

EPP0075

Art therapy in eating disorders. A systematic review of literature.

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Introduction: Art-therapy (encompassing plastic arts, music, theater and writing) is a promising and acceptable management strategy of eating disorders (ED). It has the potential to improve well-being and therapeutic alliance, targeting psychological dimensions of ED, and dealing with difficulties of expression and rationalization of patients. Nevertheless, the efficacy of this approach is difficult to evaluate because of the lack of studies in this area.

Objectives: We sought to provide an overview on the efficacy of art therapy in the management of ED, by a systematic review of all controlled trials using art therapy on patients with ED.

Methods: This systematic review included all controlled trials using art-therapy on a population of adolescent and adult patients with ED. The effect of art therapy on clinical indicators such as anthropometric variables, symptoms and dimensions of ED was evaluated.

Results: Of the 1286 screened records, only four respected inclusion criteria. These four trials evaluated plastic art therapy, music therapy, writing therapy, and dance-movement therapy. A large number of bias and strong heterogeneity of inclusion criteria, techniques and variables prevented any attempt of quantitative synthesis. Music therapy appeared to have a significant effect on post-prandial anxiety, while dance-movement therapy showed an effect on body dissatisfaction.

Conclusions: The generalizability of the results found is weakened by the high heterogeneity of trials. Replication studies and a rigorous methodologies are necessary for more reliable conclusions. Art therapy could help improving some specific dimensions of ED.

Disclosure: No significant relationships.

Keywords: Psychotherapy; Eating Disorders; systematic review; art therapy

EPP0073

Vulnerability to acute psychosocial stress in subjects with eating disorders and history of childhood trauma: experimental evidence of a "Maltreated Ecophenotype"

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Introduction: Subjects with eating disorders (ED) show a high prevalence of childhood trauma.

Objectives: Aim of the study is to evaluate the emotional, biological and behavioral responses to an experimental acute psychosocial stress in subjects with ED with or without childhood maltreatment.

Secondary aim is to evaluate the effects of different traumatic experiences (physical and emotional).

Methods: 48 women with ED completed the Childhood Trauma Questionnaire (CTQ). 29 participants (14 with Anorexia Nervosa [AN] and 15 with Bulimia Nervosa [BN]) reported an history of childhood maltreatment, while 19 (11 with AN and 8 with BN) did not. Cortisol levels, anxiety and hunger perceptions have been assessed in all participants throughout the Trier Social Stress Test (TSST) as well as body dissatisfaction after stress exposure.

Results: Subjects with childhood trauma showed higher emotional reactivity and body dissatisfaction and lower hunger throughout the TSST than those without childhood trauma. Higher cortisol levels were observed in patients with AN, regardless of the presence of childhood trauma, and in those with BN and history of emotional trauma. Emotional trauma was the childhood trauma explaining most of the observed differences.

Conclusions: Childhood trauma, especially emotional one, can lead to vulnerability to interpersonal stress in individuals with ED. The present study is the first that supports the "maltreated ecophenotype" hypothesis in subjects with ED through an experimental task and the evaluation of multiple levels of response. These data may provide new perspectives on the pathogenetic mechanisms of ED and novel therapeutic implications.

Disclosure: No significant relationships.

Keywords: TSST; maltreated ecophenotype; ED

EPP0075

Bulimia nervosa and borderline personality disorder - case report and literature review

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Introduction: Bulimia Nervosa (BN) is a debilitating eating disorder characterized by bingeing and purging episodes generally accompanied by excessive concern with body weight and shape as well as body image disturbance. BN and Borderline Personality Disorder (BPD) may co-occur. In fact, studies estimate that one quarter to one third of patients with BN also meet criteria for BPD. However not much is known about the relationship between these two diseases. Nevertheless, the high comorbidity rate might not be surprising as both BN and BPD may share interacting aetiologies and common core symptoms such as impulsivity and emotional instability. So far, only very little is known about the clinical presentation of patients with both BN and BPD and their response to treatment.

Objectives: Literature review on BN and comorbid BPD. An illustrative clinical case is presented.

Methods: Case report and non-systematic review of the literature - sources obtained through search on Pubmed.gov database.

Results: Female, 19-year-old, student, lived with her mother and stepfather. Developed a poor relationship with her body image due to dental problems during high school. The patient started to binge eat, exhibit compensatory behaviors, restrictive eating pattern, body dissatisfaction and emotional instability while maintaining a