

ASSERTIVENESS AND EATING DISORDERS: THE EFFICACY OF A CBT GROUP TRAINING. PRELIMINARY FINDINGS

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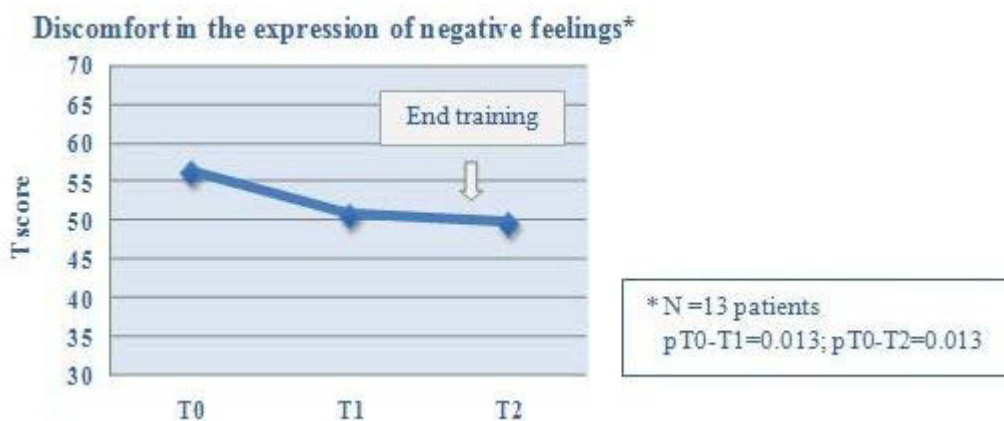
Introduction: Low assertiveness and difficulties in emotion's regulation can perpetuate symptoms and worsen the outcome in patients with eating disorders (ED).

Objectives: Cognitive-behavioral-therapy (CBT) is the most effective treatment for bulimia nervosa (BN) and binge eating disorders (BED). Group training helps patients to cope with interpersonal difficulties.

Aims: To examine the effects of a CBT-group-training on assertiveness, emotion's regulation and binge behaviors in patients with ED.

Methods: *Scale for Interpersonal Behavior* (Arrindell et al, 1984; Sanavio, 2002), *Difficulties in Emotion Regulation Scale* (Gratz et al, 2004; Sighinolfi et al, 2010), *Bulimic Investigatory Test of Edinburgh* (BITE) were administered at baseline and one and three months after a CBT-training to 20 patients with ED (BED, NES, BN, EDNOS) (90% women, age 25-69 years).

Results: Patients who took part in the training improves assertiveness and emotion's regulation.



[SIB]

DERS	Mean score			
	Time 0	Time 1	Time 2	
Non acceptance	18.85	15.77*	14.92°	*p=0.030
Goals	15.15	14.62	13.31	°p=0.004
Impulse	21.92	21.08	21.46	°p=0.030
Awareness	14.15	13.69	11.92#	#p=0.038
Scale	14.69	14.39	12.85	#p=0.038
Clarity	8.31	10.76^	10.08§	§p=0.011

[DERS]

Conclusions: CBT-group-training increases assertiveness, improves emotion's regulation, has little effects on binge behaviors