



Disordered Eating in Female and Male Combat Sports Competitors

Disordered eating exists on a **spectrum** that ranges from normal eating behaviors to clinically diagnosed eating disorders. It encompasses **symptoms and behaviors** associated with eating disorders but occurs with **less frequency, lower intensity, or reduced severity**, often not meeting the full diagnostic criteria for an eating disorder.

✓ HEALTHY EATING

- Body acceptance,
- Healthy weight for age, height and body type,
- Eating regularity, variety, adequacy, spontaneity and enjoyment.

⚠ DISORDERED EATING

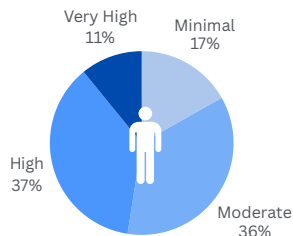
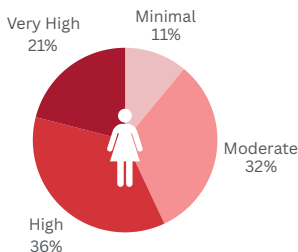
- Body dissatisfaction,
- Preoccupation with “healthy eating”,
- Restrictive eating,
- Compulsive eating,
- Irregular or inflexible eating patterns.

✗ EATING DISORDER

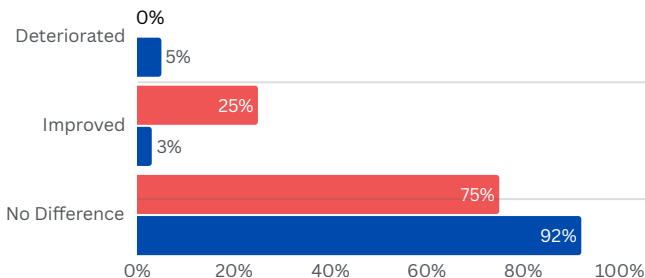
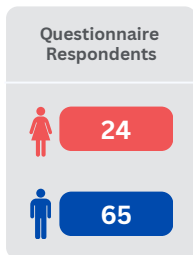
- Conditions characterised by severe and persistent disturbance in eating behaviours and associated distressing thoughts and emotions.
- Diagnosed by health professionals.

←----- EATING SPECTRUM -----→

7 days post-competition: Disordered eating scores



7 to 28 days post-competition: Disordered eating CHANGE scores



⚠ **Four in five athletes** display moderate to very high disordered eating scores 7 days post-competition, with **84% still affected 28 days later**.

👉 Combat athletes are encouraged to **consult sports dietitians or nutritionists** to develop a healthy relationship with food and body.

Study
Details

SCAN ME



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combat_sports_research

