How can we screen for exercise addiction in outpatient substance abuse programs?
A: Screening for behavioral addictions is similar to screening for substance abuse. You would assess for behaviors such as, difficulty cutting back on the behaviors despite negative consequences, poor self-esteem, attempting to manipulate psychological state to avoid feelings, tolerance and withdrawal symptoms.

In a treatment setting, what would be a healthy amount of exercise for the patients?
A: According to the CDC, approximately 150 minutes of exercise per week is recommended, which can be 30 minutes per day for 5 days per week. The goal is healthy balance.

Doesn't money to continue scholarships in college also drive compulsive attitude towards physical addiction?
A: This is a good point and not just related to scholarships, but also professional sports, hobbies, marathons, etc. Remember Griffith’s (1997) Components of Exercise Addiction are: Salience, Mood Modification, Tolerance, Withdrawal, Conflict and Relapse.

I have worked with many athletes (and others) that have become addicted to over the counter medications to help them sleep and pain. Do you have any comments about non-prescription OTC meds and addiction related to exercise addiction?
A: It is important to note that like prescription medications, over-the-counter medications can be just as addictive and harmful to the body. Tolerance still plays a role in the addiction process. Alternatives to pain management, such as, massage, physical therapy, stretching and a variety of alternative options are a good start.