ORAL PRESENTATION

Open Access

Drive for muscularity and muscularity-oriented disordered eating in men: the role of set shifting difficulties and weak central coherence

Scott Griffiths^{1*}, Stuart Murray², Stephen Touyz¹

From 2013 ANZAED Conference: Inspiring Change: Person and Context
Melbourne, Australia. 23-24 August 2013

Set shifting difficulties and weak central coherence are information-processing biases associated with thinness-oriented eating and body image pathology in women. However, little is known about the relationship between these processing biases and muscularity-oriented eating and body image pathology. We investigated whether set shifting and central coherence were uniquely related to the drive for muscularity and muscularity-oriented disordered eating in a sample of 91 male undergraduates. Participants completed the Wisconsin Card Sort Test, the Matching Familiar Figures Task, the Drive for Muscularity scale, and a modified Eating Disorders Examination - Questionnaire. Results indicated that set shifting difficulties and weak central coherence were both uniquely positively associated with the drive for muscularity, and that set shifting difficulties were uniquely positively associated with muscularity-oriented disordered eating. Results are discussed with regard to the male experience of body image and eating pathology, and in regard to muscle dysmorphia.

This abstract was presented in the **Body Image** stream of the 2013 ANZAED Conference.

Published: 14 November 2013

doi:10.1186/2050-2974-1-S1-O49

Cite this article as: Griffiths et al.: Drive for muscularity and muscularity-oriented disordered eating in men: the role of set shifting difficulties and weak central coherence. *Journal of Eating Disorders* 2013 **1**(Suppl 1):O49.

Authors' details

¹University of Sydney, Australia. ²Redleaf Practice, Australia.

* Correspondence: scottgriffiths@gmail.com

¹University of Sydney, Australia

Full list of author information is available at the end of the article

**Submit your next manuscript to BioMed Central
and take full advantage of:**

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at
www.biomedcentral.com/submit