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Titolo	Addiction to exercise [[electronic resource]] : a symptom or a disorder? // Attila Szabo
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Collana	Psychology research progress
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	<p>""ADDICTION TO EXERCISE A SYMPTOM OR A DISORDER?""; ""ADDICTION TO EXERCISE A SYMPTOM OR A DISORDER?""; ""CONTENTS""; ""PREFACE""; ""ABOUT THE AUTHOR""; ""PEER REVIEWED PUBLISHED WORKS FROM THE AUTHOR ON WHICH THIS MONOGRAPH IS BASED""; ""INTRODUCTION""; ""1.0 a€? FROM HEALTHY TO UNHEALTHY EXERCISE""; ""1.1. Exercise is a Good Thing (in Moderation)""; ""1.2. From Commitment to Addiction""; ""DEFINITION""; ""2.0 - THE CONCEPT OF EXERCISE ADDICTION""; ""2.1. Definition of Exercise Addiction""; ""2.2. WITHDRAWAL SYMPTOMS""; ""SYMPTOMS""; ""3.0 a€? COMMON SYMPTOMS OF EXERCISE ADDICTION""</p> <p>""3.1. Six Common Symptoms in Griffiths a€? (2005) a€œComponents a€? Model""""3.1.1. Salience a€?""; ""3.1.2. Mood Modification a€?""; ""3.1.3. Tolerance a€?""; ""3.1.4. Withdrawal Symptoms a€?""; ""3.1.5. Conflict a€?""; ""3.1.6. Relapse a€?""; ""3.2. OTHER SYMPTOMS OBSERVED IN EXERCISE ADDICTION""; ""3.2.1. Loss of Control over Life-Activities (Griffiths, 1997) a€?""; ""3.2.2. Loss of Control over One's Exercise Behavior (Cockerill and Riddington, 1996; Johnson, 1995) a€?""; ""3.2.3. Negative, Non-Injury Related, Life Consequences (Griffiths, 1997) a€?""</p> <p>""3.2.4. Risk of Self-Injury (De Coverley Veale, 1987 Wichmann and Martin, 1992) a€?""; ""3.2.5. Social Selection and Withdrawal (Cockerill And Riddington, 1996) a€?""; ""3.2.6. Lack of Compromise (Wichmann</p>

and Martin, 1992) a€?"; ""3.2.7. Denial of a Problem or Self-Justification (Wichmann and Martin, 1992) a€?"; ""3.2.8. Full Awareness of the Problem (De Coverley Veale, 1987) a€?"; ""3.3. A NEWER CLASSIFICATION FOR BEHAVIORAL ADDICTIONS IN GENERAL""; ""ASSESSMENT""; ""4.0. ASSESSMENT OF EXERCISE ADDICTION"" ""4.1. THE EXERCISE ADDICTION INVENTORY, (EAI - TERRY, SZABO, AND GRIFFITHS, 2004)"" ""4.2. THE OBLIGATORY EXERCISE QUESTIONNAIRE (OEQ - PASMANN AND THOMPSON, 1988)""; ""4.3. THE EXERCISE DEPENDENCE QUESTIONNAIRE (EDQ - OGDEN, VEALE, AND SUMMERS, 1997)""; ""4.4. EXERCISE DEPENDENCE SCALE (EDS - HAUSENBLAS AND SYMONS DOWNS, 2002B)""; ""4.5. LESS WIDELY USED TOOLS IN THE ASSESSMENT OF EXERCISE ADDICTION""; ""4.5. STRENGTHS AND LIMITATIONS OF PAPER AND PENCIL TOOLS IN GAUGING EXERCISE ADDICTION""; ""MOTIVATIONAL INCENTIVES IN EXERCISE ADDICTION""; ""MODELS"" ""6.0 a€? MODELS EXPLAINING EXERCISE ADDICTION"" ""6.1. The Sympathetic Arousal Hypothesis""; ""6.2. The Cognitive Appraisal Hypothesis""; ""6.3. The Affect Regulation Hypothesis""; ""6.4. The Thermogenic Regulation Hypothesis""; ""6.5. The Catecholamine Hypothesis""; ""6.6. The Endorphin Hypothesis""; ""THE RUNNERa€?S HIGH PHENOMENON""; ""CORRELATES OF EXERCISE ADDICTION""; ""RESEARCH""; ""9.0 a€? RESEARCH ON EXERCISE ADDICTION""; ""9.1. Personality-Oriented Research""; ""9.2. Beta-Endorphin and Exercise Addiction Research""; ""9.3. Preponderance of Exercise Addiction"" ""9.4. Case Studies of Exercise Addiction""
