

P02-134

PSYCHOEDUCATIONAL MANUAL FOR TREATING BINGE EATING DISORDER (BED)  
PATIENTS: A CONTROLLED TRIAL

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Objective: To evaluate the efficacy of a psychoeducational manual as first intervention when treating BED.

Method: It was conducted a 8-week controlled trial (before-after) without a control group. Twenty BED patients were enrolled at an outpatient service specialized in eating disorders (PROATA).

After being submitted to a psychiatric evaluation and responding to the following instruments: MINI-PLUS, QEWP-R, BES, BDI, HAM-A, SF-36, and BSQ, the subjects signed a consent term and they received explanations about the manual. After eight weeks the patients were re-evaluated by trained examiners.

The main outcome criterion was the BED evolution (evaluated through QEWP-R and BES). The secondary criteria were evaluated through the other instruments plus a semi-structured interview.

Results: Most patients presented a slight improvement of BED symptoms, although these symptoms are still present. The secondary criteria show that the most relevant aspect was that the information presented in the manual allowed the patients to acknowledge they had a condition and to see themselves with less guilt and prejudice, making it easier to look for a more comprehensive treatment.

Conclusions: There are indications that using the psychoeducational manual can reduce the symptoms, and that it can be useful in identifying the condition and allowing the patients to look for treatment. Also, since the instrument can be used as part of a stepped-care program, a broader, controlled and randomized study enrolling a larger number of patients must be conducted in order to better clarify the results.