

P02-319 - DEVELOPMENT AND EVALUATION OF APLICABILITY FOR A PSYCHOEDUCATIVE MANUAL AS FIRST INTERVENTION ON THE TREATMENT OF BINGE EATING DISORDER

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Objective: The objective of this Project was to develop and evaluate the applicability of a psychoeducative manual adapted to the Brazilian population reality, as first intervention on the treatment of BED patients.

Method: The manual is printed in a brochure format, using a non-medic language, where the information is presented with images and fictitious characters, allowing patients to make use of it without supervision of a specialized professional.

The first part gives information about the disease, characteristics and symptoms, allowing the patient to identify if he has or not the disorder, partial or complete.

The second part gives the mechanisms that predispose, start and perpetuate the eating disorder, helping the patient to recognize them and develop strategies to modify his behavior.

Results: Several versions have been improved by the authors; when a definitive format was achieved, the manual was evaluated by eight eating disorders specialized professionals, who presented their comments and suggestions on the format and contents. After implemented the changes, the 12th version was settled as final, consisting of 10 items. Then, this manual was submitted to 10 patients, to be evaluated regarding information assimilation through a questionnaire specially developed for this purpose.

Conclusions: This is the first psychoeducative manual for BED patients in Brazil. Its final version was considered by the patients a quick and easy to understand reading. Due to the low range of specialized professional assistance, such manual can be very relevant. Studies to evaluate the efficaciousness of this manual are currently under process.