

## P02-302 - THE IMPACT OF BINGE EATING SYMPTOMATOLOGY IN THE QUALITY OF LIFE OF OBESE PATIENTS SUFFERING FROM A MOOD DISORDER

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**Introduction:** A significant number of patients suffering from a mood disorder gain weight either due to the medication side effect and/or the lack of exercise. Binge Eating disorder has a high comorbidity with mood disorders. Both disorders have been found separately to have a high negative impact on the patients quality of life

**Aim:** The aim of the study was to investigate the possible impact of binge eating symptomatology in the quality of life of obese patients suffering from a mood disorder.

**Method:** We approached 117 obese patients treated for mood disorder (unipolar and/or bipolar). All patients were recruited from a free of charge anti-obesity program specifically designed for mental patients that have gained weight. Each participant filled in the WHO Quality of Life Brief Scale (WHOQOL-Bref), a questionnaire on Binge Eating symptomatology based on DSM-IV research criteria, the General Health Questionnaire (GHQ) and the Social Physique Anxiety Scale (SPAS).

**Results:** According to DSM-IV criteria 40 patients were suffering from Binge Eating Disorder. The comparison between Binge Eating and non Binge Eating group (t-test) showed that the former group had higher SPAS measurements ( $p=0.007$ ) and lower WHOQOL-Bref measurements in the psychological ( $p=0.01$ ) and physical ( $p=0.006$ ) domains. All other measurements as well as age, body mass index and gender did not show any statistical significant difference between the two groups.

**Conclusion:** The presence of Binge Eating symptomatology might worsen patients quality of life especially when they are already carrying the burden of a mood disorder and obesity.