



ISPA | Instituto Universitário



2011

# CICLO DE CONFERÊNCIAS ISPA-IU

## EXTRAORDINÁRIAS

Centro de Investigação e Intervenção

2 DE MAIO > 12:30H > SALA DE ACTOS



### EATING DISORDERS IN SPORT: RISK FACTORS AND SPECIAL CONSIDERATIONS

**Roberta Sherman, PhD**

Bloomington Center for Counseling  
and Human Development

Most data suggest that athletes have more eating disorders than non-athletes. The focus of this talk will be to examine possible risk factors in the athletic environment that might contribute to this increased prevalence. Some of these risk factors include: competitive thinness in the sport environment, a belief that thinner athletes perform better, revealing sport attire, as well as difficulties identifying athletes with disordered eating or eating disorders, or athletes who are at risk for an eating disorder.

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