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The Darkside of appearance: the rise of exercise addiction in European Fitness Clubs

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Background: Exercise has both positive and negative connotations. We aimed at exploring the prevalence of EA in the fitness settings of four countries (UK, Italy; Netherlands, Hungary) and other psychopathological issues related to anxiety and self-esteem as well as the use of performance and image enhancing drugs (PIEDs) and supplements to boost performance. *Methods:* A structured questionnaire, which included the Exercise Addiction Inventory (EAI), Anxiety Appearance Index (AAI) and Rosenberg's Self Esteem Scale (RSE), was made available on a dedicated project website and was further advertised on fitness blogs and other social media platforms. A logistic regression was used to investigate the relationship between psychopathological variables and the use of PIEDs, developing a model for male and female samples. *Results:* Interviewees (n = 1711) scored high in the EAI, AAI and RSE, suggesting compulsivity in their sports activities, body appearance anxiety and a low self-esteem (RSE). 39.8% of the sample used PIEDs to boost performance. This group scored higher in both the EAI and AAI and a strong correlation between EAI and use of PIEDs emerged from the regression, which appeared to be the most significant predictor in consuming such products. *Conclusions:* Results, even if preliminary, deserve attention and further investigations.

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Assessing gambling craving through the Elaborated Intrusion Theory of desire: The gambling Craving Experience Questionnaire

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Background: Research and clinical practice support the key role of craving in the development, maintenance and relapse of Gambling Disorder. The Elaborated Intrusion Theory of desire (Kavanagh et al., 2005) is a comprehensive and process-based cognitive model of craving validated for various appetitive behaviors, including gambling. The Craving Expe-

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