

Before I joined the Functional Intensity Training Lab (FIT Lab) in the Department of Kinesiology, I knew I had many questions about the world around me and how it worked. When presented with the opportunity to join a research lab, I was ready to take these questions and present them as potential topics of research. Most of my research interests stemmed from my extra-curricular activities from past years; I was a high school and collegiate athlete, and upon retiring from athletics, I pursued weightlifting, an enjoyable and rewarding past-time that helped me become the best version of myself. Upon joining the FIT Lab, I was paired with a graduate student mentor, Cassandra Beattie, who shared similar interests as myself. After discussing my passion for weightlifting, bodybuilding in particular, Cassandra began to ask me questions about body dysmorphia amongst bodybuilders. At this point, I already knew my topic of interest for research would be bodybuilding, but this conversation provided me direction into what I specifically wanted to research regarding bodybuilding. After further conversation, she encouraged me to begin scanning the literature to see what is known and not known, about bodybuilding and body dysmorphia on the K-State Search-It tool. After doing a preliminary search of the literature, I decided to combine my passions and thirst for knowledge and explore the relationship between societal influences (i.e., family life, schooling, and media), bodybuilding, and muscle dysmorphia.

Now that I knew what I wanted to research, finding specific information to my question was next. I train at a bodybuilding gym, so I have quietly observed the culture and training style of some of Kansas City's best bodybuilders, and from these observations I developed questions, such as "Why is there a subculture of bodybuilding? What is muscle dysmorphia? How does it connect to bodybuilding?" I began searching the literature in online databases including Google

Scholar and K-State's Search-It, which had a plethora of information of these topics concerning body and muscular dysmorphia. Unfortunately information was lacking on societal influences that may trigger these disorders. I used filters to help find peer-reviewed journals and other reliable sources of information. I tried to limit my information to the past 10 years but was greatly limited in resources and in some situations was forced to work beyond this limitation. I found it useful to try different combinations of keywords and seeing what Google Scholar would prioritize and finding new and useful information to give my literature review the most up-to-date information. I felt like these two resources were exceptional at filtering through relevant and irrelevant information for me, as the quality of the papers were excellent.

After collecting approximately 15 peer-reviewed sources as my initial sample of papers, Cassandra and I worked together to discuss what I found and developed an outline of a literature review paper (i.e., introduction, body, application, conclusions). Creating this outline was challenging, as originally we wanted to explore the relationship between body dysmorphia and muscle dysmorphia, but we soon realized this was well established in the research, but little research existed on why body dysmorphia developed in the first place. This helped provide me direction on what to try and further explore in the literature.

When it came to evaluating information, I used the CRAAP test, which stands for: currency, relevance, authority, accuracy, and purpose. This tool allowed me to sift through high quality and low-quality research papers. I also had the benefit of the FIT Lab holding a skills session on how to utilize search engines, and the "do's and don'ts" of literature searches. These two tools at my disposal allowed me to find plenty of useful research that I used to craft a quality literature review trying to explore new frontiers in knowledge for bodybuilding.

My reference list grew longer, as I found that I could use multiple pieces of research to tie concepts together while still not having a direct connection between them. I found plenty of research concerning my topics, but none with all three together. This led me down the rabbit hole of trying to search for any current research suggesting this relationship. The most significant piece of information was a paper by Eskander et. al (2020) that stated suicide rates and attempts were higher in those with a diagnosed body dysmorphic disorder, showing urgency for this phenomenon in the bodybuilding community since over 50% of bodybuilders suffer from body or muscular dysmorphia. Another alarming piece of literature was an article by Himanshu et. al (2020) that showed body dysmorphia rates rising among youth, suggesting this problem could be more relevant at earlier ages. Additionally, Devrim et. al (2018) found that at least 50% of bodybuilders showed symptoms of body and/or muscular dysmorphia. These three articles established the basis of my literature review and future research concerning the significance of this issue.

I utilized Google Scholar and K-State's Search-It to find almost all my references. I thoroughly enjoyed Search-It's interlibrary loan, something that proved useful when Google Scholar and others demanded payment for certain articles. Inter-Library Loan was a useful tool when it came to renting books and articles instead of outright purchases. These purchases can easily add up, making interlibrary loan an important tool in my arsenal of research endeavors.

As mentioned earlier, a difficulty I had in the research process was choosing what relationship I wanted to try to find. While I considered this a successful literature review, I learned a lot regarding how to write a literature review and how to utilize databases to find the most relevant and recent research articles. In trying to figure out the relationship I wanted to

find, I was successful in finding data on all three separate concepts, but none that had all three intertwined, suggesting that I could be one of the first to combine the information in this direction. Current information connected two out of the three variables, but none showed all 3 together, alluding to a potentially more complicated relationship between societal influences, bodybuilding, and muscular [last 9 words were deleted as it was over the word count. Clogan]