EPV0285

Can social media be beneficial for eating disorders?

G. Lladó Jordan[1]*, M.D.C. Díaz García[1], M. Miguel Cano[2], M. Jiménez Cubo[2], B. Lozano Díez[1], A. Santos Martín[2], P. Sánchez Esteban[2], P. Mediavilla Sánchez[1], J.A. Gómez Del Barrio[1] and R. Ayesa-Arriola[1]

[1]Idival, Valdecilla Biomedical Research Institute, Santander, Spain and [2]Uemc, Miguel de Cervantes European University, Valladolid, Spain
*Corresponding author.
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Introduction: INTRODUCTION Eating Disorders are a frequent pathology, particularly among teenagers, a group characterized by its vulnerability and body dissatisfaction. Social networks (SN) can be a gateway to ED, mainly with Pro-Ana and Pro-Mia resources. Despite the aforementioned, SN can also be helpful for professionals, either as a tool of approach to vulnerable groups or as a way of interaction in patients already diagnosed.
Objectives: OBJECTIVE To study the relationship between ED and SN, using the open access evidence available in Pubmed over the last 5 years.
Methods: METHODS A single-phase computerised search was carried out in Pubmed. The search terms were: ("Anorexia Nervosa"[Mesh] OR "Bulimia Nervosa"[Mesh] OR "Feeding and Eating Disorders"[Mesh] OR "Eating Disorders"[Tiab] OR "Eating Disorder"[Tiab] OR "Disorder, Eating"[Tiab] OR "Disorders, Eating"[Tiab] OR "Anorexia"[Tiab] OR "Bulimia"[Tiab]) AND ("blogging"[Mesh] OR "social media"[Mesh]). The filters applied were: "free Full Text" and publications for the last 5 years.
Results: RESULTS 36.84% studied SN as a positive tool for ED. 47.37% revealed negative influence, only 44.44% focused on Pro-Ana and Pro-Mia. 15.79% provided both positive and negative arguments. The most studied SN were Twitter and Facebook.
Conclusions: CONCLUSIONS Despite the known negative effect that SN can have on ED, they can also be used as a supportive recovery framework. They can be used to identify dangerous behaviours and intervene or as a prevention tool.

Disclosure: No significant relationships.
Keywords: social networks; Pro-Ana; Pro-Mia; eating disorders

EPV0286

Tiktok, a vehicle for Pro-Ana and Pro-Mia content boosted by the COVID-19 pandemic

G. Lladó Jordan[1]*, M.D.C. Díaz García[1], P. Sánchez Esteban[2], A. Santos Martín[2], P. Mediavilla Sánchez[1], M. Jiménez Cubo[2], M. Miguel Cano[2], J.A. Gómez Del Barrio[1] and R. Ayesa-Arriola[1]

[1]Idival, Valdecilla Biomedical Research Institute, Santander, Spain and [2]Uemc, Miguel de Cervantes European University, Valladolid, Spain
*Corresponding author.
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Introduction: INTRODUCTION TikTok is a social network (SN) that allows users to share short videos about different issues. Since the COVID-19 lockdown, there has been an increase in Pro-Ana and Pro-Mia videos in this specific SN.

Objectives: OBJECTIVES To know the main characteristics about Pro-Ana and Pro-Mia contents among TikTok users.
Methods: METHODS A search was carried out using uncontrolled language with the term "TCA" (ED in English). The study included only Pro-Ana and Pro-Mia resources in Spanish. Resources under the category "recovery" were excluded. A random sample of 16 TikTok was used, since it is enough to estimate, with a confidence of 95% and an accuracy of +/- 20 percentage units, a population percentage that is expected to be around 20%. The studied variables were images, type of resources, "challenges" and misspelled words.
Results: RESULTS In the sample, 68.75% of the profiles were created upon confinement, 56.25% had more than 500 followers and 68.75% had more than 3000 "likes". 43.75% included more than 30% of ED advocacy content, 18.75% promoted challenges and 37.5% used misspelled words to avoid SN censorship.
Conclusions: CONCLUSIONS There has been a remarkable increase in ED-related content as a result of lockdown. In turn, the increasing number of users who are part of TikTok reveals that this is a SN that can be associated with ED advocacy.

Disclosure: No significant relationships.
Keywords: TikTok; eating disorders; Pro-Ana; Pro-Mia

EPV0287

Facebook as a Pro-Ana and Pro-Mia resource

G. Lladó Jordan*, M.D.C. Díaz García, B. Lozano Díez, P. Mediavilla Sánchez, J.A. Gómez Del Barrio and R. Ayesa-Arriola

Idival, Valdecilla Biomedical Research Institute, Santander, Spain
*Corresponding author.
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Introduction: INTRODUCTION Facebook is the world's leading social network with 2,449 million users. Around 22 million of those users are registered in Spain, and 30% of them are aged between 16 and 31. Pro-Ana and Pro-Mia pages have found a space to promote Eating Disorders (ED) as a 'lifestyle' using their own code.
Objectives: OBJECTIVE To study the characteristics of Pro-Ana and Pro-Mia Facebook profiles in Spanish.
Methods: METHODS A non-computerized research of Facebook pages related to ED advocacy was conducted. The opened time, publications, photos, type of profiles (public/private) and link to a WhatsApp group of 58 Facebook pages were analyzed. A qualitative and descriptive analysis was carried out.
Results: RESULTS From Facebook profiles: 62.07% contained 'Ana' in their profile name; 18.97% had been opened for more than 3 years; 79.31% had been shared; 48.28% mentioned Whatsapp groups; 91.38% were public profiles; 50% named other social networks; 75.86% added text to their publications; 25.86% had shared more than 20 photos on their profiles.
Conclusions: CONCLUSIONS On platforms like Facebook, people with ED can: advocate for their disease, set up networks, share tips/ tricks and encourage other users to become part of their community. Technological developments have made it easier to access to this type of resources. Despite the platform's policy, there are still these kind of profiles that make a case for ED.

Disclosure: No significant relationships.
Keywords: Facebook; Pro-Ana; eating disorders; Pro-Mia

EPV0288

How to assess severity in males with eating disorders? The DSM-5 severity index versus severity based on drive for thinness

A. Dang[1]*, I. Krug[1], R. Granero[2], Z. Agüera[3,4], I. Sánchez[4,5], N. Riesco[4,5], S. Jimenez-Murcia[4,5] and F. Fernandez-Aranda[4,5]

[1]Melbourne School Of Psychological Science, University of Melbourne, Melbourne, Australia; [2]Department Of Psychobiology And Methodology, Universitat Autònoma de Barcelona - UAB, Barcelona, Spain; [3]Department Of Public Health, Mental Health and Maternal-Child Nursing, School of Nursing, University of Barcelona, Barcelona, Spain; [4]Ciber Fisiopatología Obesidad Y Nutrición (ciberobn), Instituto Salud Carlos III, Barcelona, Spain and [5]Department Of Psychiatry, University Hospital of Bellvitge-IDIBELL, Barcelona, Spain
*Corresponding author.

Introduction: The Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-5) introduced severity indices for Eating Disorders (ED).
Objectives: This study assessed in a male ED sample the DSM-5 severity indices for Anorexia Nervosa (AN), Bulimia Nervosa (BN) and Binge Eating Disorder (BED) and compared them to an alternative transdiagnostic drive for thinness (DT) severity category and a combined DSM-5/DT severity categorization
Methods: 178 males with EDs were classified using: a.) a DT categorisation based on the EDI-2 DT subscale; b.) the DSM-5 severity categories for AN, BN and BED and c.) a combination of the DT and the DSM-5 severity categorisation. These severity classifications were then compared based on psychopathology and personality.
Results: For the DSM-5 severity indices, the "mild" category was most prevalent for AN and BN, and the "moderate to extreme" group for BED. For the EDI-2 DT severity classification, the "mild" category was overrepresented in all subtypes. For the combined DSM-5/DT categorization, the "mild combined" severity group was the most prevalent for AN, while for BN and BED the "severe/extreme" combined group was most prevalent. Clinically significant findings were strongest for the DT categorization followed by the combined DSM-5/DT approach. Almost non-significant findings were revealed for the DSM-5 severity categories for all ED subtypes. These findings were most pronounced for AN and BN and almost non-existent for BED.
Conclusions: Our findings provide support for DT as an alternative transdiagnostic severity category for EDs in males that may be more meaningful than the DSM-5 severity indices for AN and BN, but not BED.

Disclosure: No significant relationships.
Keywords: Males; DSM-5 severity indicators; anorexia nervosa; Bulimia Nervosa

EPV0289

A systematic review and meta-analysis on the DSM-5 severity specifiers for eating disorders

A. Dang[1]*, S. Giles[1], F. Fernandez-Aranda[2,3], L. Kiropoulos[1] and M. Fuller-Tyszkiewicz[4,5]

[1]Melbourne School Of Psychological Science, University of Melbourne, Melbourne, Australia; [2]Ciber Fisiopatología Obesidad Y Nutrición (ciberobn), Instituto Salud Carlos III, Barcelona, Spain; [3]Department Of Psychiatry, University Hospital of Bellvitge-IDIBELL, Barcelona, Spain; [4]School Of Psychology, Deakin University, Melbourne, Australia and [5]Centre For Social And Early Emotional Development, Deakin University, Burwood, Australia
*Corresponding author.

Introduction: The DSM-5 introduced severity indicies for the first time.
Objectives: We conducted a systematic review and synthesis the frequency of each DSM-5 severity categories (i.e., mild, moderate, severe and extreme severe) for Anorexia Nervosa (AN), Bulimia Nervosa (BN) and Binge Eating Disorders (BED), and to evaluate studies that assess the clinical utility of these severity specifiers for all eating disorders (ED) subtypes.
Methods: Five databases (EMBASE, MEDLINE, PsycARTICLES, PsycINFO, and ProQuest) were used to identify for both academic and grey literature published from 2013 until July 8, 2020. Twenty-five studies were retrieved for the systematic review based on the inclusion and exclusion criteria, and up to six studies were qualified for meta-analysis
Results: We found limited support for the current DSM-5 severity ratings for all ED indices, as the majority of ED severity groups were not significantly distinguishable in overall ED psychopathology (mean effect size ranged from .02 to .5). The value of the DSM-5 severity ratings was further devalued as 56.91% to 80.52% of individuals with AN, BN, and BED were categorized into mild and moderate groups. However, there was significant heterogeneity between the studies (p< .001), and some of these heterogeneities were explained by differences in study settings and measurement of eating disorder psychopathology.
Conclusions: Overall, the current study provided little support for the DSM-5 severity ratings for EDs, thus it is suggested that further exploration in alternative severity classification approach is needed.

Disclosure: No significant relationships.
Keywords: anorexia nervosa; DSM-5 severity indicators; eating disorders; binge eating disorder

EPV0290

Do women with differing levels of trait eating pathology experience daily stress and body dissatisfaction differently?

A. Dang[1]*, M. Fuller-Tyszkiewicz[2], S. De La Harpe[1], V. Rozenblat[1], S. Giles[1], L. Kiropoulos[1] and I. Krug[1]

[1]Melbourne School Of Psychological Science, University of Melbourne, Melbourne, Australia and [2]Centre For Social And Early Emotional Development, Deakin University, Burwood, Australia
*Corresponding author.

Introduction: Studies have suggested that stress predicts both body dissatisfaction (BD) and disordered eating (DE) patterns. However, the mechanisms of this process are not entirely clear and could be elucidated through further exploration in daily life.
Objectives: The purpose of this study was to 1) explore the concurrent and lagged relationship between stress and BD in the daily