

on the construction of a positive body image, presenting an impact on the engagement in disordered eating. In this line, cognitive fusion may be a pertinent target in clinical practice and also within eating disorders prevention.

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EV0469

What relationship between eating disorders and alexithymia among medical students?

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Introduction The student population seems to be vulnerable to eating disorders (ED) but is this in relation to their ability to express their emotions or alexithymia?

Objectives Studying the prevalence of ED and alexithymia among medical students, and establish the relationship between these entities.

Methods It was a cross-sectional study of 97 students in Sfax University Medicine (Tunisia). We used:

- a questionnaire containing demographic and clinical data;
- Eating Attitudes Test (EAT-26): a score ≥ 20 indicates ED;
- Toronto Alexithymia Scale (TAS-20): a score ≥ 61 indicates alexithymia.

Results The average age of participants was 24.07 years (± 2.71); the sex ratio (M/W) was 0.4. Their average BMI was 22.85 kg/m² (± 3.36). They were smoking in 36.1% and sedentary in 43.3% of case. They had a nibbling activity in 57.7%. The average score of the EAT-26 was 11.66 \pm 8.66 and prevalence of TCA was 19.6%. The average score of TAS-20 was 50.92, 0.46 and alexithymia was found in 16.5% of students. ED was significantly correlated with nibbling ($P=0.02$), BMI or overweight ($P=0.012$), smoking ($P=0.006$) and physical inactivity ($P<0.00$). Also alexithymia was significantly correlated with smoking ($P=0.003$) and physical inactivity ($P=0.025$). A significant correlation was found between alexithymia and ED ($P=0.008$).

Conclusion It is clear from our study an association between alexithymia and the ED. Psychological support aimed specifically alexithymic dimension is indispensable, not only for decreasing the emergence of ED but also contributing to lower any addictive behavior.

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Prenatal stress exposure as a risk factor for anorexia nervosa: A controlled study

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Introduction Prenatal risk factors, such as gestational complications and exposure to stress during pregnancy, may have a role in the development of many psychiatric disorders including eating disorders.

Aim To investigate the impact of prenatal stress exposure on the development and clinical features of anorexia nervosa.

Methods One hundred and nine patients with a lifetime diagnosis of anorexia nervosa and 118 healthy controls underwent a clinical assessment, which included interviews, questionnaires and a

neuropsychological battery. The mothers of the patients and controls underwent a specific interview focused on stressful life events, which occurred during pregnancy. Obstetric and neonatal records were consulted.

Results The mothers of patients experienced more severe stressful episodes during pregnancy than the mothers of controls and the perceived distress showed significant positive correlation with both total number of obstetrical complications and placental weight. In patients, the severity of stressful events was strongly associated to cognitive rigidity and perseverance.

Conclusions Prenatal stress exposure might be a risk factor for the development of anorexia nervosa and it is associated with cognitive traits of rigidity and perseverance.

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The disorder of lived corporeality: A possible link between attachment style and eating disorder psychopathology

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Introduction According to the trans-diagnostic perspective, disturbances in eating patterns of eating disorders (EDs) are considered as epiphenomena secondary to the patient's overvaluation of his/her body shape and weight.

Objectives The phenomenological theory states that the main feature of ED psychopathology is a disturbance in the way affected persons experience their own body (embodiment). Insecure attachment may promote the development of unstable self-identity leading to use body weight as a source of self-definition.

Aims The aim of our study was to assess the role of embodiment impairments in the relationships between attachment styles and ED psychopathology.

Methods One hundred twelve ED patients and 108 healthy subjects filled in the Identity and Eating Disorders (IDEA) questionnaire, which assesses embodiment and personal identity abnormalities, the eating disorder inventory-2 (EDI-2) and the experiences in close relationships (ECR) scale, which defines attachment styles.

Results ED patients showed IDEA, EDI-2 and ECR scores significantly higher than controls. Significant correlations between IDEA scores, insecure attachment and almost all EDI-2 sub-item scores emerged in ED patients but not in controls. IDEA total score mediated the relationship between avoidant attachment and EDI-2 interoceptive awareness.

Conclusions These findings demonstrate that in ED patients insecure attachment is correlated to disorder of identity and lived corporeality that, in turn, mediates the association between attachment and a specific ED psychopathological trait. Therefore, we suppose that early relationships, through the development of disturbances in identity and embodiment, lead to altered perception of bodily signals and deranged discrimination of one's emotions, which could contribute to EDs.

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EV0472

The impact of self-esteem on eating disorders

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Introduction Eating disorder (ED) are an important mental health problem because of their overall prevalence, especially in children and adolescents. Low self-esteem is considered, along with others, one of the risk factors for the development of these disorders, without having clarified the real impact of low self-esteem on the development of ED. The aim of this study is to analyze the relationship between self-esteem and the risk of developing an eating disorder.

Material and method We have selected a sample of 500 patients who were in the 2nd year of secondary school to which has been applied a battery of scales including the Rosenberg self-esteem scale, and the EAT-26 scale for ED. We used logistic regression using SPSS to analyze the relationship between both variables.

Results In addition to analyzing clinical and sociodemographic characteristics of the sample, we have found that for every decrease of 1 point in Rosenberg scale, there is an increase of 9% in the probability of being a case of ED for the EAT-26 scale ($P < 0.05$).

Conclusions Regarding these results, we can conclude that, in our sample, having low self-esteem score, significantly increases the likelihood of having a high score on the scale of ED. This data can be useful in establishing a preventive strategy and an adequate treatment.

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EV0473

Cortisol awakening response in binge-purging and restrictive anorexia nervosa

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Introduction Anorexia nervosa (AN) is a complex psychiatric disorder characterized by severe restriction of food intake and aberrant behaviours. The endogenous stress response system, including the hypothalamus-pituitary-adrenal (HPA) axis, may have a role in the pathophysiology of AN.

Objectives It has been shown that specific clinical traits of AN, such as binge-purging behaviours, may be associated with higher psychopathology and poorer outcomes. Therefore, the HPA axis functioning could differ between patients with restrictive AN (ANR) and those with binge-purging AN (ANBP).

Aims In order to evaluate whether HPA axis functioning differs between the two subtypes of AN, we assessed the cortisol awakening response (CAR) of symptomatic ANR and ANBP patients.

Methods Our sample included 17 ANBP and 18 ANR patients, and 42 healthy women. All of them filled in the Eating Disorder Inventory-2 (EDI-2). For CAR assessment, participants collected saliva samples at home. Saliva cortisol concentrations were measured by an enzyme immunoassay method.

Results ANR and ANBP patients exhibited a CAR significantly higher than healthy women. Furthermore, the CAR of ANBP women was higher than that of ANR women and positively correlated with the bulimia subitem score of the EDI-2.

Conclusions Present findings show, for the first time, differences in the CAR between ANBP and ANR subtypes supporting the idea that binge-purging behaviours may have a specific connection with HPA axis.

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EV0474

Association between eating disorders and 5-HTTLPR polymorphism: The experience of an Italian eating disorders unit

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Introduction Eating Disorders (ED) as Anorexia Nervosa (AN), Bulimia Nervosa (BN) and Binge Eating Disorder (BED) are severe and debilitating psychiatric diseases whose etiology is complex and still largely unknown. Several studies seem to suggest that serotonin could be involved and notably there are several associations with 5-HTTLPR polymorphism, especially with the S allele and the S/S genotype.

Objectives The purpose of this study is to evaluate if an association between ED and 5-HTTLPR (especially the S allele frequency) can be shown.

Material and methods A group of about 100 subjects attending the eating disorders unit of Ancona will be tested. Their DNA will be taken and the frequency of the S allele will be compared with a control subjects group negative for ED. Then, the ED group will be divided, according to the DSM-5 criteria, in 3 subgroups (AN, BN, BED) and potential differences will be evaluated.

Results At the moment, we are still collecting patients. According to other studies involving 5-HTTLPR, the S allele frequency in Italy is comparable with the European one, so there is reason to believe that an association could be found.

Conclusions Serotonin involvement in ED in literature is shown, but it still has to be completely expounded. Studies as this one could help in describing the etiology and the development of this disease.

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Visuo-Haptic information processing in patients suffering of anorexia nervosa

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