

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. Hyrnik<sup>1</sup>, M. Janas-Kozik<sup>1</sup>, M. Stochel<sup>1</sup>, I. Jelonek<sup>1</sup>, A. Siwiec<sup>1</sup>, K. Krysta<sup>2,\*</sup>, J.K. Rybakowski<sup>3</sup>

<sup>1</sup> Medical University of Silesia, Department of Psychiatry and Psychotherapy of Developmental Age, Sosnowiec, Poland

<sup>2</sup> Medical University of Silesia, Department of Psychiatry and Psychotherapy, Katowice, Poland

<sup>3</sup> 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  $\alpha$  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  $39.2 \pm 3.6$  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<sup>1,\*</sup>, M. Martellini<sup>1</sup>, M.G. Oriani<sup>2</sup>, B. Nardi<sup>1</sup>

<sup>1</sup> Polytechnic University of Marche, Clinica di Psichiatria, Ancona, Italy

<sup>2</sup> 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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