

can lead to an addiction control and the patient and the feeder often requires the psychiatry assistance in a systemic perspective.

### P0351

Corporal image and attitude towards food: Study made with young students in Portugal

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In modern society there is evidence of a great concern with overweight and body image in both genders. We also know that diet is a risk factor for future diseases like anorexia and bulimia.

**Objectives:** Assessing the existence of risk behavior for the development of eating disorders in young people,

**Methods:** Cross study of students attending two schools (semi-urban and rural) and the university. There was registered individual weight and height and implemented questionnaires of food history, relationship with food, body image (BSQ) and the test of attitude towards food (EAT-26).

**Results:** In the samples, there was a predominance of the female population (57%, 68%, 74% in Ceira, Pombal and the University). In samples with less than 18 years, the average weight is situated in the range 50-59 kg and the sample university in the range 60-69Kg. In all samples the height average is located in the range 1.60 m to 1.67 m. The satisfaction with the weight is higher in rural population (74%). It is, paradoxically, in the rural population, with mean age of 18 years who are the largest percentage of change in scales EAT-26 and BSQ (29 and 23%).

**Conclusions:** In all populations are uniform in terms of weight and height, and noted however, that the rural population, with an average of 18 years of age there is a predominance of abnormal behavior food and dissatisfaction with body image.

### P0352

The need of psychotherapy in case of disease acceptance in adolescents with overweight and obesity

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Obesity is very serious problem for health care on a level of society, community and individuals. Psychology of health looks for intrapsychic determinants of anti health behaviors. Knowledge of these may improve the quality of treatment activities toward patients with overweight and obesity. The aim of the study was to estimation the acceptance of the disease in persons with overweight and obesity. 60 persons, 32 girls and 28 boys, with the mean of age 12,84, medium BMI factor 29 participated in the study.

Anthropometric measure – BMI factors, psychological tests of locus of health control illness acceptance in adaptation of Juczyński used in the study.

The results show that BMI doesn't differentiate group in the acceptance of the disease parameter. There was a strict correlation between the estimation of somebody's own obesity as a disease and the acceptance of the illness. In the group of persons with overweight and obesity there is the correlation the lower pain the higher illness acceptance. There was a question how to inform patients about the disease - obesity and how to support them in psychological way.

### P0353

Prevalence and clinical impact of self-injurious behaviour in eating disorder patients with and without a comorbid borderline personality disorder

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**Background and Aims:** A high prevalence of Self-Injurious Behaviour (SIB) and suicide attempts has been found in patients with Eating Disorders (ED) as well as in patients with a Borderline Personality Disorder (BPD). Since there is a high comorbidity of these two disorders the impact of BPD on the occurrence of self-harm in patients with ED is unclear. This study examined the occurrence and clinical relevance of SIB and suicide attempts in a large sample of 1638 female inpatients with ED, comparing patients with and without a comorbid BPD.

**Methods:** The sample consists of 632 patients with anorexia, 659 with bulimia nervosa and 347 with EDNOS according DSM-IV; 100 had a comorbid BPD. The assessment included the Eating Disorder Questionnaire, the Eating Disorder Inventory, the Self-Harm Behaviour Survey, the Traumatic Life Event Questionnaire, the Dissociative Experience Scale, the Barratt Impulsivity Scale and other.

**Results:** The lifetime prevalence for the whole sample of SIB and for suicide attempts was 34% and 33% respectively. The risk for SIB doubled with the presence of a comorbid BPD and the risk for suicide attempts increased fivefold. The presence of BPD was associated with significantly severer psychopathology but neither SID nor BPD did compromise the treatment outcome.

**Conclusion:** SIB and suicidal behaviour are common and important issues in patients with eating disorders. A comorbid BPD increases the risk of SIB and especially of suicide attempts dramatically. This should be taken into account in primary care in order to identify this high risk group.

### P0354

Traits related to social anxiety in the eating disorders

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To determine the extent to which ED psychopathology and underlying personality traits account for social anxiety in EDs while controlling for potential confounding factors such as age, ED duration, inpatient status, body mass index, ED subtype and overall level of self-reported psychopathology.

**Methods:** 927 ED women completed standardized measures of social anxiety (SADS), eating behaviors (EAT-40, EDI-II, BITE), personality (TCI-R) and general psychopathology (SCL-90-R).

**Results:** Regression analyses showed that EAT-40, EDI-Social insecurity and interpersonal distrust, TCI-Harm avoidance (HA) and low Reward Dependence (RD) highly explained (57%) social anxiety in this population.

**Conclusions:** This is the first and largest study to date examining the specific association of social anxiety with different eating and personality characteristics in ED controlling for confounds. The

importance of temperament traits such as high HA and low RD to explain the co-occurrence of both social anxiety and ED is highlighted.

### P0355

Internet-based cognitive-behavioral therapy for bulimia nervosa: A controlled study

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**Objectives:** To examine the effectiveness of an Internet Based Therapy (IBT) for Bulimia Nervosa (BN), when compared to a brief psychoeducational group therapy (PET) or a waiting list (WL).

**Method:** 93 female BN patients, diagnosed according to DSM-IV criteria. An experimental group (31 IBT patients) was compared to two groups (31 PET and 31 WL). PET and WL were matched to the IBT group in terms of age, disorder duration, previous treatments and severity. All patients completed assessment, prior and after treatment.

**Results:** Considering IBT, mean scores were lower at the end of treatment for some EDI scales and BITE symptoms scale, while the mean BMI was higher at post-therapy. Main predictors of good IBT outcome were higher scores in EDI perfectionism and higher scores on reward dependence. Drop-out was related to higher SCL-obsessive/compulsive ( $p=0.045$ ) and novelty seeking ( $p=0.044$ ) scores and lower reward dependence ( $p=0.018$ ). At the end of the treatment bingeing and vomiting abstinence rates (22.6% for IBT, 33.3% for PET, and 0.0% for WL;  $p=0.003$ ) and drop-out rates (35.5% IBT, 12.9% PET and 0% WL;  $p=0.001$ ) differed significantly between groups. While the concrete comparison between the two treatments (IBT and PET) did not evidence significant differences for success proportions ( $p=0.375$ ), statistical differences for drop-out rates ( $p=0.038$ ) were obtained.

**Conclusions:** The results of this study suggest that an online self-help approach appears to be a valid treatment option for BN, especially for people who present lower severity of their eating disorder (ED) symptomatology and some specific personality traits.

### P0356

Eating attitudes among adolescents

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**Introduction:** Eating disorders are major problems in many countries of the world. They are especially prevalent during adolescence and early adulthood, because society equalizes thinness with beauty and attractiveness in women. It is not surprising that women tend to be preoccupied with losing weight and achieving a slim body at young age.

**Method:** The study examined the relationship among BMI, diet, body satisfaction, weight and eating behaviour. Research of the sample includes high school students of both sex from Banjaluka aged between 15 and 18 (female 360, male 250). A sample of adolescents was screened with eating attitude test (EAT-26). They also answered

to the questions about self reported weight and height, diet and body satisfaction.

**Results:** Comparing self report of body satisfaction and BMI we found a statistical significance ( $p=0,0001$ ) and frequency of using diets ( $p=0,0001$ ). EAT was compared with BMI ( $p=0,07$ ) and body satisfaction was statistically significant ( $p=0,0001$ ). BMI was also important for using diets ( $p=0,01$ ).

**Conclusion:** In the study we found relation between body satisfaction, BMI and frequency of using diets. It could be first the step in the development of eating disorders. BMI does not have influence on EAT score. It is necessary to use this knowledge in the future to design preventive programs for individual risk of developing eating disorders and for directed interventions for changing socio cultural pressures on the behaviour.

### P0357

The relationship between eating disorders, physical activity and obesity in women and men - an epidemiological study in Norway

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The relationship between eating disorders, physical activity and obesity among Norwegian men and women has received increasing interest during recent years. Eating disorders (ED) is commonly referred to among women. Very few studies have been done focusing on male ED. In the present study we present data for both genders.

In the present study, a total of 11000 postal questionnaires were sent out at 3 different time points; 1991 (women 18-60), 2004 (women 18-65), and 2005 (men 18-65 years) in Norway. The total response rates were 74.9%, 45.8%, and 41%, correspondingly.

The main aim of the present study was to study the relationship between eating disorders, physical activity and obesity among Norwegian men and women in the general male population in Norway.

**Results:** Preliminary analyses suggest less increase in the prevalence of eating disorders among women between 1991 and 2004 than expected. More men than expected with symptoms of ED. Detailed prevalence numbers for the different eating disorders according to DSM-IV, age cohort analyses, as well as analyses on the relationships between eating disorders, physical activity, and obesity will be presented in April.

### P0358

Bulimia nervosa vs. binge eating disorder: Common and differential clinical and personality correlates

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**Aims:** The objective of this study was to analyze clinical and personality differences in three groups of patients with eating disorders: