

Exercise dependency in prolonged endurance athletes: adventure racers and triathletes

Abstract

Regular physical exercise are associated with numerous health benefits, however, when this practice is excessive, it may have physiologic and psychological negative effects, among them, the exercise dependence. The aim of the study was to determinate the existence or not of the exercise dependence on prolonged endurance athletes (adventure racing and triathlon), investigating the correlation between the scores of exercise dependence with questionnaires of mood (POMS, IDATE) and if this causes any influence on the athletes' quality of life (SF-36). Results showed that these athletes had scores indicating exercise dependence, however without significant influence on scores of mood disorders and with a quality of life superior to 85%. It suggests that, although exercise dependence, this fact alone does not promote significant changes on mood or quality of life of athletes.

Key-words: Exercise dependence; Athletes; Triathlon; Adventure race; Mood.