

O0070

Associations between COVID-19 pandemic impact, dimensions of behavior and eating disorders: a longitudinal UK-based study

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Introduction: There is growing concern about how people with eating disorders are impacted by the widespread societal restructuring during the COVID-19 crisis.

Objectives: We aimed to examine how factors relating to the impact of the pandemic associate with eating disorders and quantify this relationship while adjusting for concurrent and longitudinal parameters of risk.

Methods: We gathered demographic, behavioral and clinical data pre- and mid-pandemic as well as childhood trauma history from a longitudinal online survey of 489 adults (mean age 23.4 years) recruited from the Neuroscience in Psychiatry Network (NSPN). Using pre-pandemic (T1) and concurrent (T2) data we aimed to predict eating disorders at mid-pandemic (T2). We deployed hierarchical generalized logistic regression to ascertain the strength of longitudinal and concurrent associations.

Results: Pre-pandemic eating disorder scores strongly associated with concurrent eating disorder ($z=5.93$). More conflict at home mid-pandemic ($z=2.03$), pre- (lower sensation seeking $z=-2.58$) and mid-pandemic (higher lack of perseverance $z=2.33$) impulsivity traits also associated with mid-pandemic eating disorder. Significant correlations between pandemic-related disrupted lifestyle and eating disorder psychopathology both pre- and mid-pandemic were observed.

Conclusions: Conflict at home mid-pandemic and specific aspects of impulsiveness significantly associated with concurrent eating disorder when adjusted for pre-pandemic eating disorder symptoms, baseline demographics, behavioral traits, history of traumatic experiences and concurrent psychopathology. These results provide insight into the struggles of those suffering with eating disorders during the COVID-19 pandemic and highlight the importance of impulsiveness traits and the immediate family environment in their experience of illness during the pandemic.

Disclosure: No significant relationships.

Keywords: pandemic; Eating Disorders; Covid-19; Impulsivity

O0072

Anorexia nervosa admissions during the COVID-19 pandemic: results from a Department of Psychiatry in northern Portugal

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Introduction: Emerging evidence suggests that the COVID-19 pandemic had a negative impact on mental health. In particular,

patients with Anorexia nervosa (AN) may have faced increased symptom severity.

Objectives: To compare the clinical characteristics of inpatients with AN admitted amidst the COVID-19 pandemic versus the two previous years.

Methods: Retrospective observational study of inpatients admitted between January 2018 and December 2020 in a psychiatry inpatient unit of a tertiary hospital.

Results: There were 11 admissions of patients with AN in 2020 (8 from March onwards), a 22% increase relative to 2019, which in turn saw a 28% increase in admissions relative to 2018. Most patients had an AN diagnosis previous to the pandemic. The majority were undergoing outpatient treatment for over a year. Two patients were admitted within a month of outpatient treatment. There was an increase in admissions through the emergency service in 2020. The most frequent diagnostic was AN binge-eating/purging type in 2020 and 2019, whereas in 2018 the AN restrictive type was dominant. Mean BMI at admission and average length of stay were similar across the three years. Readmission in a 12-month period was 54.5% in 2020 (22.2% in 2019 and 42.9% in 2018).

Conclusions: Despite the widespread impression of a negative impact of the pandemic on AN patients, in our study the clinical characteristics of AN patients admitted in 2020 were mostly similar to the two previous years. Readmissions were higher in 2020, therefore future analysis of data from 2021 might be more enlightening.

Disclosure: No significant relationships.

Keywords: Covid-19; Inpatient care; Anorexia nervosa

O0074

Nucleus accumbens functional connectivity and circulating endocannabinoids levels in anorexia nervosa

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Introduction: Neuroimaging findings have reported aberrant functional connectivity in brain regions involved reward system