

Abstract

Exercise addiction in pickleball: Is it prevalent?

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APHA's 2020 VIRTUAL Annual Meeting and Expo (Oct. 24 - 28)

The sport of pickleball incorporates all age groups and skill levels, is socially motivating, easy to learn, and competitively enjoyable. It is growing in popularity and has a strong presence of social interactions that motivate and push participants to play the sport. The potential negative consequences of extreme exercise patterns in this sport have never been described. The aim of this study was to measure the prevalence of exercise addiction in the sport of pickleball by utilizing the Exercise Addiction Inventory (EAI) and to evaluate if those with addiction also have negative exercise attitudes and beliefs.

A total of 1487 pickleball players completed the EAI and additional questions concerning exercise amounts and negative exercise attitudes and beliefs. Descriptive statistics, Chi-square tests, logistic regression, and independent t-test were used to compare sub-groups with and without exercise addiction.

We found that 4.7% of pickleball players have exercise addiction. The final logistic regression model revealed that being non-Hispanic [OR 2.59 (1.06, 6.34)], self-employed [OR 3.95 (1.84, 8.48)] and the number of days of pickleball play per week [OR 3.95 (1.84, 8.48)] were independent predictors of exercise addiction in the sport of pickleball. Lastly, pickleball players with exercise addiction reported at least 2 to 3 negative exercise attitude and beliefs ($p < 0.0005$).

Exercise addiction is prevalent in the sport of pickleball, thus it is important to identify characteristics of addicted pickleball players to find a healthy balance to avoid negative exercise behaviors that could result in injuries, illness and loss of social relations.

Administer health education strategies, interventions and programs
Implementation of health education strategies, interventions and programs
Other professions or practice related to public health
Planning of health education strategies, interventions, and programs
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