

## EPP0614

**Personal and clinical traits in adolescents, diagnosed with «anorexia nervosa».**E. Balakireva<sup>1</sup>, N. Zvereva<sup>2\*</sup> and S. Voronova<sup>2</sup><sup>1</sup>Child Psychiatry, Federal State Budgetary Scientific Institution Mental Health Research Center, Moscow, Russian Federation and <sup>2</sup>Clinical Psychology, Federal State Budgetary Scientific Institution Mental Health Research Center, Moscow, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.953

**Introduction:** Eating disorders are among the most common mental health problems. The prevalence of diseases in this circle is 1-2% of the population; in adolescents - 1%. There is a significant "rejuvenation" of eating disorders with the appearance anorexia nervosa cases in preschool and primary school age. The prevalence of such disorders among adolescents is a significant reason for detailed and comprehensive study of the issue. Many factors lead to development of eating disorders: genetic predisposition, family background, socio-cultural factors, life experience. We suggested that due to many mutually overlapping factors in the syndrome of anorexia nervosa, there may also be distortions of personality characteristics, sometimes reaching the level of personality disorders.

**Objectives:** assessment of personality features 34 patients with leading diagnosis of F-50.0 (ICD-10) were examined in FSBSI MHRC (inpatient treatment/outpatient observation). All adolescents received drug therapy.

**Methods:** The study was carried out using modern psychopathological methods with the inclusion of research questionnaires aimed at identifying personal pathology (LoPF 12-18, AIDA).

**Results:** During the research, the following personality traits were revealed: perfectionism, the desire to correspond to a certain ideal image of oneself, instability of Ego, unstable identity violations; reduced ability to form a picture of the future and themselves in the future; also showed a tendency to abuse psychoactive substances.

**Conclusions:** Thus, the general for all patients with diagnosed disorder was persistent refusal to eat (up to dystrophy), distortion of Ego, characteristic of personality disorders were also observed. Further studies are required to obtain a more detailed picture and clarify the prognostic outcome.

**Keywords:** anorexia nervosa; adolescents; eating disorders

## EPP0613

**Dysmorphophobia as a factor that worsens the affective state and the life quality of patients with eating disorders. The final data of the study**

E. Okonishnikova\*, A. Bryukhin, T. Lineva and I. Belokrylov

Department Of Psychiatry And Medical Psychology, RUDN University Moscow., Moscow, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.954

**Introduction:** Anorexia nervosa (AN) and bulimia nervosa (BN) take one of the first places in the risk of fatal outcome among eating disorders, have a tendency to chronicity and high suicidal risk. Psychopathological basis for AN and BN is a dysmorphophobia or a pathological dissatisfaction with one's body, characterized by intrusive,

overvalued or delusional ideas of physical disability. Dysmorphophobia affects the formation of affective pathology and reduces the life quality.

**Objectives:** The study of the correlation between the degree of dissatisfaction with one's bodies, affective disorders and life quality of patients with AN and BN.

**Methods:** 130 female patients with AN and BN at the age of 13-44 years (the average age is 18). The disease duration from 6 months to 24 years. Validated Questionnaire image of one's own body (QIOB) and the Scale of satisfaction with one's body (SSOB); Hospital anxiety and depression scale (Zigmond A.); Questionnaire for the assessment of life quality (SF-36); Microsoft Excel standard correlation calculation.

**Results:** Dissatisfaction with one's body based on QIOB and SSOB tests has a significant positive correlation with anxiety and depression, a significant correlation with the psychological component of health, a weak correlation with the physical component of health.

**Conclusions:** Dissatisfaction with one's body or dysmorphophobia of patients with AN and BN significantly affects their affective state and psychological component of life quality which leads to a decrease in functioning up to social maladaptation and disability to social maladjustment. The publication was prepared with the support of the "RUDN University Program 5-100".

**Keywords:** eating disorder; body dysmorphic disorder

## EPP0614

**Clinical manifestations of vomitomania in bulimia nervosa.**A. Bryukhin<sup>1</sup>, E. Okonishnikova<sup>1\*</sup>, T. Lineva<sup>1</sup> and Y. Batyrev<sup>2</sup><sup>1</sup>Department Of Psychiatry And Medical Psychology, RUDN University Moscow., Moscow, Russian Federation and <sup>2</sup>Department Of Psychiatry And Medical Psychology, Peoples Friendship University of Russia (RUDN University), Moscow, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.955

**Introduction:** In the dynamics of bulimia nervosa, a significant proportion of patients show a pathological attraction to purifying behavior in the form of artificially induced vomiting. This variant of the pathology of the drives significantly aggravates the symptoms, causes a severe degree of maladaptation of patients and great difficulties in the treatment of the disease.

**Objectives:** To identify and describe the manifestations of vomitomania in patients with bulimia nervosa, the impact on the outcome of the disease.

**Methods:** Clinico-psychopathological, psychological, catamnestic.

**Results:** 120 patients with bulimia nervosa were examined: 112 women and 8 men aged 22-43 years. 86 of them (80 - women, 6 - men) were found to have vomitomania (a pathological urge to induce vomiting). Patients with pleasure, without feeling shy, awkward, described their own vomiting behavior - noted the expectation of vomiting, prepared for its implementation, observing complex rituals, imagined the vomiting act and its consequences in their minds, imagination. Describing vomiting, patients used superlative degrees of comparison, noted a sense of bliss, pleasure, "high" in the implementation of this irresistible desire. If it was impossible to induce vomiting, there was a feeling of depression, depressed mood, irritability, anger, physical distress - in fact, manifestations of withdrawal syndrome. Critical attitude to the above-described pathological behavior was absent in a significant part of cases.

**Conclusions:** Special pathological attraction to vomiting – vomitomania – is a widespread symptom of bulimia nervosa and drive disorders in this disease. It presents significant challenges for therapy especially in comorbid bulimia nervosa with personality disorders and schizotypal disorder.

**Keywords:** eating disorder; vomitomania

## EPP0615

### A clinical case of typical anorexia nervosa in a prepubescent boy.

A. Bryukhin<sup>1</sup>, M. Sologub<sup>2</sup>, E. Sineutskaia<sup>2</sup>, M. Matsneva<sup>2</sup>, A. Zakharova<sup>2</sup>, E. Okonishnikova<sup>1\*</sup> and T. Lineva<sup>1</sup>

<sup>1</sup>Department Of Psychiatry And Medical Psychology, RUDN University Moscow., Moscow, Russian Federation and <sup>2</sup>Medical Clinic, Center for ED research in Moscow - CIRPP, Moscow, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.956

**Introduction:** Clinical case of 10-year-old patient with anorexia nervosa at the stage of severe cachexia. Features of the disease, diagnosis, treatment and methods of restoration of nutrition. Anorexia nervosa is an eating disorder (ED), severe pathology, manifested by severe complications, high disability and can cause death. ED has traditionally been perceived as a disease affecting women. However, this pathology occurs men, is 10-25% of the total number of patients with ED, or 1-2% in the population.

**Objectives:** Describe the difficulties in identifying ED in men that affect diagnosis and treatment, especially if they are underage patients.

**Methods:** Patient I. 10 years, selectivity in food from 4 years, during the week before hospitalization complete rejection of food and water. When entering the clinic height 127, weight 19 kg, BMI 11. In the clinical picture anxiety, low mood, fear of eating and weight gain. The duration of the disease for about one year. Clinical and psychopathological method.

**Results:** Diagnosis F50.0 anorexia nervosa in the stage of severe cachexia. Treatment: olanzapine and fluvoxamine in the age dosages, parenteral Kabiven infusion, individual and group psychotherapy. Psychoeducation of parents and Maudsley method therapy. As a result of treatment improved mood, decreased anxiety associated with eating and weight gain. At the time of discharge from the clinic height 127, weight 30 kg, BMI 18.

**Conclusions:** The clinical case indicates the need to increase the attention of pediatricians, psychologists, psychiatrists and other doctors in connection with the growth and rejuvenation of ED in the male population.

**Keywords:** eating disorder; anorexia nervosa

## EPP0616

### The use of yoga and mindfulness within an eating disorders population: Results of a scoping review

F. Dontigny<sup>1\*</sup>, C. Debreucker<sup>1</sup>, E. Therrien<sup>2</sup> and J. Monthuy-Blanc<sup>3</sup>

<sup>1</sup>Biomedical Sciences, Université du Québec à Trois-Rivières, Trois-Rivières, Canada; <sup>2</sup>Programme Loricorps, Université du Québec à

Trois-Rivières, Trois-Rivières, Canada and <sup>3</sup>Education, Université du Québec à Trois-Rivières, Trois-Rivières, Canada

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.957

**Introduction:** Eating disorders (ED) are characterized by perturbed eating habits or behaviors (APA, 2013). Even if treatments are available, they need to be more adapted to ED (Monthuy-Blanc, 2018). A complementary approach as yoga or mindfulness demonstrated positive effects with ED, such as an augmentation of mindfulness while eating (Rachel, Ivanka, Amanda, & Carlene, 2013), a better body satisfaction (Beccia, Dunlap, Hanes, Courneene, & Zwickey, 2018; Neumark-Sztainer, MacLehose, Watts, Pacanowski, & Eisenberg, 2018) and less preoccupation with food (Carei, Fyfe-Johnson, Breuner, & Brown, 2010). As the effects of yoga and mindfulness vary between the different ED and different uses, it is difficult to generalize the results obtained about the efficacy of yoga or mindfulness with ED.

**Objectives:** A scoping review is actually done to map the evidence about the use (length, intensity, frequency) of yoga and mindfulness among ED and their effects.

**Methods:** The realization of the scoping review is based on the Joanna Briggs Institute Methodological Framework (Peters, Godfrey, McInerney, Baldini Soares, Khalil, & Parker, 2017). Research will be done in the following databases: CINAHL, PsycInfo, PubMed/MEDLINE, Web of Science, EBM Reviews/Cochrane. Different types of papers are going to be included and a content analysis is going to be done among the extracted data.

**Results:** Preliminary results of the scoping review are going to be presented.

**Conclusions:** Among the different treatments used with ED, yoga and mindfulness have demonstrated positive effects. These approaches as part of integrative health are helpful to improve physical and mental health of individuals suffering from ED.

**Keywords:** eating disorders; yoga; mindfulness; integrative health

## EPP0618

### Transcranial magnetic stimulation and eating disorders, any efficacy?

J. Morais\*, P. Esteves and S. Fonseca

Psychiatry, Centro Hospitalar Universitário de São João, Porto, Portugal

\*Corresponding author.

doi: 10.1192/j.eurpsy.2021.958

**Introduction:** Eating Disorders (ED) tend to evolve chronically, with resistance to different therapeutic strategies. Chronicity is associated with high mortality rates, so it is necessary to study new therapeutic strategies. Transcranial Magnetic Stimulation (TMS) is a non-invasive, safe treatment method, whose application has been studied in several pathologies.

**Objectives:** Determine the therapeutic potential of Transcranial Magnetic Stimulation in the treatment of Eating Disorders.

**Methods:** Bibliographic review of the literature published in English in the last 10 years, in the databases Pubmed, PsycINFO and Cochrane. The keywords used were: TMS, Transcranial Magnetic Stimulation, Eating Disorder, Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder. A review of the titles and abstracts