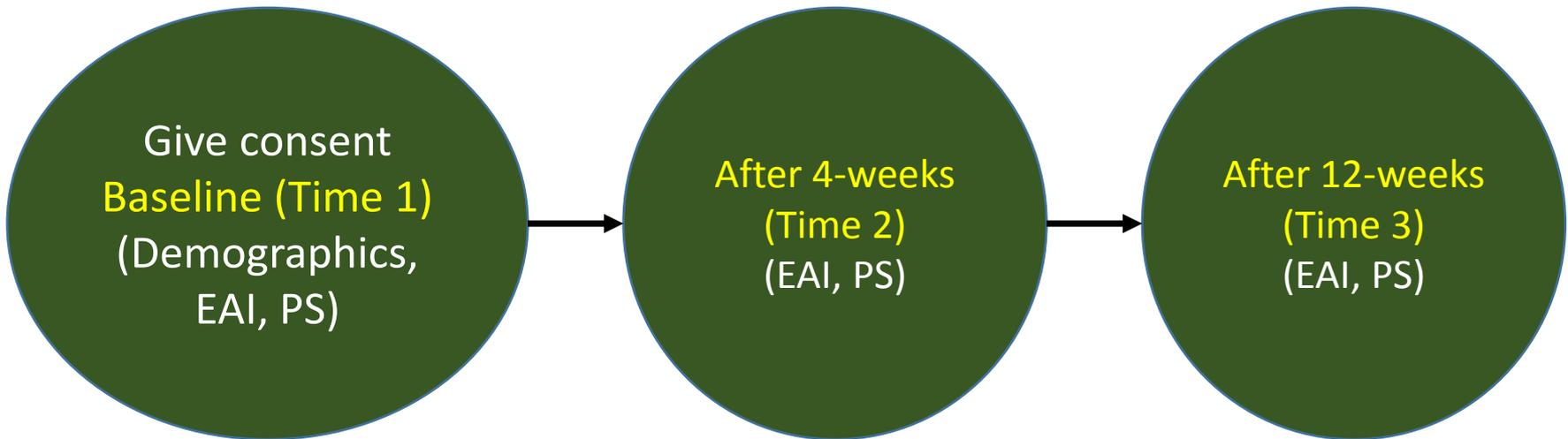
- **Demographic questions**
- **Exercise Addiction Inventory (EAI; Terry, Szabo, & Griffiths, 2004)**
- **Passion Scale (PS; Marsh et al., 2013)**

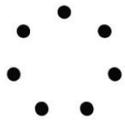


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Procedure



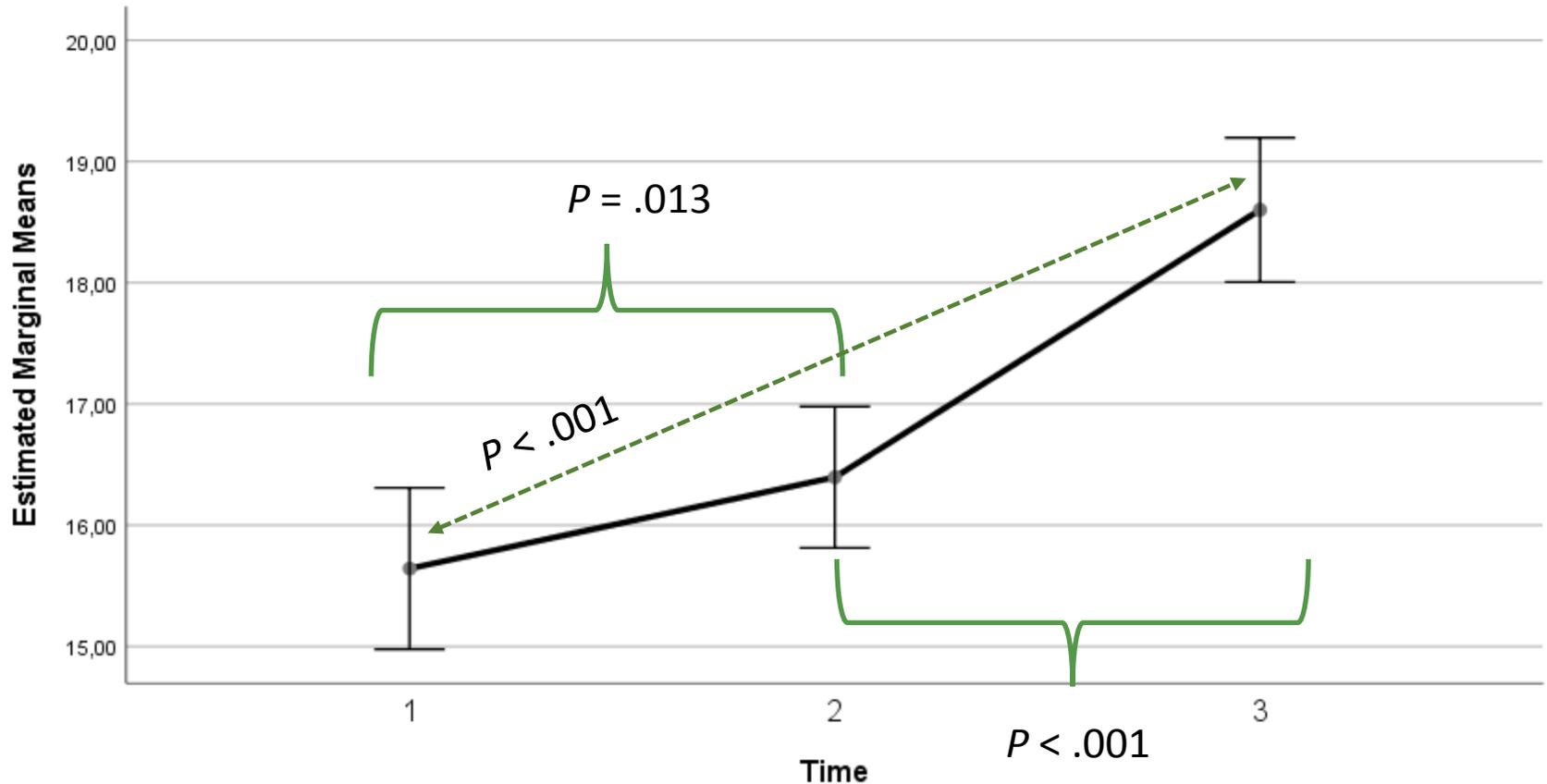


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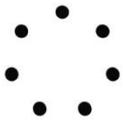
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Results

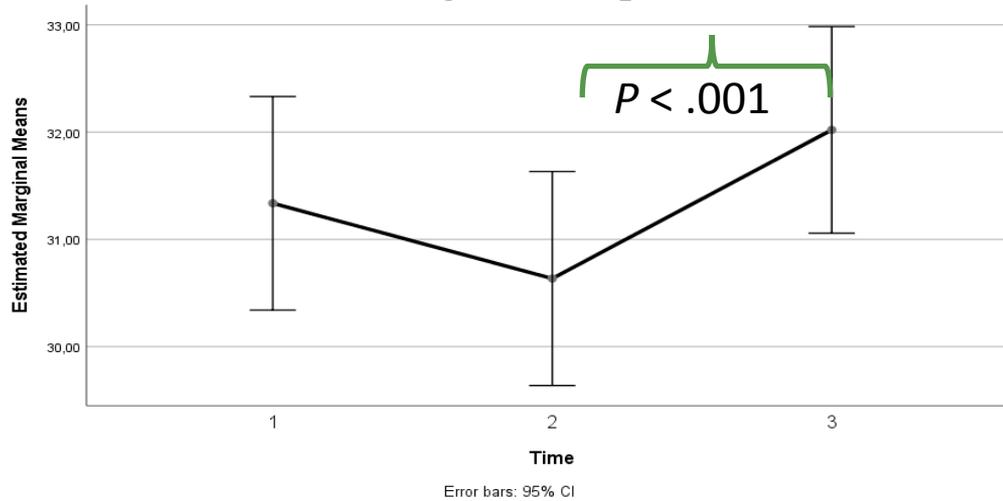
Estimated Marginal Means of E_Addiction



Error bars: 95% CI

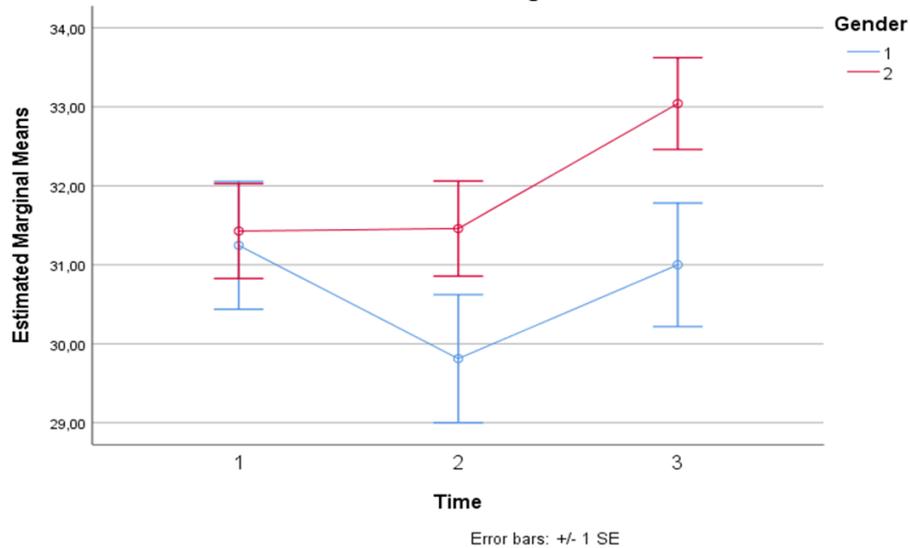


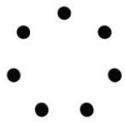
Estimated Marginal Means of Obs_Passion



OP

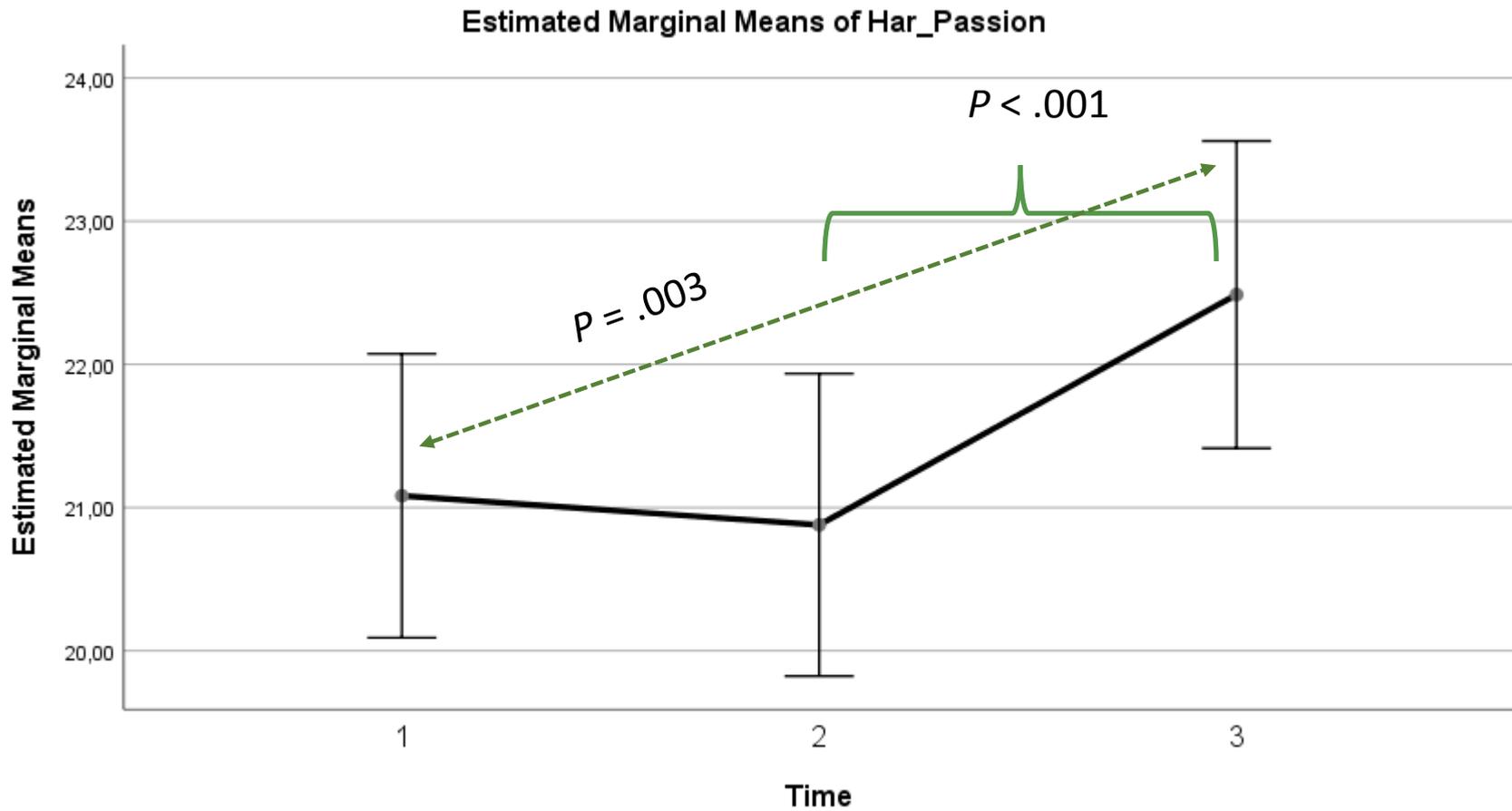
Estimated Marginal Means of OP



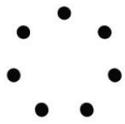


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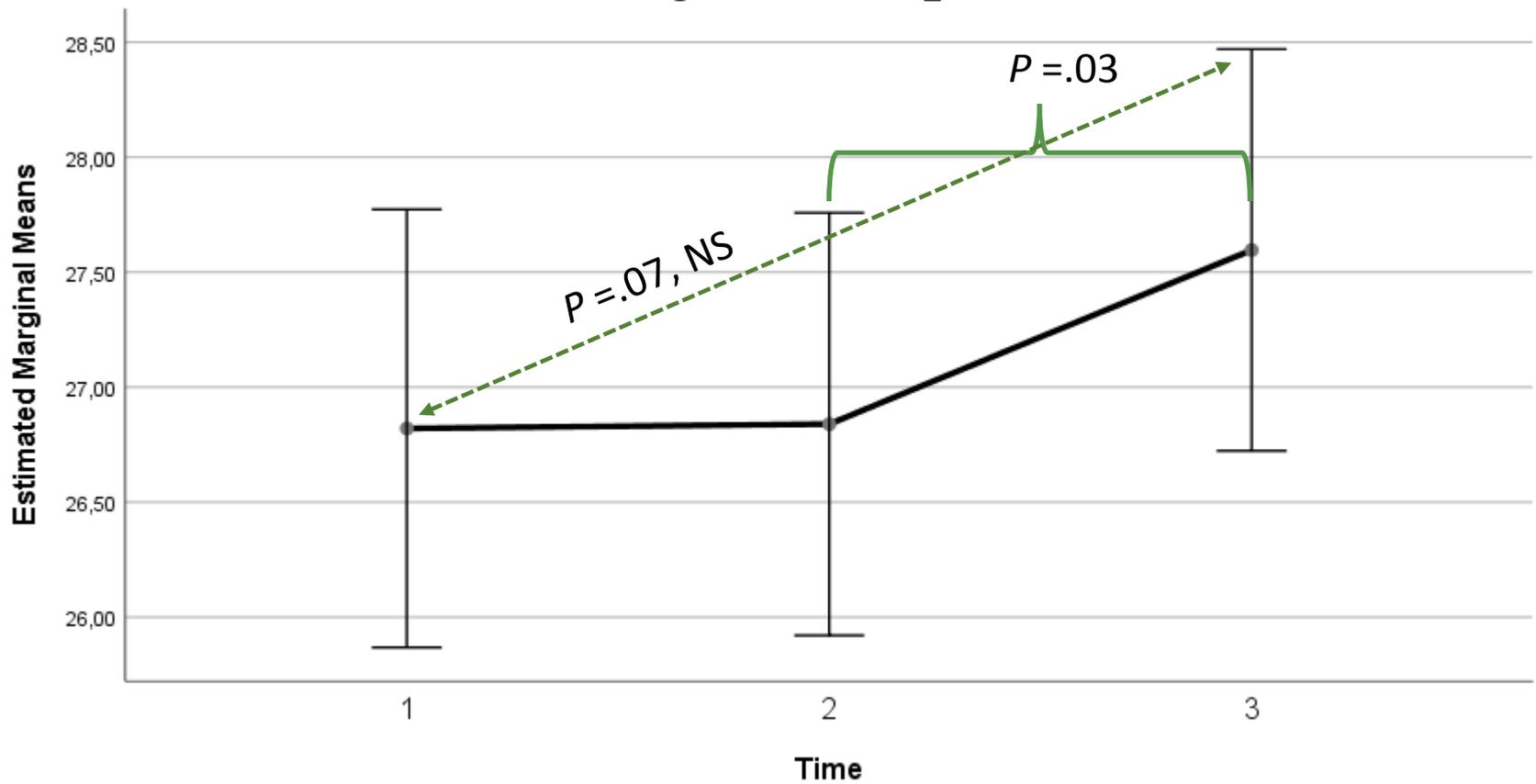
Error bars: 95% CI



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Estimated Marginal Means of Crt_Passion



Error bars: 95% CI

Model Summary^d

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	Change Statistics			Sig. F Change	Durbin-Watson
						F Change	df1	df2		
1	,546 ^a	,298	,293	3,32348	,298	62,287	1	147	,000	
2	,594 ^b	,353	,344	3,20158	,055	12,408	1	146	,001	
3	,601 ^c	,361	,348	3,19070	,009	1,998	1	145	,160	1,795

a. Predictors: (Constant), HPBaseline

b. Predictors: (Constant), HPBaseline, OPBaseline

c. Predictors: (Constant), HPBaseline, OPBaseline, CriterionBaseline

Model Summary^d

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	Change Statistics			Sig. F Change	Durbin-Watson
						F Change	df1	df2		
1	,621 ^a	,385	,381	2,72810	,385	92,038	1	147	,000	
2	,646 ^b	,418	,410	2,66327	,033	8,244	1	146	,005	
3	,669 ^c	,448	,436	2,60338	,030	7,795	1	145	,006	1,896

a. Predictors: (Constant), HP4weeks

b. Predictors: (Constant), HP4weeks, OP4weeks

c. Predictors: (Constant), HP4weeks, OP4weeks, Criterion4weeks

Model Summary^d

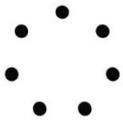
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	Change Statistics			Sig. F Change	Durbin-Watson
						F Change	df1	df2		
1	,557 ^a	,311	,306	3,04184	,311	66,199	1	147	,000	
2	,624 ^b	,389	,381	2,87235	,079	18,860	1	146	,000	
3	,633 ^c	,400	,388	2,85681	,011	2,593	1	145	,110	1,639

a. Predictors: (Constant), HP12weeks

b. Predictors: (Constant), HP12weeks, OP12weeks

c. Predictors: (Constant), HP12weeks, OP12weeks, Criterion12weeks

d. Dependent Variable: EAI12weeks

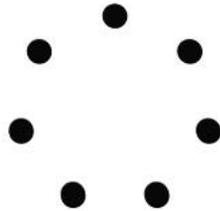


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Conclusion

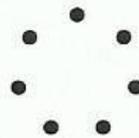
- The rise in the risk for exercise addiction (EA) scores projects an artificial evolution in this variable, because...
- A significant proportion of the variance in EA is predicted by passion, especially harmonious passion in the newly adopted exercise activities.
- These findings confirm the results from cross-sectional research that passion is a determinant of the risk of EA scores.
- Therefore, what we connotate as risk for exercise addiction may largely reflect passion for the activity.
- Future research should aim at distinguishing between genuine risk for exercise addiction and devotion to a sport or physical activity.



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Thank you for your attention!



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