Is there a Link Between Obsessive Compulsiveness and Exercise Addiction?

ATTILA SZABO, INE SOLSTAD

Eötvös Loránd University, Budapest, Hungary

Background and aims: Early research suggests that exaggerated exercise is linked to obsessive-compulsiveness (Davis et al., 1995). In this survey-research, we studied the relationship between exercise addiction, high-intensity exercising, and obsessive compulsiveness. Methods: An online sample of 401 men (n = 198) and women (n = 203) volunteers (mean age = 27.7 (SD = 9.0) years) completed a demographic questionnaire gauging their exercise habits. Their obsessive compulsiveness (OC) and exercise addiction (EA) were also assessed with two common psychometrically validated instruments. Results: Those who reported exercising at high intensity scored higher on EA (p=.009), but not on the OC scale. A simple linear regression was calculated to predict EA based on OC that yielded a statistically significant regression equation (F(1,399) = 12.52, p < .001), but with a low R2 = .030. Another linear regression testing the predictive power of the weekly hours of exercise on OC was statistically not significant. Conclusions: The results show that those reporting high intensity exercise habits exhibit higher EA than those.