

---

Spring 2024 Virtual OTD Capstone Symposium

OTD Capstone Symposia

---

Spring 4-15-2024

## Wellness Research & Programming for Bodybuilders

Victoria Castillo

*University of St. Augustine for Health Sciences, v.castillo1@usa.edu*

Karen Park

*University of St. Augustine for Health Sciences, kpark@usa.edu*

Kersten Laughlin

*University of St. Augustine for Health Sciences, klaughlin@usa.edu*

Follow this and additional works at: <https://soar.usa.edu/otdcapstonesspring2024>



Part of the [Medical Education Commons](#), [Occupational Therapy Commons](#), [Other Mental and Social Health Commons](#), and the [Sports Sciences Commons](#)

---

### Recommended Citation

Castillo, V., Park, K., & Laughlin, K. (2024, April 15). Wellness Research & Programming for Bodybuilders. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstonesspring2024/36>

This Poster/presentation is brought to you for free and open access by the OTD Capstone Symposia at SOAR @ USA. It has been accepted for inclusion in Spring 2024 Virtual OTD Capstone Symposium by an authorized administrator of SOAR @ USA. For more information, please contact [soar@usa.edu](mailto:soar@usa.edu).

# Wellness Research & Programming For Bodybuilders

Victoria Castillo; Karen Park, OTD, OTR/L, BCP; Kersten Laughlin, OTD, OTR/L.

This study involves human subjects; it has been reviewed by the IRB and deemed exempt from IRB approval.

## BACKGROUND

Bodybuilders are at an increased risk of muscle dysmorphia, body dysmorphia, and eating disorders due to compulsory behaviors to reach their goals (Leone et al., 2005; Sandgren et al., 2019; Money-Taylor et al., 2022). They also may have negative body image, compulsory behaviors with exercise, and prioritize exercise rather than social participation (Pawlowska, 2016).

## PROBLEM

There is a lack of information regarding mental health and lifestyle impacts within bodybuilding.

## PURPOSE

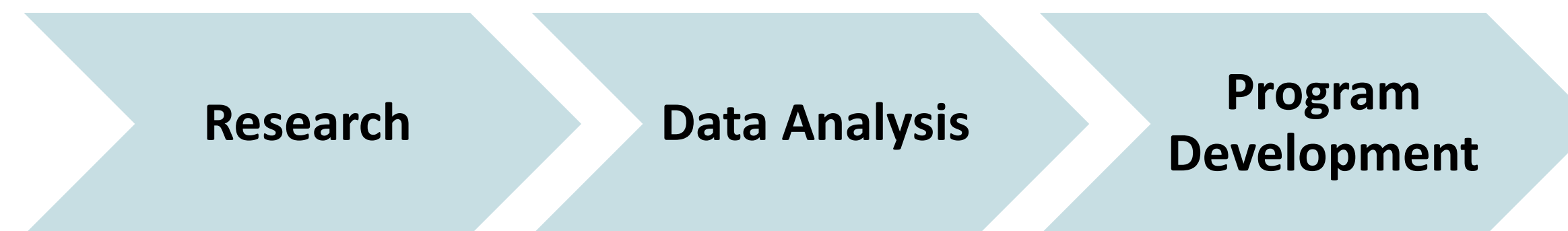
Explore the need for competitive bodybuilders to improve mental health, well-being, and lifestyle routines by determining barriers and supports.

## RESEARCH QUESTIONS

1. What are the perceptions of bodybuilders of the support/barriers that contribute to mental health and well-being while training for competitions?
2. What lifestyle factors support or hinder occupational performance within the bodybuilding community?

Acknowledgement: Special thanks to my husband and family for the emotional support during the process.

## METHOD



### Two Phases:

- Research/needs assessment phase and a program development phase.
- A mixed-methods survey was disseminated to U.S. bodybuilders that were 18+ years old.
- Program was developed to educate bodybuilder coaches on the problem areas for the population.

### Survey:

23 questions with 6 demographic, 4 multiple-choice, 9 open-ended, and 4 Likert scales questions.

### Theoretical Frameworks:

1. Person-Environment-Occupation-Performance Model (PEOP)
2. SAMHSA Wellness Approach
3. Dark Side of Occupation Perspective
4. Lifestyle Medicine

## DATA ANALYSIS

THEMES	QUOTES
Dark Side of Bodybuilding	"You can be hard on yourself for not being perfect. You can get body dysmorphia."
The Power of Community	"[I] had a negative coach for the first part of my prep that created a very unhealthy mental state...got a new coach that was positive"
A Bodybuilder's Stigma	"There's a mental health epidemic in bodybuilding but no one knows how to handle it."



Mean and Standard Deviation Scores for Occupation and Wellness Dimension Satisfaction

Measure	n=35	
	Mean (All BB)	SD (All BB)
Hygiene & Grooming	4.69	0.58
Financial Management	3.23	1.29
Meal Preparation	4.63	0.77
Self-care	4.09	1.01
Eating	4.00	1.33
Sleeping	3.63	1.00
Education (School participation)	3.26	1.15
Work	3.51	0.92
Leisure Participation	3.14	1.35
Social Participation	3.14	1.35
Social Commitments	3.66	1.21

Measure	n=35	
	M (All BB)	SD (All BB)
Emotional	4.15	0.87
Environmental	4.35	0.75
Intellectual	4.42	0.72
Occupational	4.38	0.68
Physical	4.59	0.61
Social	4.27	0.83
Spiritual	4.22	0.70
Financial	4.08	0.81

## PROGRAM DEVELOPMENT

### General Program Goals:

1. Increase client understanding and knowledge of wellness and lifestyle balance
2. Prevent barriers to well-being
3. Promote wellness through life skills and stress management strategies

**Program Development:** An educational wellness toolkit was developed for bodybuilder coaches to address the need of wellness and lifestyle interventions.

### Topics covered:

- Occupational Therapy's Role
- Wellness and Lifestyle Balance
- Research & Needs Assessment
- Purpose
- Education on health risks and recommendations (body dysmorphia and eating disorders)
- How to set boundaries
- Determining your support system
- Creating a wellness recovery action plan (modified)
- Determining coping strategies

### Assessment Tools:

1. Informal survey with bodybuilder coaches

### Interventions:

1. Education on eating disorders and body dysmorphia
2. Social Skills training
3. Cognitive techniques
4. Education on support systems

References

