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ABSTRACT BOOK

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0.5% has resulted 88.98% of RESPONDERS subjects, 7.8% of LOW RESPONDERS, 3.22% of NON RESPONDERS. Finally, through the administration of suboxone, we obtained 86.34% of RESPONDERS subjects, 9.84% of LOW RESPONDERS and 3.82% of NON RESPONDERS. In conclusion, although it has emerged that treatment with methadone 0.5% is the most successful therapy, it is preferable to use suboxone (except in relapsing subjects) since it has also produced a high number of RESPONDERS subjects and a good safety profile for heroin addicted patients.

STATISTICAL ANALYSIS ABOUT DIFFUSION OF EXERCISE ADDICTION IN SICILY

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Exercise Addiction (EA) is a behavioral dysfunction marked by uncontrolled compulsion towards all kinds of physical activity. With the purpose of understanding the epidemiology of this steadily increasing phenomenon, we have done a statistical analysis about some data obtained through the administration of an online-questionnaire (Google forms): the same one was also converted into paper-questionnaire and then it has been administered in many gyms in Palermo and Trapani (Sicily-Italy). The sample examined consists of 976 people aged between 14 and 65 (47.3% of them are women and 52.7% are men). For 53.8% of analyzed people, physical activity is one of the most important things of their life. In fact, 18% of them declared to have conflicts with family or friends, because of the excessive hours dedicated to sport. Moreover, 86.2% of them pointed out that physical activity is a mood-booster. Probably for this reason, 49.6% of them claimed that they have drastically increased the number of hours devoted to physical activities in last years. Now, the most impressive statistic is the following one: 23.5% of surveyed declared that they get restless and nervous if they are unable to perform the training. Thanks to the last data, a clear symptom of craving emerged. It is very complicated to make

a diagnosis of EA: however, through these questionnaires, the data indicate the presence of behaviors related to the Exercise Addiction. For this reason, it is necessary to act with preventive and information works in order to stem this not fully known phenomenon as much as possible.

AMATEUR DOPING: A SURVEY AMONG SICILIAN PEOPLE

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In last years, Amateur Doping has caused many victims. In order to know the diffusion of this phenomenon, we have conducted an online-survey through Google forms. We also transformed the same questionnaire on paper and it was administered in many gyms in Palermo and Trapani (Sicily-Italy). The sample examined consists of 976 people aged between 14 and 65 (47.3% of them are women and 52.7% are men). We asked them if they ever took on substances to improve their athletic performances: 25.8% of them answered affirmatively and they declared to take on protein, amino acids but also Eca Stacks, which are hired on regular basis (34.6%). They bought this substances in sporting stores (32.2%), in pharmacy without prescription (26.8%), on internet sites (22.8%), in gyms (10.7%); 7.5% of them answered that they bought substances in other place. Furthermore, 17.9% of them declared that training companions, but also coaches and/or responsible of sports societies have proposed to them to take doping-substances (Winstrol, Tamoxifene, Testosterone, EPO, exc...). 16.8% of interviewed claimed that is right to take substance with the purpose to improve their performances. However, when we asked them if they would ever have taken substances to their children, 95.8% of them answered "absolutely not". They also declared to want more information about the real dangers related to uncorrected doping-substances intake. In conclusion, it appears necessary to adopt measures of information and prevention to reduce diffusion of this dangerous phenomenon.