



## Bigorexia. When Big Isn't Big Enough.

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By Gary Elliott

GRIN Verlag GmbH. Paperback. Condition: New. 28 pages. Dimensions: 8.3in. x 5.8in. x 0.1in. Seminar paper from the year 2010 in the subject Psychology - Miscellaneous, Atlantic International University, language: English, abstract: The term bigorexia nervosa, along with another synonym reverse anorexia, are nicknames for muscle dysmorphia. Muscle dysmorphia is deemed to be a sub-type of body dysmorphic disorder. It is seen primarily in men who usually perceive themselves as puny, or not muscular enough. The man or boy with muscle dysmorphia is bombarded with obsessive thoughts that their muscles aren't big enough and feel small and weak, even though, in many cases, they may actually have large, strong muscles. The Diagnostic and Statistical Manual of Mental Disorders, fourth edition (DSM-IV) describes body dysmorphic disorder (BDD) as a preoccupation with a defect in appearance. The defect is either imagined or minor, but if a defect is present, the individuals concern about the defect is markedly excessive in comparison with the severity of the defect (Claiborn and Pedrick: 2002). Sufferers of Muscle Dysmorphia, like others with BDD, see parts of their body as defective. This excessive preoccupation with body size and muscularity causes the sufferer to feel small when they're actually big...



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