

Introduction: Orthorexia is a neurotic behavior characterized by an obsession with healthy eating. This trend is growing among medical students; it may be related to the stress experienced by these young people.

Objectives: The aim of this study was to determine the prevalence of orthorexic eating behaviors among medical students in Tunisia and to examine the relationship with perceived stress.

Methods: Our study was descriptive and analytical cross-sectional, carried out with medical students in the faculty of medicine of sfax (Tunisia) during October 2022.

An anonymous survey was asked to the students.

Data collection was done by a self-administered questionnaire via Google Forms administered in the students' Facebook groups. The questionnaire was composed of a part for the collection of socio-demographic data and two psychometric scales :

-The ORTO-15 was used to assess orthorexia

- Cohen's Perceived Stress Scale (PSS) to determine the level of stress

Results: A total of 95 responses was collected. The average age of our sample was 25.8 ± 3.4 with sex ratio M/F=0,25. Tobacco and alcohol use were found in 14.7% and 13.6% of cases respectively. A psychiatric history was reported by 17.9% of students, 76.5% of whom are anxiety disorders. Average body mass index was 23.64 ± 3.53 kg/m². More than half (58%) of the students were dissatisfied with their feed. In our sample, 8.4% of students have already consulted a nutritionist and 58.9% regularly practiced sport at gym. According to the ORTO 15, 52.6% of the students presented orthorexia. The mean score of the ORTO-15 was 39.19 ± 4.48 . According to PSS scores, 21.1% of students had severe level of stress, 69.5% had moderate stress level while 9.5% had low level of stress. Severe stress was significantly correlated with female gender and psychiatric follow ($p=0.047$), ($p=0.001$) respectively. Orthorexia was significantly correlated with the practice of sport ($p=0.042$). Orthorexic students had a higher level of stress without significant correlations.

Conclusions: Our study showed significant frequencies of orthorexia and a considerable level of stress among medical students. A high level of stress was observed in these orthorexic students. Further studies should be conducted to better investigate this relationship in order to promote student mental health

Disclosure of Interest: None Declared

EPP0617

Disgust and Self-Disgust in Eating Disorders: A Systematic Review and Meta-analysis

S. Bektas^{1,2*}, J. L. Keeler¹, H. Mutwalli^{3,4}, H. Himmerich^{1,5} and J. Treasure^{1,6}

¹Section of Eating Disorders, Department of Psychological Medicine, Institute of Psychiatry, Psychology & Neuroscience, King's College London, London, United Kingdom; ²Department of Psychology, Hacettepe University, Ankara, Türkiye; ³Section of Eating Disorders, Department of Psychological Medicine, Institute of Psychiatry, Psychology and Neuroscience, King's College London, London, United Kingdom; ⁴Department of Clinical Nutrition, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University, Dammam, Saudi Arabia; ⁵Eating Disorders Unit, Bethlem Royal Hospital, South London and Maudsley NHS Foundation Trust

(SLaM), Maudsley Hospital and ⁶Eating Disorders Unit, Bethlem Royal Hospital, South London and Maudsley NHS Foundation Trust (SLaM), Maudsley Hospital, London, United Kingdom

*Corresponding author.

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Introduction: Disgust and self-disgust are aversive emotions which are often encountered in people with eating disorders.

Objectives: The aim of this systematic review is to conduct a synthesis of studies that have measured aspects of disgust and self-disgust in people with EDs.

Methods: We conducted a systematic review and meta-analysis of disgust and self-disgust in people with eating disorders using Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. The systematic review of the literature revealed 52 original research papers.

Results: There was substantial heterogeneity regarding the research question and outcomes. However, we found 5 articles on disgust elicited by food images, 10 studies on generic disgust sensitivity, and 4 studies on self-disgust, and we proceeded to a meta-analytic approach on these studies. We found that women with eating disorders have significantly higher momentary disgust feelings in response to food images (1.32; 95% CI 1.05, 1.59), higher generic disgust sensitivity (0.49; 95% CI 0.24, 0.71), and higher self-disgust (1.90; 95% CI 1.51, 2.29) compared with healthy controls.

Conclusions: These findings indicate the potential clinical relevance of disgust and self-disgust in the treatment of eating disorders.

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EPP0618

Anorexia nervosa in the times of COVID-19 pandemic is it different than before?

H. Y. Yılcıoğlu, S. H. Tokmak*, B. Yuluğ Taş, D. Çek and B. Özbaran

Child and Adolescent Psychiatry, Ege University Hospital, Izmir, Türkiye

*Corresponding author.

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Introduction: The COVID-19 pandemic control measures such as isolation and social restrictions are related to an increase in the incidence of anorexia nervosa and deteriorating symptoms by increased social media exposure, limited access to psychiatric services, disruptions in relationships between families and adolescents.

Objectives: Aim of study was to investigate the psychiatric and psychosocial impacts and clinical changes in anorexia nervosa patients, who applied to the Ege University Child and Adolescent Psychiatry for the first time in 2018, during the 2019-2022 pandemic period.

Methods: Our study was carried out 35 anorexia nervosa patients. Voluntary written informed consent, self-report form; using The Visual Analog Scale (VAS), Screen for Child Anxiety Related Disorders Scale (SCARED), Eating Attitudes Test (EAT), The Quality of Life Scale (QOLS), The Difficulties in Emotion Regulation Scale (DERS), The Autism Spectrum Screening Questionnaire (ASSQ), Atilla Turgay DSM-4 Based Screening and Evaluation Scale for Behavioral Disorders in Children and Adolescents