

(GAF), Structured Clinical Interview (SCID 1-2), Level of Expressed Emotion Scale (LEE), Paykel scale, State and Trait Anxiety Inventory (STAY 1-2), State-Trait Anger Expression Inventory (STAXY), Barratt Impulsiveness Scale (BIS-11).

Results Levels of anxiety (both state and trait) are higher in the ED group than in SCHZ. As far as the STAXY is concerned, SCHZ patients score higher than ED ones on control over anger, while general index of anger expression was higher in ED patients. We did not find significant differences in EE between two groups, except for the patient's emotional response of the patient to the disease, which was greater among SCHZ. Both SCHZ and ED patients scored higher on the LEE, Paykel and STAY than their caregivers.

Conclusions SCHZ and ED patients show different patterns of anxiety and anger, but similar profile as far as EE is concerned. Implications for treatment will be discussed.

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EV567

Multifactorial ethiopathogenic in eating disorders

E. García^{1,*}, M. Leon², F. Polo²

¹ Ciudad Real, Spain

² Hospital General de Ciudad Real, UTCA, Ciudad Real, Spain

* Corresponding author.

Eating Disorders is a heterogeneous group of syndromes which includes many factors in their develop. The three main syndromes, AN, BN and EDNOS has been defined in last DSM as independent entities. However is well known that a group of patients may change its presentation along time, so also been at first diagnosed of AN, lately will fulfil criteria for BN or EDNOS.

In the other hand, if we compare two patients with the same syndrome, as BN, or AN. . .

We may easily find big differences in personality, stressors. . . and in some cases the only common factor is the clinical presentation. Behind all of this is the fact that syndromic classification drives to empiric treatments that are far the most validated.

But although there is a well known evolution in this disorders, with a not so bad income as one could think initially (in some cases one third could recover without treatment), what may we do with those patients that are resistant for empiric treatments?

And it is our opinion that a deeper knowledge of all the factors that contribute to the syndrome or its presentation, as well as those related to treatments results, should be taken into account.

We have reviewed all knowledge about these issues and we have completed it with our clinical practise using a 50 patients data base, here we will show our results, that are basically that even the same factors interact in different ways in each patient, so it is not just the ingredients but the recipe.

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EV568

Atypical antipsychotics use in eating disorders. Review

J.M. Hernández Sánchez^{1,*}, M.F. Molina López², M.C. Cancino Botello², M.Á. Canseco Navarro², D. Peña Serrano²

¹ Valencia, Spain

² Hospital General de Valencia, Psychiatry, Valencia, Spain

* Corresponding author.

Introduction Eating disorders often have serious medical complications, including the highest mortality rates of any psychiatric disorder. The search for an optimal therapeutic strategy during the last decades has been difficult and it has included antidepressants,

antipsychotics, anticonvulsants, benzodiazepines and mood stabilisers.

Objectives To review the medical literature related to the treatment of eating disorders with atypical antipsychotics.

Methods Medline search and ulterior review of the related literature. Keywords: "eating disorders"; "anorexia nervosa"; "bulimia nervosa"; "binge eating disorder"; "antipsychotic agents".

Results To the date, most of the studies have been with olanzapine. Olanzapine has shown effects, not only on weight gain, but also on management of other psychological features such as obsessive-compulsive symptoms, depression, aggression, persistence and interpersonal distrust. However, most of these studies have been compared to placebo, and binge-eating behaviour has also been described when using olanzapine (not with aripiprazole or ziprasidone). Recently, Marzola et al, when comparing olanzapine + SSRIs versus aripiprazol + SSRIs, described that aripiprazole (compared to olanzapine) is significantly more effective in reducing purging episodes, eating preoccupations and rituals.

Conclusions So far, aripiprazol and olanzapine have been proved to be the most effective atypical antipsychotics in eating disorders, especially in anorexia nervosa. However, most of studies were placebo-controlled and in quite small samples. Further investigation is needed.

Disclosure of interest The authors have not supplied their declaration of competing interest.

Further readings

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EV569

Patients with anorexia nervosa: Outcome inpatient care

J. Jerónimo^{*}, J. Santos, L. Castro Nunes, S. Neves, F. Sequeira, A. Neves

Santa Maria's Hospital, CHLN, Psychiatry and Mental Health Department, Lisboa, Portugal

* Corresponding author.

Introduction Anorexia nervosa (AN) is characterized by self-induced starvation coupled with fear of gaining weight and a distorted body image. Its treatment is complex and challenging, and sometimes hospitalization is needed.

Santa Maria Hospital's Eating Disorders Unit (SMH-EDU) is a multidisciplinary team, formed in 1989, that provides both outpatient and inpatient treatment.

Objective To present and discuss SMH-EDU's AN treatment and its results.

Methods Revision and statistical analysis of all hospitalized AN' patients' clinical files, from 1 January 2014 to 31 December 2014. Treatment outcome was assessed by BMI variation.

Results A total of 45 admissions (41 patients) were analysed: 75.65% had AN restricting type and 24.45% had AN purging type. All patient were females, with median age of 27 years old (range 12–57 years). Average admission BMI was 14.51 kg/m² (ranging from 11.19 to 17.77 kg/m²). The mean lengths of stay were 39 days. Thirty-six percent of the patients had at least one previous hospitalization. Only 2 patients were readmitted at SMH-EDU: triple readmissions. The mean time between the beginning of the disorder and the admission was 111 months (ranging 2 to 408 months). Average discharged BMI was 16.32 kg/m² (ranging from 13.24 to 19.11 kg/m²).

Conclusion Inpatient treatment for AN at SMH-EDU is considered only for those patients whose disorder has not improved with appropriate outpatient treatment. Therefore, most inpatients at

SMH-EDU have disorders of high severity, as demonstrated in our results.

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EV570

Prevalence of orthorexia nervosa among polish adolescents – Assessment made by the ORTO-15 Questionnaire

J. Hyrnik¹, M. Janas-Kozik¹, M. Stochel¹, I. Jelonek¹, A. Siwiec¹, K. Krysta^{2,*}, J.K. Rybakowski³

¹ Medical University of Silesia, Department of Psychiatry and Psychotherapy of Developmental Age, Sosnowiec, Poland

² Medical University of Silesia, Department of Psychiatry and Psychotherapy, Katowice, Poland

³ University of Medical Sciences Poznan, Department of Adult Psychiatry, Poznan, Poland

* Corresponding author.

Objective Orthorexia nervosa (ON) is an excessive fixation on the consumption of healthy food and an obsession with its biological purity. The aim of this study was to assess the prevalence of ON in a population of Polish urban adolescents and some possible contributory factors.

Method Validation and adaptation of the ORTO-15 Questionnaire was made in the group of 399 participants (15–21 years old). The validation procedure incorporated three basic methods to be applied in the reliability analysis. The reliability analysis of the ORTO-15 Questionnaire based on repeatability of the responses presents a very good (kappa: 0.81–1.00 for 5 items) and a good repeatability (kappa: 0.61–0.80 for 10 items). The reliability analysis based on the value of the Cronbach's α reached a satisfactory level (0.7–0.9). The ORTO-15 questionnaire was considered a reliable tool to identify the risk of ON in population studies in the group of urban youth aged 15–21. Assessment was made among 1899 high school students, 992 girls, and 907 boys, aged 15–21 years.

Results The mean value of the ORTO-15 was 39.2 ± 3.6 points, with no sex difference. The main factors connected with orthorexia, according to the "Orthorexia 35" definition were excess weight, sporting activities, out-of-school activities, smoking status, working parents and a high family income.

Conclusions This study, of a large number of adolescents, showed a prevalence of ON similar to that recorded in adult populations. This is a first assessment of orthorexia among adolescent population.

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EV571

Anorexia nervosa and dissociative disorders in males: A case report

M.D.M. Lázaro Redondo*, F. De la Torre Brasas, A. Duque Domínguez, N. Echeverría Hernández, L. Martín Díaz, C. García Montero, M. Otálora Navarro, A. Mas Villaseñor, J.I. Bango Suárez

Complejo hospitalario de Ávila, Psychiatric unit, Ávila, Spain

* Corresponding author.

Introduction There is a low prevalence of eating disorders among men. In many cases, the disorder arises as a means of avoiding psychosocial maturation. Various psychiatric comorbidities such as depression or obsessive-compulsive disorder are frequently found in these patients.

Objectives To analyze psychiatric symptoms in relation to a case of anorexia nervosa.

Methods Pubmed revision on clinical presentation of anorexia nervosa in male. Review of patient medical records.

Results A 23-years-old male with diagnosis of restricting anorexia nervosa was treated and followed since 2012. In July 2015, the patient, who was clinically stabilized for a year, had decreased gradually intake. Suddenly he showed a decreased consciousness, followed by an absence of response and mutism that motivated hospital admission. The diagnosis was dissociative stupor. A research in women with eating disorders shows a prevalence of pathological dissociation between 4.8 and 48.6%. After recovering a normal consciousness, he presented clinical features of anorexia nervosa according DSM 5 criteria. The patient remained two months until he reached his previous BMI (17) to continue an outcome treatment. Despite of several years of specific treatment for anorexia nervosa, both parents and patient still did not accept the diagnosis. Cultural constructions of eating disorders as a "women's illness" mean that men may fail to recognise their disorder.

Conclusions There is a delay of diagnosis of anorexia nervosa in men. The lack of research on men's experiences and the cultural construction of anorexia nervosa as a female problem may contribute to underdiagnose eating disorders in men.

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EV572

The effect of atypical antipsychotic medications in anorexia nervosa

M. Barchiesi^{1,*}, M. Martellini¹, M.G. Oriani², B. Nardi¹

¹ Polytechnic University of Marche, Clinica di Psichiatria, Ancona, Italy

² Dipartimento di Salute Mentale Ancona ASUR Marche, Dipartimento di Salute Mentale Ancona ASUR Marche, Ancona, Italy

* Corresponding author.

Introduction Anorexia nervosa (AN) is severe and debilitating psychiatric illness characterized by destructive weight loss behaviour, refusal to maintain body weight at or above minimal normal weight for age and height, intense fear of weight gain and disturbance in experience of body shape and weight.

Objectives The purpose of this review is to investigate the state of art concerning the use of atypical antipsychotics (SGA) in the treatment of anorexia nervosa, comparing the efficacy and tolerability in female patients not selected by age.

Methods A Medline enquiry of published articles from 2005 to October 2015 was performed using the following Keywords: "anorexia nervosa; pharmacological treatment; atypical antipsychotics; olanzapine; risperidone; paliperidone; aripiprazole; quetiapine". Reviews and RCT were also analyzed.

Results No strong evidence of beneficial effects was found in using SGA in adults. The majority of studies focused on olanzapine, which seems to have, in some studies, only positive effect on body mass index, eating disorder symptoms and functional impairment. Risperidone doesn't seem to have effect on body mass index. Olanzapine and risperidone increase the mean fasting glucose and insulin levels. In a recent study the main finding is represented by the positive effects of the adjunct of aripiprazole to antidepressants on eating-related obsessive-compulsive symptomatology.

Conclusions In conclusion, in our review we observed that research in treatment with SGA of AN is still far away from finding univocal conclusions.

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