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

T. Holmberg[1]*, E. Jensen[1,2], J. Bindzus[3], M. Lichtenstein[3] and K. Tarp[3]

[1]Research Unit For Telepsychiatry And Emental Health, Centre for Telepsychiatry, Odense C, Denmark; [2]Centre For Telepsychiatry, Mental Health Services in the Region of Southern Denmark, Odense C, Denmark and [3]Research Unit For Telepsychiatry And E-mental Health, Centre For Telepsychiatry, Mental Health Services in the Region of Southern Denmark, Odense, Denmark
*Corresponding author.

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

I. Belokrylov[1,2]*, A. Bryukhin[1], T. Lineva[1] and E. Okonishnikova[3]

[1]Department Of Psychiatry And Medical Psychologi, Peoples Friendship University of Russia (RUDN University), Moscow, Russian Federation; [2]Department Of Psychiatry And Medical Psychology, Peoples Friendship University of Russia (RUDN University), Moscow, Russian Federation and [3]Department Of Psychiatry And Medical Psychology, RUDN University Moscow., Moscow, Russian Federation
*Corresponding author.

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

G. Patriciello*, L. Marone, A. Vece, E. Barone and A.M. Monteleone

Psychiatry, University of Campania "Luigi Vanvitelli", napoli, Italy
*Corresponding author.

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-