

Results patient had selective/restrictive eating behaviours, daily purges and occasional binges for last five years. At age 14 she was diagnosed with ADHD by impulsivity/aggressiveness and poor school performance, but she did not take drugs and left medical consultations. She came to our specific unit of EDs in november-2015. Her BMI was 24.88 kg/m². We initiated CBT and atomoxetine (80mg/day). In this first year of treatment binges and purges have disappeared and exposure to new foods and body image have improved partially. We found clear improvement in mood, motivation and attention/concentration in relation with introduction of atomoxetine. These facts have positive impact on the clinical evolution. Her current BMI is 26.90 kg/m².

Conclusions Identify comorbid ADHD to assess the use of specific drugs for this disorder could be beneficial in the treatment and prognosis of EDs. However, more studies are needed to determine effectiveness, particularly of non-stimulant drugs.

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Theory of mind in binge eating disorder: an exploratory study

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Introduction to date, studies on the relationship between Theory of Mind (ToM) and eating disorders (ED) have never considered binge eating disorder (BED).

Aims a) to assess ToM abilities in a sample of patients suffering from BED comparing them with healthy controls; b) to evaluate the influence of several variables (demographic, clinical and neuropsychological dimensions, attachment styles, traumatic events, comorbid Axis I and II disorders) on ToM abilities.

Methods we assessed ToM in a sample of 20 BED patients and 22 women from the general population using the Reading the Mind in the Eyes Test (RMET) and the Faux Pas Test (FPT).

Results regarding the first aim, the comparison between groups showed that the clinical group scored significantly lower than the control group on the RMET as well as on FPT. Regarding the second aim, two different multiple regression models were performed: one for the RMET and one for the FPT. Both of them led to significant results. When modeling RMET score, it emerged that age and Binge Eating Scale significantly reduce the score, while vocabulary and drive for thinness have a positive effect ($r^2 = 0.62$). When modeling FPT score, we found that central coherence and binge eating significantly reduce the total score ($r^2 = 0.33$).

Conclusions our study begins to shed light on the relationship between ToM and BED; in particular, it suggests that BED patients have lower mentalization skills than healthy controls and ToM abilities are partially influenced by clinical variables related to eating pathology.

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Some stay the same: Personality change after treatment for eating disorder

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Introduction Strong evidence establishes a close relationship between personality traits and mental illness; where personality can be said to influence the likelihood, severity and longevity of a mental disorder. Personality is usually seen as fixed, yet there is a growing body of evidence for the changeability of personality, though this has rarely been studied in relation to mental disorders.

Objective To study the longitudinal interplay between personality and eating disorders (EDs), particularly the associations between personality, recovery and treatment modality.

Aims To investigate changes in the five domains and thirty lower-level facets of personality in non-underweight EDs, and its associations to intervention and outcome.

Methods Two hundred and nine adults with EDs enrolled either in a four-month multimodal psychodynamic group-therapy (DAY) or four-six month internet-based supported cognitive behavioural therapy (iCBT). ED diagnosis and personality (by the five-factor model) were assessed at baseline, termination and 6-month follow up. Structural equation modeling was used to analyze domain-level development, and reliable change (RCI) for facet-level development.

Results Remission rate at end of treatment was 71% in DAY and 55% in iCBT. Over time, Neuroticism decreased significantly while Extraversion, Openness and Conscientiousness increased ($P < 0.01$). Treatment and outcome had little influence on domain-level change. At the facet-level, 28% of patients reliably changed in any given facet, and there were several differences in pattern based on treatment and outcome.

Conclusions This study lends support for the possibility of personality change and its relevance for recovery from EDs.

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

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Run for it: Compulsive exercise in adolescents with eating disorders – a nationwide longitudinal study

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Introduction Rigorous exercise to control weight and/or shape and to avoid negative affect has been proposed as significant in the etiology, development and maintenance of eating disorders (EDs), resulting in more severe and enduring pathology. However, few studies have investigated compulsive exercise (CE) among adolescents with EDs.

Objective To study the longitudinal relationship between EDs and CE in adolescents.

Aims to investigate if adolescent ED patients show a similar relation between EDs and CE as previous research has found in adults.

Methods A total of 3116 girls and 139 boys from a nationwide clinical EDs database were investigated on CE prevalence and frequency in relation to ED diagnosis, psychiatric symptoms, associated features and outcome. Denial of illness in self-ratings was adjusted for.

Results Adjusted CE prevalence in girls was 44%; with high-est prevalence in bulimia nervosa. Average CE frequency was 3.9 times/week (SD=2.6). Those with CE scored significantly higher than non-CE on total ED severity, dietary restriction and negative perfectionism ($P<0.001$). There were only minor differences between CE and non-CE patients on emotional distress, hyper-activity, suicidality and self-esteem. Among boys, adjusted CE prevalence was 38%, and only total ED severity was significantly related to CE ($P<0.05$). Initial CE did not impact prognosis, yet cessation of CE during 1-year follow-up was associated with ED remission.

Conclusions CE is a common clinical feature in adolescents with EDs, as previously found in adults. CE had less detrimental impact on EDs than predicted and cessation was associated with better outcome.

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

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EV0466

The role of interoceptive awareness in eating disorders: A study on a group of binge eaters

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Introduction Interoceptive awareness is defined as the ability to perceive the body states. Such ability is provided by the interoceptors, organs and structures specifically designated to receive both internal and external stimuli. This capability, especially the perception of satiation, seems to be lacking in individuals suffering from Eating Disorders and there is no procedure to increase this ability.

Objectives The primary purpose is to improve patient's interoceptive awareness. We tested whether patients diagnosed with binge eating disorder (BED), while deprived of eyesight, would better focus on their internal signals, such as the satiation feeling, and therefore eat less and slower.

Methods For the first time, 29 patients with BED were deprived of vision during a meal. In a standardized procedure, participants ate two different meals, the first one while deprived of eyesight, the second one, a week later, in normal conditions. Both the amount of eaten food and the total time to complete the meal were taken into account during each of the meals. The patients filled in a Visual Analogue Scale (VAS) questionnaire at the end of each meal, in order to evaluate the experience and their internal feelings.

Results The results show that patients suffering from BED, when deprived of eyesight, eat less food, take more time to finish the meal and experience the same level of satiation with respect to the normal condition.

Conclusion This procedure could be of great interest for the implementation of specific intervention protocols that are aimed at the recovery of interoceptive awareness in patients with eating disorders.

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Confirmatory factor analysis of the eating attitudes test short version in a sample of Portuguese women

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Introduction The Eating Attitudes Test-40 (EAT-40) is a valid index of symptoms frequently observed in eating disorders. The EAT-40 was adapted and validated for the Portuguese population. Thereafter a short-version composed of 25 items selected from the exploratory factor analysis (EAT-25) was developed. Apart from the total score, the TAA-25 evaluates three dimensions: Diet, Bulimic Behaviours and Social Pressure to Eat.

Objective To examine the factor structure of the EAT-25 using confirmatory factor analysis (CFA) in a sample of Portuguese women.

Methods The sample was composed of 433 women (mean age = 36.07; SD = 15.15). CFA was used to test the model suggested by prior exploratory factor analyses of EAT-25. AMOS software was used.

Results After four items were deleted and some errors were correlated, CFA indicated a good fit for the second-order factor ($\chi^2/df = 3.066$; CFI = 0.918; GFI = 0.883, RMSEA = 0.069; $P[\text{rmsea} \leq 0.05] < 0.001$). The 19-item TAA showed excellent internal consistency ($\alpha = 0.91$) and the three dimensions presented good Cronbach's alphas ($\alpha > 0.80$).

Conclusions These findings suggest that the 21-item TAA model obtained through CFA is a reliable and valid measure to assess disordered eating attitudes among women.

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Cognitive fusion: Maladaptive emotion regulation endangering body image appreciation and related eating behaviours

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Body image-related cognitive fusion is described as the perception that undesired and distressing internal events related to body image are reliable representations of reality. This maladaptive emotion regulation process is known for its impact on human suffering, namely eating psychopathology. On the contrary, body appreciation is a positive body image construct, defined as an attitude of acceptance and affection toward one's body image characteristics, despite some level of dissatisfaction. Although body appreciation associates negatively with several pathogenic processes, its relationship with body image-related cognitive fusion is still unexplored. The present study intended to analyse the power of body image related cognitive fusion regarding its impact on body appreciation, and also on the engagement in disordered eating. The study's sample comprised 308 women, aged between 18 and 35. A path model tested the mediator role of body image related cognitive fusion in the relationship between body image dissatisfaction and body appreciation, and eating disorders symptomatology, controlled for the effect of body mass index.

The tested model accounted for 67% of the variance of disordered eating. Body image related cognitive fusion appeared as a significant mediator of the association between body dissatisfaction and body appreciation. Body appreciation presented a significant direct effect on eating disorders symptomatology. These findings highlight the disturbing effect of cognitive fusion related to body image