

A SURVEY On EATING DISORDERS IN IRANIAN ELITE CADET FREESTYLE AND GRECO-ROMAN WRESTLERS

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Abstract

Background: The nature and extent of eating-related problems among highly competitive athletes (particularly cadet wrestlers) have received increasing attention over the last years. The serious illnesses resulting from eating disorders among several cadet wrestlers and athletes have raised concern that cadet athletes may be at particularly high risk for developing these syndromes. Disordered Eating Disorder (ED) represents a spectrum of problematic eating attitudes, behaviors, and body image distortions that is measured by symptoms related to pathogenic weight control behaviors (e.g., restrictive dieting, binge eating, vomiting, and laxative use) and weight, shape, or body size concerns.

Study Design: Descriptive epidemiology study.

Purpose: The purposes of this study was to determine the prevalence of ED among elite Cadet Freestyle (FS) and Greco-roman (GR)Wrestlers in Iran.

Methods: One hundred and fifty participants in wrestling competition in Tabriz international children's events were selected and then divided into three groups: light-weight, middle-weight and heavy-weight. The EAT-26 was administrated to screen for Eating Disorders characteristics and behaviors. The EAT-26 was designed to provide a standardized measure of symptoms and characteristics of Eating Disorders. It contains 3 subscales: bulimia, dieting , food preoccupation and oral control. Kolmogrov-smirnov Z was used to test normality of data and one way ANOVA and independent t-test was used to compare the difference in FS and GR Wrestlers.

Results: Results demonstrated that ED in FS was 21/7% and GR 25/7% and amount of ED in light-weight FS and GR Wrestler 30/6% and middle-weight 20/9% and heavy-weight 21/9 % respectively, that the differences were not significant. However, comparison of wrestlers scores in different weight group showed that oral control subgroup had significant different ($p= 0.032$). In general, eating disorders in wrestlers is high that requires attention of authorities.

Discussion and Conclusion: Due to a high prevalence of eating disorders in elite athletes that may have serious lifelong consequences, we recommend that all elite and cadet wrestlers, particularly cadet wrestlers, receive screening for eating disorders. Also, education about health and performance-related nutrition and body composition is needed.

Keywords: Eating Disorders ; Cadet Wrestlers