

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.801>

EV0472

The impact of self-esteem on eating disorders

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Introduction Eating disorder (ED) are an important mental health problem because of their overall prevalence, especially in children and adolescents. Low self-esteem is considered, along with others, one of the risk factors for the development of these disorders, without having clarified the real impact of low self-esteem on the development of ED. The aim of this study is to analyze the relationship between self-esteem and the risk of developing an eating disorder.

Material and method We have selected a sample of 500 patients who were in the 2nd year of secondary school to which has been applied a battery of scales including the Rosenberg self-esteem scale, and the EAT-26 scale for ED. We used logistic regression using SPSS to analyze the relationship between both variables.

Results In addition to analyzing clinical and sociodemographic characteristics of the sample, we have found that for every decrease of 1 point in Rosenberg scale, there is an increase of 9% in the probability of being a case of ED for the EAT-26 scale ($P < 0.05$).

Conclusions Regarding these results, we can conclude that, in our sample, having low self-esteem score, significantly increases the likelihood of having a high score on the scale of ED. This data can be useful in establishing a preventive strategy and an adequate treatment.

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<http://dx.doi.org/10.1016/j.eurpsy.2017.01.802>

EV0473

Cortisol awakening response in binge-purging and restrictive anorexia nervosa

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Introduction Anorexia nervosa (AN) is a complex psychiatric disorder characterized by severe restriction of food intake and aberrant behaviours. The endogenous stress response system, including the hypothalamus-pituitary-adrenal (HPA) axis, may have a role in the pathophysiology of AN.

Objectives It has been shown that specific clinical traits of AN, such as binge-purging behaviours, may be associated with higher psychopathology and poorer outcomes. Therefore, the HPA axis functioning could differ between patients with restrictive AN (ANR) and those with binge-purging AN (ANBP).

Aims In order to evaluate whether HPA axis functioning differs between the two subtypes of AN, we assessed the cortisol awakening response (CAR) of symptomatic ANR and ANBP patients.

Methods Our sample included 17 ANBP and 18 ANR patients, and 42 healthy women. All of them filled in the Eating Disorder Inventory-2 (EDI-2). For CAR assessment, participants collected saliva samples at home. Saliva cortisol concentrations were measured by an enzyme immunoassay method.

Results ANR and ANBP patients exhibited a CAR significantly higher than healthy women. Furthermore, the CAR of ANBP women was higher than that of ANR women and positively correlated with the bulimia subitem score of the EDI-2.

Conclusions Present findings show, for the first time, differences in the CAR between ANBP and ANR subtypes supporting the idea that binge-purging behaviours may have a specific connection with HPA axis.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.803>

EV0474

Association between eating disorders and 5-HTTLPR polymorphism: The experience of an Italian eating disorders unit

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Introduction Eating Disorders (ED) as Anorexia Nervosa (AN), Bulimia Nervosa (BN) and Binge Eating Disorder (BED) are severe and debilitating psychiatric diseases whose etiology is complex and still largely unknown. Several studies seem to suggest that serotonin could be involved and notably there are several associations with 5-HTTLPR polymorphism, especially with the S allele and the S/S genotype.

Objectives The purpose of this study is to evaluate if an association between ED and 5-HTTLPR (especially the S allele frequency) can be shown.

Material and methods A group of about 100 subjects attending the eating disorders unit of Ancona will be tested. Their DNA will be taken and the frequency of the S allele will be compared with a control subjects group negative for ED. Then, the ED group will be divided, according to the DSM-5 criteria, in 3 subgroups (AN, BN, BED) and potential differences will be evaluated.

Results At the moment, we are still collecting patients. According to other studies involving 5-HTTLPR, the S allele frequency in Italy is comparable with the European one, so there is reason to believe that an association could be found.

Conclusions Serotonin involvement in ED in literature is shown, but it still has to be completely expounded. Studies as this one could help in describing the etiology and the development of this disease.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.804>

EV0475

Visuo-Haptic information processing in patients suffering of anorexia nervosa

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