

Take the body image quiz

Muscle dysmorphia, an excessive preoccupation with body size and muscularity, is a fairly rare but dangerous disorder. Answer the questions below to see whether you might be at risk:

- ▶ Do you often worry that your body isn't sufficiently lean and muscular?
- ▶ Have you given up social opportunities that you might have otherwise enjoyed specifically because you needed the time to work out at the gym?
- ▶ Has your need to work out interfered with your job or school — for example, causing you to miss work, take too much time off or give up career opportunities?
- ▶ Have you frequently eaten special diets, such as very high-protein or low-fat diets, or used large amounts of protein or other food supplements to improve your muscularity?
- ▶ Have you spent a lot of money on special foods or dietary supplements such as protein powders, amino acids, creatine or other substances that are advertised to boost muscularity?
- ▶ Have you turned down invitations to go out to restaurants, parties or dinners because of your special dietary requirements?
- ▶ Do you avoid situations where people might see your body such as beaches, swimming pools, locker rooms or public showers because you worry that you don't look muscular enough?
- ▶ Have you continued to work out even when you had an injury because you were afraid that if you stopped you would lose muscle mass?
- ▶ Have you taken drugs (either legal drugs like androstenedione or black market drugs like anabolic steroids) to make yourself more muscular?
- ▶ Do you frequently compare your muscularity with that of other men around you because you worry that they may be bigger than you are?
- ▶ If you see a man who is clearly more muscular than you are, do you think about it or feel envious about it for some time afterward?
- ▶ Do you sometimes wear heavy clothes, such as baggy sweatpants and sweatshirts, to cover up your body because you worry that you don't look muscular enough?
- ▶ Do you deliberately choose clothes that you think will make you look more muscular?
- ▶ Do you frequently measure your waist, chest, biceps, etc.?

Scoring: Muscle dysmorphia ranges in severity from minor annoyance to a devastating psychiatric disorder. Men with some degree of muscle dysmorphia will typically answer yes to at least four or five of these questions. If you answered yes to more than half of the questions, then muscle dysmorphia may be significantly affecting your day-to-day life. Men who answer yes to almost every question probably have full-scale muscle dysmorphia.

Source: *The Adonis Complex: The Secret Crisis of Male Body Obsession*