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Introduction: Eating disorders and borderline personality disorder can coexist with high frequency in people with alexithymia. At the same time, it has been described that alexithymia can be present in patients suffering from depression, anxiety, obsessive-compulsive disorders, PTSD and eating disorders, among others. In this sense, it has been described that alexithymia could help maintain eating disorder.

Objectives: To review the existing literature on the relationship between alexithymia, emotional instability and a family history of autism spectrum traits with the development of eating disorders. To expose, through the clinical case of a patient with eating disorders, the diagnostic complexity and evolution after the beginning of a comprehensive and multidisciplinary therapeutic plan with different mental health devices.

Methods: To review the personal and family psychopathological aspects and the clinical evolution of a patient with a diagnosis of restrictive subtype anorexia nervosa since its inclusion in a therapeutic program.

Results: This is a longitudinal study through personal biographical reconstruction and family history and subsequent follow-up of a clinical case based on the implementation of an individualized therapeutic program and the results obtained.

Conclusions: Currently there is evidence in the literature that finds a high correlation between alexithymia and eating disorders. However, these findings are believed to be influenced by other comorbid symptoms such as depression or anxiety. Furthermore, the diagnosis of ASD in people with AN is a complex process that requires a thorough clinical evaluation over time. Detailed studies are needed to determine the importance of these factors in the development of an eating disorder.

Disclosure: No significant relationships.

Keywords: alexithymia; emotional instability; Eating Disorders; Autism Spectrum Disorder

EPV0715

Impact of social media on self-esteem and body image among young adults

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Introduction: The extent to which social media contributes to body image dissatisfaction and lower self-esteem is currently under debate

Objectives: This research seeks to study the relationship between the use of Instagram (one of the main platforms used by young people nowadays) and the degree of dissatisfaction with body image and the level of self-esteem among their younger users

Methods: A sample of 585 Spanish adults between 18 and 40 years old was used, to whom the Body Shape Questionnaire (BSQ), the

Rosenberg Self-esteem Scale and the Social Comparison of Appearance Scale (PACS) were applied.

Results: A positive correlation was observed between the frequency of use of the social network and dissatisfaction with body image and low self-esteem. In addition, it was found that content observation time significantly predicts body dissatisfaction and low self-esteem. On the other hand, the type of content both published and observed, showed no effect on any of these variables, although it has been found that the relationship between the use of the platform and the study variables seems to be mediated by the tendency of their users to compare their appearance with others.

Conclusions: These results invite us to reflect on the use of social networks and their impact on constructs as relevant to the person as self-esteem and body image and on how different policies should be taken into account to prevent a negative impact on the mental health of their users

Disclosure: No significant relationships.

Keywords: self esteem; social media; body image; Instagram

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Assessment of impulsivity and other psychological factors in obese patients

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Introduction: Obesity is a multiorgan disorder that is caused by eating a much larger overeating that the body needs to live. Obese people tend to eat a lot and after hours, and it is hypothesized that it exists a relationship between increased impulsivity and obesity. In addition these patients tend to have more psychopathology,

Objectives: The aim of the study is to observe if obese people ingest impulsively and if there are differences between the sexes regarding impulsivity. Also it will be studied the relationship between impulsivity in these patients and other psychosocial factors, anxiety and depression symptoms and personality traits.

Methods: It was carried out an assessment of impulsivity in 30 obese population followed at the outpatient Endocrinology that attended pre-bariatric surgery groups. Patients were handed the Plutchik impulsivity questionnaire, Hospital Anxiety and Depression Scale (HADS) and The Temperament and Character Inventory (TCI).

Results: In our sample, 43.4% of the obese patients did not show high levels of impulsivity, while 56.6% did show markedly impulsive traits. No differences in impulsivity between sexes were found. No other significant relationships with additional psychological factors were found.

Conclusions: A larger sample is needed to reach a conclusion and to extrapolate the results to the general population. People with morbid obesity have higher impulsivity and a binge eating; in addition they have more psychopathology, mainly affective, greater impulsivity and greater severity on scales that assess the core symptoms of disordered eating behavior and body dissatisfaction.

Disclosure: No significant relationships.

Keywords: Impulsivity; obesity