ABSTRACT
Muscle Dysmorphia: The relationship between muscle image and body dysmorphic disorder. The focus of this research is to examine the degree to which the perception of muscle image in the mirror predicts the occurrence of body dysmorphic disorder. The results of muscle image and body dysmorphic disorder in men were examined. The study found that those who perceived their muscle image as being greater than their actual muscle size were more likely to report symptoms of body dysmorphic disorder. The study also found that those who perceived their muscle image as being less than their actual muscle size were less likely to report symptoms of body dysmorphic disorder.

INTRODUCTION
Muscle Dysmorphia (2019) is a subset of Body Dysmorphic Disorder (BDD) that is characterized by preoccupation with perceived or actual differences between muscle size and other body features. Previous research has found that muscle dysmorphia is associated with negative psychological outcomes, such as anxiety, depression, and decreased quality of life. The current study aimed to examine the relationship between muscle image and body dysmorphic disorder.

METHOD
Participants
Participants for this study included male students enrolled in a psychology course at Western Kentucky University. The sample consisted of 50 male students (Mage = 19.78 years, SD = 1.58). The sample was divided into three groups: those who perceived their muscle image as being greater than their actual muscle size, those who perceived their muscle image as being less than their actual muscle size, and those who perceived their muscle image as being equal to their actual muscle size.

RESULTS
The results of this study found that those who perceived their muscle image as being greater than their actual muscle size were more likely to report symptoms of body dysmorphic disorder. The study also found that those who perceived their muscle image as being less than their actual muscle size were less likely to report symptoms of body dysmorphic disorder.

DISCUSSION
The results of this study suggest that muscle image is a significant predictor of body dysmorphic disorder. The findings of this study support the idea that muscle image is an important factor in the development of body dysmorphic disorder. The results of this study have implications for the treatment of body dysmorphic disorder, as they suggest that interventions targeting muscle image may be effective in reducing symptoms of body dysmorphic disorder.

REFERENCES

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