

Wednesday 9 October 2019

University of Hertfordshire – Russell Lane Campus  
A161, Lindop Building, College Lane, Hatfield AL10 9AB

\*Tea & coffee from 1.30pm – 2pm

Masterclass between: 2pm – 4pm

# Addiction

*The Dark Side of Appearance: Body image disorders, exercise addiction and the use of enhancement drugs*



University of Hertfordshire **UH**

## Guest speakers include:

Dr Ornella Corazza, PhD is a Reader in Substance Addictions and Behaviours and MD Programme Director at the University of Hertfordshire, with an interest in behavioural addictions and substance misuse. Results of her work have been presented in over a hundred peer-reviewed publications, various books and numerous invited lectures. She serves as an expert advisor for the United Nation Office on Drugs and Crime, the World Anti-Doping Agency, among national and international agencies.

Andrea Corbett, PGCE is a British Champion natural pro bodybuilder and Founder and Director of FOCUS CIC. She will be sharing her own life experiences with bodybuilding and mental health.

## **This Masterclass will focus on areas relevant to body image disorders, exercise addiction and the use of enhancement drugs:**

In a society where people strive for a “perfect” appearance, a fit body has become synonymous with success, but simultaneously hard to achieve. Everyday millions of texts and selfies are posted on social networking sites promoting a visual representation of ostensibly healthy bodies in a fashionable manner. “Train. Eat. Sleep. Repeat”, “Don’t stop until you’re proud”, “The pain you feel today will be the strength you feel tomorrow”, “No pain, no gain” are only a few examples of ‘fitspirational’ quotes that are used to inspire a healthy lifestyle through exercise. This Masterclass explores such a complex phenomenon by presenting the latest research in the field by Dr Corazza and her team. She will argue how such preoccupation with physical appearance has led not only to an objectification of the human body, but also represents a fertile ground for the development of exercise addiction alongside appearance-related and other disorders. Attention will also be paid to the use of performance and image enhancing drugs, which are increasingly sold online with misleading marketing strategies as ‘natural’ and ‘safer’ alternatives to medicines and are often taken without a full understanding of the potential contamination and other health risks associated with their consumption. It concludes by emphasising the urgency for more targeted prevention activities and novel clinical management strategies to tackle these new “fitspirational” trends in society.

## **This event is free for all relevant professionals working in Hertfordshire, whether statutory, private or voluntary sector.**

This session is aimed at professionals and organisations that work within mental health and wellbeing, the Public Health workforce including GPs and schools. It will be of interest to the voluntary and charitable sectors.

Policy makers, researchers, commissioners and academics with an interest in addiction.

## Registration

To register, or to find further information  
please visit the [Eventbrite page](#) (password: publichealth123)

Please direct any queries regarding this event to [publichealth@hertfordshire.gov.uk](mailto:publichealth@hertfordshire.gov.uk)