

# Muscle dysmorphia

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MUSCLE DYSMORPHIA Lecturer's Primary audience Muscle Dysmorphic Disorder also referred to as "reverse anorexia" is a condition in which the affected pursues muscularity to an excessive extent and end up suffering from obsessive thoughts leading to exercise dependence or even substance abuse to the individual (Pope et al., 2005). The primary audience for the proposed program will be youths of both genders at the Gym facility at the university of Florida. The disorder normally affects adolescents, and the mean age of occurrence has been stipulated to be 20 year. The audience for the program will be between 18 to 25 years thus fitting well in the age brackets. Adolescent boys are more susceptible of acquiring the disorder since during the adolescent stage; they start developing physically and psychologically to adults (Baghurst & Kissinger, 2009). Therefore, special attention will be considered on them.

One of the major manifestations of the condition is excessive amounts of exercise among the teens. This leads them to experiment with performance-enhancing substances i. e. steroids and working out hard in the Gym (Cafri, Olivardia, & Thompson, 2008). Thus, the location of the audience is very appropriate for the program as the program targets adolescent students in the school who exercise and work out hard in the school's Gym facilities. Therefore, the primary audience and location for the program is very appropriate. According to studies, the condition has become more serious and prevalent in today's youths especially among the male population than it has been commonly given credit for, thus recognizing the predisposing factors and manifestations is very important to help in reducing the instances of the disease in the general population (Grieve, Truba, & Bowersox, 2009). This is crucial as it will enable the students to grow healthy

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and achieve their goals.

#### References

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