

**Introduction:** Previous studies have established a relation between childhood maltreatment and eating disorder behaviors. However, this pattern of relations has not yet been studied within the nuclear family interactions.

**Objectives:** The aim of this study was to examine a model illuminating the transgenerational mechanism underlying the association between childhood maltreatment and eating disorder behaviors.

**Methods:** One-hundred-sixty-eight Israeli mothers and their young-adult-daughters (discovery sample) and 143 Israeli grandmother-mother-daughter triads (replication sample) filled out a battery of questionnaires assessing their history of childhood maltreatment and level of eating disorder behaviors.

**Results:** Results of structural equation modeling (SEM) in the discovery sample indicated that mothers' childhood maltreatment was associated with daughters' childhood maltreatment and that mothers' eating disorder behaviors were also associated with daughters' eating disorder behaviors. In addition, for both mothers and daughters, childhood maltreatment was associated with eating disorder behaviors. Finally, an indirect effect was found in which the relation between mothers' childhood maltreatment and daughters' eating disorders was mediated by mothers' eating disorders. Partial replication was observed; grandmothers' childhood maltreatment was significantly associated with mothers' childhood maltreatment. Grandmothers' eating disorder behaviors were associated with mothers' eating disorders and mothers' eating disorders were associated with daughters' eating disorders. Finally, an indirect effect was found in which the association between grandmothers' eating disorders and daughters' eating disorders were mediated by mothers' eating disorders.

**Conclusions:** These findings point to the significant contribution of the mother-daughter relationship in different aspects of the intergenerational transmission of both childhood maltreatment and eating disorder behaviors. These findings highlight the need to include a trauma-informed family-system approach in the treatment of eating disorders.

**Disclosure of Interest:** None Declared

## EPP0823

### Clinical and psychometric correlates of binge eating behaviors during the COVID-19 pandemic

V. Efstathiou<sup>1</sup>, E. Samara<sup>1</sup>, E. Efstathiou<sup>2</sup>, K. Gkikas<sup>3</sup>, K. Papazachos<sup>3</sup>, P. Bali<sup>3</sup>, E. Kaloudi<sup>3</sup>, I. Giannopoulou<sup>3</sup>, I. Michopoulos<sup>3</sup> and A. Papadopoulou<sup>3\*</sup>

<sup>1</sup>Psychology Department, National and Kapodistrian University of Athens; <sup>2</sup>Marketing and Communication Department, Athens University of Economics and Business and <sup>3</sup>Second Department of Psychiatry, National and Kapodistrian University of Athens, "Attikon" University General Hospital, Athens, Greece

\*Corresponding author.

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**Introduction:** Binge eating behaviors are associated with psychological, social, and biological factors, while it is suggested that they may be triggered by negative emotions, including depression and anxiety, and provide relief from them, which in turn may lead to reinforcement of such behaviors.

**Objectives:** This study aimed to examine the eating habits and in particular the binge eating behaviors of a sample of adults during

the COVID-19 pandemic, an unprecedented challenge for public health and communities worldwide with multi-level consequences on people's lives.

**Methods:** The sample consisted of 196 individuals residing in Greece aged 18 to 64 years (76.5% women), who completed an anonymous questionnaire from June to July 2021. This included the following psychometric instruments: Fear of COVID-19 Scale to assess the fear related to COVID-19, Rosenberg Self-esteem Scale to assess self-esteem, Depression Anxiety Stress Scale-21 to assess anxiety, depression and stress, Binge Eating Scale to assess binge eating behaviors, UCLA Loneliness Scale for the evaluation of the perceived feeling of loneliness and Reflective Functioning Questionnaire for the assessment of reflective functioning (i.e., the ability to understand human behavior in terms of underlying mental states).

**Results:** The majority of participants (86.7%) reported that during the pandemic their diet was less healthy than before the pandemic onset, while almost half (46.4%) of the participants stated that they had experienced an episode of binge eating during the past 6 months, and 36.2% that they had used self-induced vomiting in order to control their weight. Of note, the results of a multiple regression analysis revealed that higher levels of fear of the pandemic as well as of depression were independently associated with higher binge eating, with women presenting higher mean scores in the Binge Eating Scale than men. Conversely, higher self-esteem appeared to be independently associated with lower binge eating levels, thus acting as a protective factor, whereas the remaining psychometric factors were not found statistically significantly related.

**Conclusions:** In conclusion, the findings of the present study highlight the importance of identifying dysfunctional eating behaviors and related psychological factors that may potentially act as risk or protective factors, especially during the pandemic.

**Disclosure of Interest:** None Declared

## EPP0824

### Is social media important in adolescents with eating disorders?

B. Martínez-Núñez\*, D. S. Cohen, R. Encinas-Encinas, A. Paniagua-Velasco, D. A. Gómez-Guimaraes, C. García-López, B. Muchada-López, M. Faya-Barrios and M. Graell-Berna

<sup>1</sup>Psychiatry and Clinical Psychology, Hospital Infantil Universitario Niño Jesús, Madrid, Spain

\*Corresponding author.

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**Introduction:** Eating disorders (ED) are complex entities of multi-causal etiology that mainly affect adolescents and young women. For this reason, EDs frequently cause medical and psychological complications that can cause potentially irreversible developmental sequelae during adolescence.

96% of Spanish youth (15-29 years old) use daily Internet. In addition, 83% use Social Networks. Internet could be a good way to spread information through social media, websites, providing material and means to achieve the body culture purpose.

As we have seen in various papers, social media can influence and trigger the development of EDs.