

PROSPECTIVE EVALUATION OF SENSORIAL TRAININGS ON BODY MASS INDEX IN ANOREXIA NERVOSA

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Introduction: In our medical service specialized in feeding disorders, we observed a loss of sensorial abilities (i.e., olfactory and taste). Since 2006 we proposed to adolescent anorexic patients different sensorial trainings: somesthetic, auditory and olfactory. In this scope of research, the data suggest a rehabilitation to smells and taste linked to food stimuli and enhance the remember of events related to feeding behaviors.

Objectives: The use of this particular way of care focused on the oral area, lead to observe a diminution of hospitalization duration (30%). We propose an evaluation of the therapeutic impact after 6 months and one year on the basis of a main criteria the Body Mass Index.

Aims: We expected that the use of a olfactory food stimulus is associated to higher scores of pleasantness judgment and could participate to an adequate treatment of feeding disorders.

Methods: Two groups of patients were submitted to sensorial trainings: somesthetic and auditory *vs* somesthetic and olfactory. The sensorial trainings are conducted once a week. After 14 weeks several functions are tested (clinical, cognitive and sensorial). Sensorial evaluation consist in several judgment tasks (Liking *vs* Wanting) about stimuli presented visually or olfactory.

Results: Preliminary results show that olfactory perception enhance the pleasantness judgment of stimuli (e.g., flower or strawberry).