Article: EPA-0578

Topic: EPW42 - Eating Disorders

IS ORTHOREXIA NERVOSA AN EATING DISORDER AN OBSESSIVE-COMPULSIVE DISORDER?

M. Janas-Kozik¹, J. Zejda², M. Stochel³, L. Jelonek³, J. Hyrnik³, K. Krysta⁴

¹Department of Child and Adolescent Psychiatry and Psychotherapy, Medical University of Silesia, Sosnowiec, Poland; ²Department of Epidemiology, Medical University of Silesia, Katowice, Poland; ³Department Child and Adolescent Psychiatry and Psychotherapy, Medical University of Silesia, Sosnowiec, Poland; ⁴Department of Psychiatry and Psychotherapy, Medical University of Silesia, Katowice, Poland

Purpose: The aim of this study is to assess the dependence between the obsessive-compulsive symptoms, the eating disorders symptoms and orthorexia in adolescents aged 15-19, due to define which of these areas orthorexia is closer to. The study controlled such variables as: age, sex, BMI, school type.

Subjects and Methods: The study covered 1899 pupils of secondary schools. The OCD and ED symptoms assessment was carried out with the LOI-CV, EAT-26 and the ORTO-15 questionnaire (two threshold values: ON- 40 and ON -35). The research was financed by scientific grant of Nutricia Foundation.

Results: Revealed correlations of risk factors of ON - OCD and ON - ED indicated the higher the probability of diagnosis of these disorders, the higher the probability of ON diagnosis, too. The compatibility of ON and OCD diagnoses was for ON-40 = 45.8% and ON-35, 76.5%. It was shown that the OCD increases the risk of ON at the threshold value ON = 35. In the case of ON and ED, the diagnostic compatibility was ON-40, 42.7% and ON-35, 84.4%. The analysis of various variables confirmed a significant dependency of ON from ED, which suggests that ON belongs to ED. The diagnostic accuracy in this case is better at the threshold value ON- 35.

Conclusions: The results of our study should be confirmed in further research.