

Results Adjusted CE prevalence in girls was 44%; with high-est prevalence in bulimia nervosa. Average CE frequency was 3.9 times/week (SD=2.6). Those with CE scored significantly higher than non-CE on total ED severity, dietary restriction and negative perfectionism ($P<0.001$). There were only minor differences between CE and non-CE patients on emotional distress, hyper-activity, suicidality and self-esteem. Among boys, adjusted CE prevalence was 38%, and only total ED severity was significantly related to CE ($P<0.05$). Initial CE did not impact prognosis, yet cessation of CE during 1-year follow-up was associated with ED remission.

Conclusions CE is a common clinical feature in adolescents with EDs, as previously found in adults. CE had less detrimental impact on EDs than predicted and cessation was associated with better outcome.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.795>

EV0466

The role of interoceptive awareness in eating disorders: A study on a group of binge eaters

G.M. Longo^{1,*}, J. Falcone¹, R.M. Martoni¹, L. Bellodi², A. Ogliari², S. Erzegovesi¹

¹ IRCCS San Raffaele, Department of Clinical Neurosciences, Milan, Italy

² Vita-Salute San Raffaele University, Faculty of Psychology, Milan, Italy

* Corresponding author.

Introduction Interoceptive awareness is defined as the ability to perceive the body states. Such ability is provided by the interoceptors, organs and structures specifically designated to receive both internal and external stimuli. This capability, especially the perception of satiation, seems to be lacking in individuals suffering from Eating Disorders and there is no procedure to increase this ability.

Objectives The primary purpose is to improve patient's interoceptive awareness. We tested whether patients diagnosed with binge eating disorder (BED), while deprived of eyesight, would better focus on their internal signals, such as the satiation feeling, and therefore eat less and slower.

Methods For the first time, 29 patients with BED were deprived of vision during a meal. In a standardized procedure, participants ate two different meals, the first one while deprived of eyesight, the second one, a week later, in normal conditions. Both the amount of eaten food and the total time to complete the meal were taken into account during each of the meals. The patients filled in a Visual Analogue Scale (VAS) questionnaire at the end of each meal, in order to evaluate the experience and their internal feelings.

Results The results show that patients suffering from BED, when deprived of eyesight, eat less food, take more time to finish the meal and experience the same level of satiation with respect to the normal condition.

Conclusion This procedure could be of great interest for the implementation of specific intervention protocols that are aimed at the recovery of interoceptive awareness in patients with eating disorders.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.796>

EV0467

Confirmatory factor analysis of the eating attitudes test short version in a sample of Portuguese women

C. Marques*, A.T. Pereira, M. Marques, M.J. Soares, C. Roque, A. Macedo

Faculty of Medicine, University of Coimbra, Department of Psychological Medicine, Coimbra, Portugal

* Corresponding author.

Introduction The Eating Attitudes Test-40 (EAT-40) is a valid index of symptoms frequently observed in eating disorders. The EAT-40 was adapted and validated for the Portuguese population. Thereafter a short-version composed of 25 items selected from the exploratory factor analysis (EAT-25) was developed. Apart from the total score, the TAA-25 evaluates three dimensions: Diet, Bulimic Behaviours and Social Pressure to Eat.

Objective To examine the factor structure of the EAT-25 using confirmatory factor analysis (CFA) in a sample of Portuguese women.

Methods The sample was composed of 433 women (mean age = 36.07; SD = 15.15). CFA was used to test the model suggested by prior exploratory factor analyses of EAT-25. AMOS software was used.

Results After four items were deleted and some errors were correlated, CFA indicated a good fit for the second-order factor ($\chi^2/df = 3.066$; CFI = 0.918; GFI = 0.883, RMSEA = 0.069; $P[\text{rmsea} \leq 0.05] < 0.001$). The 19-item TAA showed excellent internal consistency ($\alpha = 0.91$) and the three dimensions presented good Cronbach's alphas ($\alpha > 0.80$).

Conclusions These findings suggest that the 21-item TAA model obtained through CFA is a reliable and valid measure to assess disordered eating attitudes among women.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.797>

EV0468

Cognitive fusion: Maladaptive emotion regulation endangering body image appreciation and related eating behaviours

M. Marta-Simões*, C. Ferreira, A.L. Mendes

Faculty of Psychology and Education Sciences, University of Coimbra, CINEICC, Cognitive-Behavioral Center for Research and Intervention, Coimbra, Portugal

* Corresponding author.

Body image-related cognitive fusion is described as the perception that undesired and distressing internal events related to body image are reliable representations of reality. This maladaptive emotion regulation process is known for its impact on human suffering, namely eating psychopathology. On the contrary, body appreciation is a positive body image construct, defined as an attitude of acceptance and affection toward one's body image characteristics, despite some level of dissatisfaction. Although body appreciation associates negatively with several pathogenic processes, its relationship with body image-related cognitive fusion is still unexplored. The present study intended to analyse the power of body image related cognitive fusion regarding its impact on body appreciation, and also on the engagement in disordered eating. The study's sample comprised 308 women, aged between 18 and 35. A path model tested the mediator role of body image related cognitive fusion in the relationship between body image dissatisfaction and body appreciation, and eating disorders symptomatology, controlled for the effect of body mass index.

The tested model accounted for 67% of the variance of disordered eating. Body image related cognitive fusion appeared as a significant mediator of the association between body dissatisfaction and body appreciation. Body appreciation presented a significant direct effect on eating disorders symptomatology. These findings highlight the disturbing effect of cognitive fusion related to body image

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.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.798>

EV0469

What relationship between eating disorders and alexithymia among medical students?

N. Messedi*, I. Feki, R. Masmoudi, B.N. Saguem, J. Masmoudi
Hedi Chaker University Hospital, Psychiatry A, Sfax, Tunisia
* Corresponding author.

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.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.799>

EV0470

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

S. Michelon*, E. Tenconi, E. Bonello, D. Degortes, M. De Toffol, A. Favaro, P. Santonastaso, M. Nassuato
University of Padua, Department of Neurosciences, Padua, Italy
* Corresponding author.

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.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.800>

EV0471

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

A.M. Monteleone^{1,*}, G. Castellini², U. Volpe¹, M. Nigro¹, F. Zamponi², V. Ricca², G. Stanghellini³, P. Monteleone⁴

¹ Second University of Naples, Department of Psychiatry, Naples, Italy

² University of Florence, Psychiatric Unit, Department of Neuroscience, Psychology, Drug Research and Child Health, Florence, Italy

³ Università G D'Annunzio, Department of Psychological, Humanistic and Territorial Sciences, Chieti, Italy

⁴ University of Salerno, Department of Medicine, Surgery and Dentistry "Scuola Medica Salernitana" Section of Neurosciences, Salerno, Italy

* Corresponding author.

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.