

EPP0605

Emotional regulation and attachment in adolescents with anorexia nervosa

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doi: 10.1192/j.eurpsy.2021.945

Introduction: The aim of the present study was to investigate emotional regulation and attachment in adolescents with anorexia nervosa (AN).

Objectives: Anorexia Nervosa (AN) is an eating disorder (ED) characterized by self-starvation driving by weight, shape, and eating concerns and extreme dread of food, eating, and normal body weight. Dysfunctional emotional processing and regulation play an important role in the development and maintenance of eating disorders (EDs). Difficulties with emotional awareness and regulation in EDs are hypothesized to have their origins in childhood attachment.

Methods: The study population (N=20) consists of two research groups of patients with AN (group A) and general population controls (group B), matched for gender and age. The age of patients was 12-18 years. All adolescents were female. This study examined the attachment states of mind, assessed by the Adult Attachment Interview (AAI), and emotion regulation difficulties, measured by the Difficulties in Emotion Regulation Scale (DERS).

Results: Group A reported significantly higher attachment insecurity (82% vs 50%) than group B. Group A show higher DERS total (nonacceptance, goals, and impulsivity scores) than group B.

Conclusions: Study results show a crucial role of attachment insecurity and emotional dysregulation in the development and maintenance of AN. Developing interventions to improve emotional management skills in the treatment of patients with AN can be an important component in improving treatment outcomes.

Keywords: anorexia nervosa; Emotional Regulation; attachment; DERS

EPP0604

The effect of eight yoga sessions on interoceptive accuracy, confidence and awareness in a sample of patients with eating disorder: A preliminary studyV. Nistico^{1,2*}, G. Boido², S. Bertelli^{3,4}, S. Anselmetti⁴, M. Ischia⁴, A. Priori^{1,2,5}, O. Gambini^{1,2,3} and B. Demartini^{1,2,3}

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doi: 10.1192/j.eurpsy.2021.946

Introduction: Previous research from our group showed that, after a single yoga class, Interoceptive Accuracy (IAc), tested through the Heartbeat Counting Task, improved in a group of

Healthy Controls (HC), but not in a group of patients with Anorexia Nervosa (AN).

Objectives: To evaluate three levels of interoception (accuracy, confidence (IC) and awareness (IAw)) before and after eight sessions of Yoga in a sample of patients with Eating Disorders (ED: AN, Bulimia Nervosa (BN) and Binge Eating Disorder (BED)).

Methods: 15 patients with ED were included. Before the first yoga session (T0) and 72 hours after the last session (T1), participants underwent: (i) the Heartbeat Counting Task for the evaluation of IAc, IC and IAw; (ii) a psychometric assessment evaluating depression, anxiety, body awareness, alexithymia, self-objectification and eating disorders symptomatology.

Results: At T1, ED patients' IAc appeared higher than at T0, but not IC and IAw. A trend towards significance ($p = 0.055$) emerged for the interaction effect between IAc and diagnosis, with BED patients having a higher increase of IAc at T1 than AN and BN patients. Significant correlations between IAc and Alexithymia, Anxiety and Depression emerged at T0, but were not maintained at T1.

Conclusions: After a program of eight Yoga sessions, IAc in ED patients (but not IC and IAw) increases, especially in BED patients. Moreover, the improvement of IAc following the yoga course seems to be unrelated to the course of depressive, anxious and alexithymic symptoms of ED patients.

Keywords: eating disorders; yoga; Interoception; Heartbeat Counting Task

EPP0605

What drives the excess of physical exercise observed in patients with anorexia nervosa?L. Di Lodovico^{1*}, H. Hattea¹, C. Couton¹, P. Duriez², J. Treasure³ and P. Gorwood¹

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doi: 10.1192/j.eurpsy.2021.947

Introduction: Anorexia Nervosa (AN) is a severe mental illness characterized by weight reducing strategies such as food restriction, purging behaviours and excessive physical exercise. The persistence of physical exercise despite underweight and its maintaining factors are poorly understood.

Objectives: The aim of this study is to explore the attitudes towards physical exercise and its effects on mood, body image perception and cognitive functioning in patients with AN, and to assess if these effects are associated with trait, or state.

Methods: Eighty-eight patients with AN, 30 unaffected relatives and 89 healthy controls were compared about their attitudes towards three aspects of physical exercise, namely the Exercise Dependence Scale (EDS), the Godin Leisure Time Exercise Questionnaire (GLTEQ) and a standardized effort test. Evaluations of positive and negative affects, cognitive rigidity and body image distortion were repeated at baseline and after the effort test to assess for correlations between the exercise measures and exercise-induced modifications in the three groups.

Results: Patients with AN showed higher scores on the EDS, the GLTEQ and used more effort in the standardized effort test ($p < .05$). These three aspects of physical exercise correlated with baseline negative emotions ($p < .01$). AN patients and unaffected relatives, but not controls, showed a marked emotional improvement after physical exercise ($p < .01$).

Conclusions: Excessive physical exercise seems a trait-associated feature of AN, driven by a state-related effect of physical exercise on emotional wellbeing. The mood-related drive for physical exercise has the characteristics of an endophenotype in the patients of the present sample.

Keywords: physical exercise; anorexia nervosa; endophenotype; emotions

EPP0606

Patient motivations for seeking online therapy for binge eating disorder

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doi: 10.1192/j.eurpsy.2021.948

Introduction: Binge Eating Disorder (BED) is characterized by repeatedly losing control over eating behavior and consuming large amounts of food within a short period of time. In later years, a growing body of evidence for effectiveness of internet-based Cognitive Behavioral Therapy (iCBT) as treatment for BED has emerged. Regarding the ability to complete a self-help program on the internet, internal self-regulation can be viewed as important.

Objectives: To qualitatively explore patient motivations for seeking therapy for BED according to intrinsic and extrinsic motivation as well as patient reasons for seeking online therapy.

Methods: The research design of this study was qualitatively. The participants were 52 adults suffering from mild to moderate BED. Data consisted of written texts entered by the participants into the online therapy program. The texts addressed the participants' goals for their treatment course and their motives for seeking online therapy. The texts were analyzed by the means of systematic text condensation.

Results: Pertaining patient motivations for seeking therapy for BED, five main motivations that reached a saturated level in the sample were discovered: wish for control; avoidance of guilt/shame; desire for tools/insights; weight loss; and psychological stress. Participants ranged from one motivational factor to four, no participant had all the motivational factors. Regarding patient reasons for seeking online therapy, the following themes including sub themes were found: online treatment, treatment at home, and flexible treatment.

Conclusions: The results indicate that online therapy for BED may be able to breach some of the barriers there are towards treatment seeking.

Keywords: Internet-based Cognitive Behavioral Therapy; binge eating disorder; qualitative; motivation

EPP0607

Dynamics of aggressive manifestations in eating disorders

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doi: 10.1192/j.eurpsy.2021.949

Introduction: Anorexia nervosa and bulimia nervosa are often accompanied by aggressive manifestations that undergo typical dynamics at different stages of the disease. The presence of aggressive phenomena in eating disorders can cause severe maladaptation of patients, cause difficulties in diagnosis, establishing compliance, and prevent the normalization of family relations.

Objectives: To study the varieties of aggressive manifestations and their changes in the treatment of anorexia nervosa and bulimia.

Methods: Psychopathological, anamnestic, psychological.

Results: The most pronounced aggressive symptoms in typical anorexia nervosa are verbal and physical aggression against relatives and close people; feeding younger siblings, parents; threats and suppression of the opinion of relatives in relation to patients. The above aggressive statements and actions occur at the stage of correction and in the initial period of the stage of exhaustion. With deep exhaustion (pronounced cachexia) and in the process of food rehabilitation, aggressive behavior is significantly reduced. In the future, there is criticism of their own aggressive symptoms. In bulimia nervosa, only verbal aggression toward loved ones is noted, especially when they interfere with purifying behavior and massive compulsive overeating. The degree of aggression in bulimia nervosa is significantly less.

Conclusions: Aggressive manifestations in eating disorders depend on the stage of the disease, the degree of exhaustion and undergo reverse development in the course of therapy. Aggressive phenomena in eating disorders have a significant impact on the clinic, dynamics, outcomes of diseases and the effectiveness of treatment tactics.

Conflict of interest: No significant relationships.

EPP0608

Integrating empathic and mentalizing abilities with interpersonal sensitivity in people with eating disorders: A network analysis approach

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doi: 10.1192/j.eurpsy.2021.950

Introduction: Literature highlights that interpersonal sensitivity represents an important development and maintaining factor for Eating Disorder (ED). Mentalizing and empathy are two psychological constructs that play a crucial role in social functioning. However, the role of mentalizing and empathy in the socio-