

**Methods:** A retrospective study of medical records of all patients with eating disorders, diagnosed according to DSM 5 criteria, at Arrazi hospital of Salé for the past 14 years, by assessing the prevalence of suicide attempts and care.

**Results:** In our work, all patients are female, 17 years old on average, 18 patients out of 20 have anorexia nervosa, 4 of them have had bouts of bulimia, and only one patient was admitted for management of bulimia nervosa alone. The mean age of onset was 15 years with addictive comorbidity in 5 patients.

Thirteen patients had comorbid depressive disorder, one patient was schizophrenic and six patients had borderline personality disorder. 12 patients have made suicide attempts, planned especially in a depressive environment.

**Conclusions:** Preventive management of suicidal risk must be taken in order to improve the prognosis in this category of patients.

**Disclosure:** No significant relationships.

**Keywords:** Suicide; eating disorder

## EPV0704

### Body image dissatisfaction and body regulation practices

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**Introduction:** Body image dissatisfaction as negative evaluation of personal physical characteristics is often associated with low self-esteem, eating and affective disorders. What body regulation practices can people resort to when they are dissatisfied with their body image?

**Objectives:** The goal is to determine body image practices that help people to reduce tension caused by dissatisfaction with their body image.

**Methods:** We obtained the data by using a focus group technique. The group comprised 43 healthy undergraduate university students of both genders. Afterwards, the data were subject to analysis and systematization.

**Results:** The findings revealed 11 variants that represent the spectrum of body regulation practices, which semantically can form three groups. The first group combines adaptive regulation practices that help people successfully adapt to actual life situation, develop their capabilities concerning their physiology, personality, intellectual interests, and image making. The second group combines compensatory regulation practices that mainly focus on one of the sides of body regulation, which bear a certain threat to their health (weight control, building up muscle bulk, medical cosmetology procedures, body modification). The third group includes non-adaptive body regulation practices associated with high risk to their health and personal wellbeing (auto-aggressive, hetero-aggressive, and psychopathological).

**Conclusions:** Information about preferable body regulation practices used by people who are dissatisfied with their body image can help predict health hazards and disorders, as well as work out targeted prevention programs.

**Disclosure:** No significant relationships.

**Keywords:** body regulation practices; Body image dissatisfaction; university students

## EPV0706

### The evaluation of distorted body image in anorexia nervosa

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**Introduction:** A distorted body image appears to be a significant factor predisposing an individual to developing anorexia nervosa and its maintaining. Anorexia nervosa presents with the highest mortality rate among all mental disorders.

**Objectives:** The aim of the research work was to assess the distorted body image in women diagnosed with anorexia nervosa, as well as to analyse the impact of the severity of the symptomatology of eating disorders, level of depression and anxiety on the distorted body image.

**Methods:** A total of 105 people participated in the study. The clinical group consisted of 36 women diagnosed with anorexia nervosa, while the group of healthy women consisted of 69 participants. Patients completed several psychological and clinical measures such as: EAT-26, BSQ-34, BIDQ, BDD-YBOCS, CDRS, CESDR, and STAI.

**Results:** Between group comparisons were performed using non-parametric the Mann-Whitney U test. Results revealed statistically significantly greater distorted body image perception in anorexia group. Women diagnosed with anorexia nervosa showed significantly higher levels both depression and anxiety compared to the healthy controls. Based on correlation analyses, it was shown that there are statistically significant relationships between the body image variable and eating disorders, depression, and anxiety (state and trait).

**Conclusions:** To deepen the problem of distorted body image, further research is required on etiopathogenesis and dynamics of body image in relation to body mass index and illness chronicity.

**Disclosure:** No significant relationships.

**Keywords:** anorexia nervosa; body image

## EPV0708

### Siblings' experiences of having a brother or sister with an eating disorder

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**Introduction:** Despite the huge effect eating disorders (Eds) have on the lives of sufferers and their families there has been little research on the effect an ED has on siblings even though their lives are repeatedly significantly affected by the situation. It is important to gain more insight into the experiences and needs of siblings as the nature and magnitude of the effect of patients EDs on non-affected siblings is mixed in the current research.

**Objectives:** To conduct a systematic review allowing an extensive search of the current literature to identify where the current

research is lacking. Also, to highlight the need for a greater focus on the effect of EDs on siblings both in research and clinical practice.

**Methods:** A systematic review is being conducted to gain an understanding of the gaps in the literature.

**Results:** It is expected that the systematic review will reveal a lack of literature regarding siblings' experiences of having a brother or sister with an ED. As well as showing the conflicting emotions felt by the siblings, both positive due to the love they feel for their sibling and negative due to the burden they feel.

**Conclusions:** By raising awareness of the needs of non-affected siblings this research should have a notable impact on their experiences by highlighting the need for specific interventions and support services as well as education about their siblings' ED.

**Disclosure:** No significant relationships.

**Keywords:** eating disorder; experiences; Siblings

## EPV0709

### Body shame and disturbed eating behaviors: an ecological momentary assessment approach

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**Introduction:** There is a well-established body of investigations showing that the experience of shame is associated with eating disorders symptoms. Meta-analytical data indicate that body shame is one type of shame that seems to be especially relevant in case of eating disorders. While there are many studies which investigated the association between the predisposition to feel ashamed about one's body and eating disturbance, there are virtually no inquires on how momentary body shame is related to disturbed eating behaviors.

**Objectives:** In this study we aimed to investigate the relationship between momentary body shame and disturbed eating behaviors using an intensive longitudinal design.

**Methods:** Females with high levels of eating disorders symptoms completed five, randomly-initiated surveys per day delivered via a smartphone application for a total of two weeks. The survey evaluated the level of body shame and disturbed eating behaviors (i.e., binge eating, purging, excessive exercises, body checking).

**Results:** Preliminary results indicate that higher levels of body shame are associated with higher levels of disturbed eating behaviors. The level of body shame was higher in binge eating days compared with non-binge eating days.

**Conclusions:** Fluctuations in body shame seem to contribute to the maintenance of disturbed eating behaviors. Implications and limitations of these findings are discussed.

**Disclosure:** No significant relationships.

**Keywords:** Ecological Momentary Assessment; body shame; Eating Disorders

## EPV0710

### My stomach is full

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**Introduction:** Anorexia nervosa is an eating behavior disorder that is often related to various personality factors. The relationship between obsessive compulsive disorder and eating Disorders has been highlighted.

**Objectives:** To present a clinical case of a patient with eating disorder and gastric bezoar, secondary to compulsive hair ingestion.

**Methods:** Bibliographic review of articles published in relation to the comorbidity of these disorders, based on articles published in the last 5 years in Pubmed.

**Results:** 26-year-old female. Diagnosis of restrictive anorexia nervosa. She was admitted to the hospital on two occasions for nutritional disorders. In the last admission, she reported greater anxiety and significant weight loss. She reports that she has limited her food intake, but she does feel thin and is unable to eat for fear of gaining weight. Ruminative thoughts about her body image. During admission, the patient expressed a sensation of fullness, nausea and vomiting, later observing in abdominal X-ray and gastroscopy, the presence of a gastric trichobezoar, which was finally resolved conservatively.

**Conclusions:** Trichotillomania is observed in 1 in 2000 people, trichophagia is even less frequent. According to DSM- V, these disorders are grouped within obsessive-compulsive spectrum disorders. A Trichobezoar is a conglomerate that can be found in the stomach or intestine, composed mainly of hair, previously ingested. Trichotillomania can be associated with anorexia nervosa, especially in patients with obsessive personality traits, which occurs frequently. The gastric slowing that patients with anorexia often present is a factor that favors the formation of the bezoar

**Disclosure:** No significant relationships.

**Keywords:** bezoar; anorexia; Trichotillomania; trichophagia

## EPV0711

### A Case Report of Anorexia Nervosa - the "perfect" woman

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**Introduction:** Anorexia nervosa (AN) is an eating behavior disorder characterized by intense fear of gaining weight or persistent behavior that interferes with weight gain, with caloric intake restriction and secondary loss of body weight. It can affect up to 4% of women during their lifetime and is responsible for one of the highest mortality rates from psychiatric disorders.

**Objectives:** Review of the literature and exposure of a case report of AN in a woman with high level of stress at work.

**Methods:** Case report and nonsystematic review using databases such as PubMed and UpToDate.