

Associations of Adherence to Exercise Dependence Symptoms in Asian/Asian American Men

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Key Findings

Asian cultural values were found to be positively associated with exercise dependence symptoms in Asian/Asian American Men.

Internalization of thinness and muscularity appearance ideals did not moderate the positive association between Asian cultural values and exercise dependence symptoms.

Both internalization of muscular and thinness appearance ideals were found to be independently associated with exercise dependence symptoms in Asian/Asian American Men.

Introduction

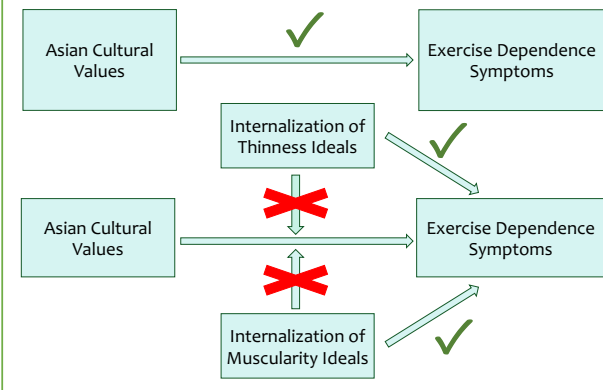
- Exercise dependence symptoms (EDS) are characterized as a complex pattern of excessive and compulsive exercise behaviors.
- EDS have been found to be more common in males than females.
- Previous research suggests that Asian/Asian American men frequently endorse EDS.
- However, little is known regarding how cultural values correlate with excessive and compulsive exercise behaviors among the specific population of Asian/Asian American men.

Methods

Construct	Measure
Demographic Information Survey	Self reported height and weight, income, education, and presence of a psychiatric diagnosis
Asian Cultural Values	Asian Values Scale-Revised (Kim, & Hong, 2004) Sample Item: "Younger persons should be able to confront their elders." 1 = strongly disagree, 2 = disagree, 3 = agree, 4 = strongly agree
Exercise Dependence Symptoms	Exercise Dependence Scale-21 (Hausenblas & Symons Downs, 2002)
Internalization of Thinness and Muscularity Ideals	Sociocultural Attitudes Towards Appearance Questionnaire-4 (SATAQ-4; Schaefer et al., 2015)

Results, Cont.

Figure 1. Results for Models Predicting Exercise Dependency



Questions

- What is the association between Asian cultural values and exercise dependence symptoms in Asian/Asian American Men?
- Does internalization of thinness and muscularity appearance ideals moderate the relationship between Asian cultural values and EDS?

Results

- Data Analytic Plan:**
- Multiple linear regression models were conducted.
 - All analyses adjusted for body mass index (BMI), education, income, and presence of a psychiatric diagnosis.
- Results:**
- Sample: 266 Asian/Asian American men (18-30y; M age = 24.4±3.6; M BMI = 24.2 ± 5.6 kg/m²).
 - Asian cultural values were positively associated with EDS in Asian/Asian American men, $p < .05$ (see Figure 1).
 - Neither internalization of muscularity ($p = .88$) nor thinness ($p = .73$) appearance ideals were significant moderators, but they were both independently positively associated with exercise dependence symptoms, p 's $< .05$.

Conclusions

- Asian/Asian American men who endorsed greater adherence to Asian cultural values reported greater EDS, regardless of how much they internalized cultural body ideals.
- One of the possible reasons for the positive association is that the greater social pressures with Asian values under Asian social structures may trigger excessive exercise behaviors for a method of alleviating stress.
- Prospective research is needed to investigate if Asian cultural values and internalization of appearance ideals serve as unique risk factors for EDS in Asian/Asian American men.



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