

YPSP01-13 - THE EFFECTS OF A LITERARY WORKSHOP FOR INCREASE ASSERTIVITY IN PATIENTS WITH EATING DISORDERS: A RANDOMIZED CONTROLLED TRIAL

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Introduction: The Social Skill Training is structured as a cognitive-behavioral therapy for rehabilitation plans whereby the patient can develop and recover social skills.

Aim: To verify the effects of a literary workshop for increase assertiveness in patients with eating disorders.

Methods: Thirty-two patients consequently admitted to the Ward for Eating Disorders at the Private Clinic "Villa Maria Luigia" in the North of Italy were recruited in the study, and all of them agreed to take part in it. Of the 32 patients, 8 were randomly assigned to treatment and 24 to care as usual, being the difference between treatment and care as usual only represented by the literary workshop. The Rathus Assertiveness Schedule and Verbal Fluency Test (phonemic and semantic) was administered to all patients in the first and last week of hospitalization. The literary workshop consists in 16 weekly 45-minute group sessions. Issues of expressiveness through the use of writing are addressed during the sessions.

Results: A significant improvement of semantic skills ($t=-5.60$; $p< 0.01$ vs. $t=1.43$; $p=0.17$), phonetic skills ($t=-3.66$; $p< 0.01$ vs. $t=1.35$; $p=0.19$) and assertiveness ($t=4.47$; $p< 0.01$ vs. $t=0.94$; $p=0.93$) was registered in the literary workshop group.

Conclusions: Effectiveness of the literary workshop in a rehabilitation program for patients suffering from eating disorders is suggested: improved communication and language skills might have a positive and significant impact on patients' levels of assertiveness.