

## EPV0698

### Assessing Family Functioning Before and After an Integrated Multidisciplinary Family Treatment for Adolescents With Restrictive Eating Disorders

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doi: 10.1192/j.eurpsy.2022.1485

**Introduction:** Previous studies applying the Lausanne Trilogue Play (LTPc), a semi-structured method for observing family dynamics, highlighted dysfunctional interaction patterns in the families of individuals affected by restrictive eating disorders (REDs). Family-centered approaches are considered the first-line treatment for severe cases of REDs in adolescence.

**Objectives:** To investigate family functioning in the families of adolescents with severe REDs assessed before and 6 months after a multidisciplinary family treatment program that combined psychodynamic psychotherapy, parental role intervention and triadic or family-centered intervention.

**Methods:** Sixty-seven families of adolescent patients diagnosed with REDs were assessed for eligibility between July 2017 and October 2020. Family functioning was assessed using the clinical version of LTPc. Nutritional counseling and neuropsychiatric monitoring were also provided.

**Results:** We observed a significant change in the family functioning score for the LTPc phase 2, in which the father interacts with his daughter while the mother acts as a silent observer. This suggests that the fathers, when playing an active role, could improve dyadic family functioning. The treatment was not found to change triadic functioning: a 6-month treatment may not be long enough to modify interactions at the triadic level.

**Conclusions:** A brief multidisciplinary treatment program may significantly improve family functioning in the families of patients diagnosed with severe REDs. Although appropriate clinical trials are needed to further test the efficacy of this treatment, our study reinforces the concept that treatment programs targeting the individual patient and both the parents should be a first-line approach in adolescents with severe REDs.

**Disclosure:** The authors declare that they do not have a significant financial interest, consultancy or other relationship with products, manufacturer(s) of products or providers of services related to this abstract.

**Keywords:** Adolescents; Integrated Multidisciplinary Family Treatment; Restrictive Eating Disorders; Family functioning

## EPV0698

### Self-report questionnaires in eating disorders: do we need to be careful interpreting self-report in conditions with self-perception issues?

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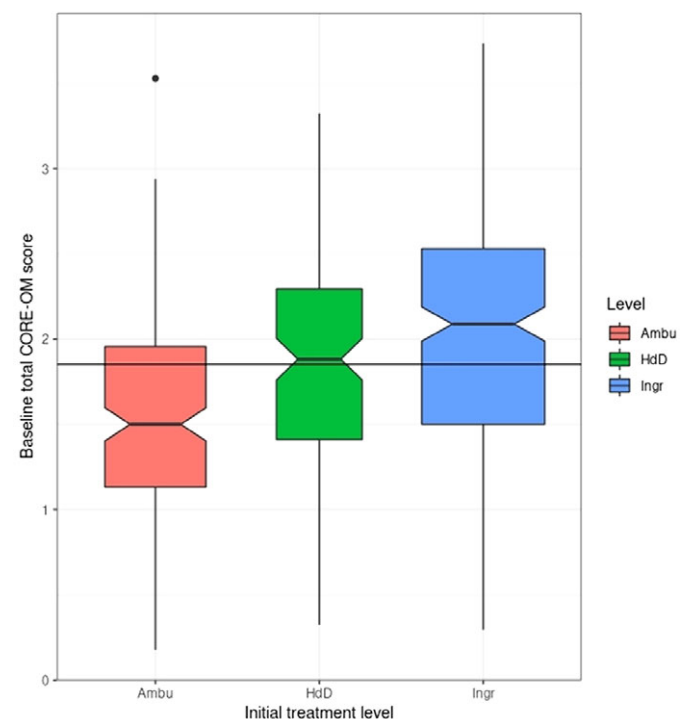
doi: 10.1192/j.eurpsy.2022.1486

**Introduction:** A major revolution in psychiatry since the late 20th and early 21st Century has sought to put the individual client at the heart of intervention, promoting shared decision making. Increasing use of patient reported outcome measures (PROMs) to evaluate interventions and even steer therapies (“power assisted steering for psychotherapy”, Evans 2012) appears congruent with this. But is caution needed interpreting PROMs where self-perception distortions form a core part of the client’s problem? Eating disorders are a paradigmatic test.

**Objectives:** To see if PROM scores at initial presentation at services for ED seemed congruent with help-seeking. We report CORE-Outcome scores here.

**Methods:** Inclusion criteria were a diagnosis of an ED and opting in to treatment. Consecutive new clients at all the centres were approached for participation. Scores distributions were analysed to see if numbers of low scores, “non-clinical range” scores seemed congruent with help-seeking.

**Results:** 18% of the participants who completed the CORE-OM at baseline had a score below the Clinically Significant Change (CSC) cutting point. Though the rate was higher in participants with an Anorexia type I diagnosis (22.6%) than those with other ED diagnoses (15.8%): in the expected direction, the difference was narrowly non-significant (chi-squared = 3.5, d.f. = 1, p = .06). Scores did relate to treatment level.



**Conclusions:** The predicted elevated rate of non-clinical baseline scores in the AN1 group was narrowly non-significant but the rate of 18% non-clinical scores in a help-seeking population raises a cautionary message about interpretation of change from initially low scores.

**Disclosure:** I am one of the three trustees of CORE System Trust which holds the copyright on the CORE measures used in this study but the measures are all provided under a Creative Commons licence so I receive no remuneration from this.

**Keywords:** questionnaires; Psychometrics; clinimetrics; Eating Disorders

## EPV0700

### Adolescents' knowledge of and attitudes towards eating disorders

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doi: 10.1192/j.eurpsy.2022.1487

**Introduction:** Eating disorders (EDs) constitute serious mental illnesses with high morbidity, lifetime mortality and associated stigma due to the label of mental illness. The sparse research assessing adolescents' knowledge of and attitudes towards EDs highlights their low understanding of these conditions.

**Objectives:** The proposed study aims to bridge this gap by investigating adolescents' knowledge of and attitudes towards EDs as this will inform young people's engagement with ED services.

**Methods:** Participants aged 12-18 will be randomly assigned a vignette depicting either a male or female 15-year-old displaying symptoms of anorexia nervosa (AN) or binge eating disorder (BED). They will be asked to select what they believe the condition described in the vignette is from a pre-determined list. They will then be informed of the correct diagnosis before completing a series of scales designed to assess their attitudes towards EDs. Participants' own potentially disordered eating behaviours will be assessed using the ED risk composite (EDRC) subscale from the EDI-3.

**Results:** It is expected that BED will be less likely to be correctly identified compared to AN, eliciting more stigma and male vignette subjects will be seen more negatively than female vignette subjects. Also, it is expected that participants with higher EDRC scores will have more knowledge of and less negative attitudes towards EDs than those with lower EDRC scores.

**Conclusions:** This study will highlight the need for education around EDs targeted at adolescents to increase their knowledge and awareness, providing them with factual information ought to reduce stigma and negative attitudes and beliefs about EDs.

**Disclosure:** No significant relationships.

**Keywords:** attitudes; eating disorder; knowledge; Adolescents

## EPV0701

### Ideas of Self and Adulthood in Girls with Eating Disorders

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doi: 10.1192/j.eurpsy.2022.1488

**Introduction:** Adolescence, when physical body image changes occur, is highly vulnerable to the development of eating disorders. At this age, there is an acute task of accepting oneself as another - an adult who has changed.

**Objectives:** To study the features of the image of an adult in young people with eating disorders.

**Methods:** The study involved 58 girls (from 17 to 22 years old). The main group included 31 people with a high risk of eating disorders, the control group - 27 people with an average and low risk. Respondents filled in: Taylor Manifest Anxiety Scale, Eating behavior rating scale, projective drawing of an adult and child, association test about words «adult» and «child»

**Results:** 1. A high level of personal anxiety was revealed in the main group; 2. The visualized image of an adult in the main group has more distortions and fewer signs of gender identification than in the normal group; 3. Semantic ideas about adulthood in the main group are negatively emotionally colored and include categories related to eating behavior; 4. Semantic ideas about childhood in the main group are more negatively emotionally colored, and ideas about the present are more connected with appearance than in the control group. Semantic ideas about the future in this group are often negatively colored.

**Conclusions:** Figurative and semantic ideas about childhood, adulthood and about oneself in the present and in the future in girls with eating disorders have qualitative characteristics in comparison with the control group.

**Disclosure:** No significant relationships.

**Keywords:** eating disorder; self-representation; adult image

## EPV0702

### Eating disorder and suicide attempt

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doi: 10.1192/j.eurpsy.2022.1489

**Introduction:** The quantification of suicidal risk in specific populations is important for the adoption of prevention and risk reduction measures. This risk remains very high in patients with eating disorders compared to the general population.

**Objectives:** The present study evaluates the prevalence of suicide among patients with eating disorders all seeking different suicidal risk factors in these patients.