

**Objectives:** To study the existence and prevalence of vomitorium atypical anorexia nervosa

**Methods:** Psychopathological, anamnestic, psychological

**Results:** It was found that in atypical anorexia nervosa, vomitophobia is observed in 30% of cases. The initial stage is a psychotraumatic situation unrelated to eating behavior. In the future, the pathological fear of vomiting is fixed, which is due to the presence of personal deviations and anxiety disorders. The initial stage of an eating disorder is a psychotraumatic situation that is not directly related to eating behavior. However, after Psychotrauma, there is anxiety with its subsequent somatization and vegetative dysfunction of the gastrointestinal tract. In the future, the pathological fear of nausea and vomiting is fixed, which is due to the presence of significant personal characteristics and perceiving of anxiety disorders. Dymorphophobic experiences appear as you lose weight and have an inverted character-discontent with thinness, exhaustion.

**Conclusions:** The presence of massive vomitorium leads to restrictive eating behavior. Therefore, there is a need to differentiate this pathology from typical anorexia nervosa with vomiting and from hypochondriac disorders. Against the background of adequate complex therapy with food rehabilitation, anti-anxiety medication, psychotherapy, atypical anorexia nervosa with vomitophobia undergoes a fairly rapid reverse dynamics with the appearance of a critical attitude to the existing pathological eating behavior. The prognosis in these cases is quite favorable.

**Disclosure:** No significant relationships.

**Keywords:** eating disorder; Vomitophobia

## EPV0280

### Severe pica in long-term schizophrenia, a case report

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**Introduction:** Pica is a strange eating disorder that consists of eating non-nutritive substances, inappropriate to the developmental level/ cultural normative of the individual. The prevalence is not widely studied, but might occur in the context of other mental disorders, such as schizophrenia, that hinders the management and treatment of these patients.

**Objectives:** To report a severe pica in a patient with late schizophrenia, and highlight the impact this syndrome might cause on the life of these patients.

**Methods:** We present a case of a 65 year-old-woman with schizophrenia attended in the emergency area for dysphagia due to the intake of a metal washer. Reviewing the patient medical history, an early and severe schizophrenia was described. Within years, disorganization and residual symptoms have become the main disabilities, developing a pica eating disorder with preference in greater metal objects (images are included).

**Results:** The management has been hindered due to the consequences of pica eating disorder. The patient describes an unstoppable urge to make the intake when she sights wide metallic objects (batteries, docks, washers...). Different antipsychotic drugs have been used, combined with psychotherapy and family education. Despite this, the patient has required multiple attentions in the

emergency area due to esophageal impaction, intestinal obstruction, perforation and peritonitis, that have led to countless surgeries and hospitalizations.

**Conclusions:** Pica can become a highly dysfunctional syndrome that may lead to severe organic and life impact. The comorbidity with schizophrenia is understudied, but further investigation might be useful to show up specific management strategies of these patients.

**Disclosure:** No significant relationships.

**Keywords:** schizofrenia; Pica; eating disorder

## EPV0281

### Psychodynamic phenomena in obese patients

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**Introduction:** Obesity is one of the leading problems of today's society. According to WHO, 650 million people worldwide are obese, which is 13% of total population (in Croatia 21.5%). There are various psychodynamic theories that interpret the psychological aspects of obesity.

**Objectives:** The aim of this paper is to present psychodynamic and contemporary psychiatric concepts that explain the interrelated phenomena presenting in obese patients.

**Methods:** The review of the literature included the investigation of the existing studies in the field of modern psychiatry, as well as previous knowledge in the field of psychodynamics.

**Results:** Obesity is associated with the emptiness of not recognizing one's own emotions from hunger, and the need for constant replacement. The everyday life of the obese is filled with shame, an uncomfortable perception that is so intense that can be unbearable. The emptiness and shame which overwhelm and create discomfort cannot be fulfilled by constant food intake and are associated with pathological narcissism (grandiose or vulnerable), which in turn is associated with more regressive behaviour. Thus, obesity may sometimes be associated with addictive behaviours, and a cognition that a bad pattern of rewarding behaviour through food has been adopted in parallel with poor self-control.

**Conclusions:** Relationship between psychodynamic phenomena and obesity is complex and multidimensional. Further research is needed in order to ameliorate our understanding of these connections.

**Disclosure:** No significant relationships.

**Keywords:** obesity; shame; pathological narcissism; eating

## EPV0282

### Remote psychoeducation for eating disorders: An exploratory study during lockdown

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**Introduction:** With increasing prevalence, eating disorders (EDs) constitute a public health problem. Access to treatment is limited and often delayed for the majority of patients. Such obstacles might be mitigated via the development of virtual treatments.

**Objectives:** Conducted during COVID-19 lockdown, this pilot study aimed to explore the feasibility and preliminary clinical outcomes associated with treatment of EDs by means of a remote psychoeducational (PE) programme.

**Methods:** Eleven patients who fulfilled DSM-5 criteria for anorexia nervosa, bulimia nervosa, or binge eating disorder completed assessments, including ED symptoms, anxiety and depression, as well as motivation to change measures at the beginning and end of the time-limited (4 weeks) specialized treatment. It consisted in receiving 4 PE documents by email (1 per week), which was completed by a 15-20 minutes phone call with each participant (1 per week).

**Results:** Data showed significant improvements of several self-reported eating disorder symptoms, including body dissatisfaction and intensity of bulimic episodes.

**Conclusions:** Our findings suggest that a time-limited remote PE intervention produces clinically meaningful changes in ED symptoms. Thus, it might be worth developing such interventions in a clinical context, especially when performed prior to higher level of care. Further research is required to evaluate optimised interventions using a more diverse sample from a plurality of treatment facilities and context of care, as well as research in a non-pandemic setting which may have impacted these exploratory study results.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; psychoeducational intervention; remote intervention; eating disorders

## EPV0283

### Instagram, the new ally of Pro-Ana and Pro-Mia

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**Introduction:** INTRODUCTION Nowadays Social Networks (SN) are used not only in a playful way but also as a 'health' means of communication. The Pro-Ana and Pro-Mia accounts or profiles -whereby Eating Disorders are advocated as a 'lifestyle'- increased by 300% over the last decade.

**Objectives:** OBJECTIVES To analyze Instagram Pro-Ana and Pro-Mia accounts and compare them with Pro-Ana and Pro-Mia Blogs.

**Methods:** METHODS A non-computerized research of Pro-Ana and Pro-Mia Blogs and Instagram profiles was performed. Accepting a risk of Alpha=0.05 and Beta=0.15 in a two-tailed test,

29 subjects were required in each group to detect a difference equal to or greater than 0.2 units. The common standard deviation is assumed to be 0.25. Publication averages, photos, opening years, WhatsApp links and number of followers were analysed and compared. Transversal descriptive study.

**Results:** RESULTS Blogs: 100% had no groups in other SN, 33.33% had been opened for more than 3 years, 30% included personal pictures, 16.67% contained Ana in their title, 53.3% named other Blogs. Instagram: 56.67% included personal pictures, 13.33% mentioned WhatsApp groups, 73.33% had a public profile, 43.33% contained 'Ana' in their user name and 53.33% had more than one hundred followers.

**Conclusions:** CONCLUSIONS These tools are constantly adapting to the times in which they coexist. There has also been a current increase in Instagram profiles. This study shows a greater linkage to WhatsApp groups on Instagram than on Blogs, together with a higher number of followers, ease of ownership and difficulty of control.

**Disclosure:** No significant relationships.

**Keywords:** Instagram; Pro-Ana; Pro-Mia; eating disorders

## EPV0284

### Pro-Ana and Pro-Mia keywords, their google search trend

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**Introduction:** INTRODUCTION Eating Disorders (ED) have increased both in number of cases and diagnoses in recent years, partly due to the ease of searching on the Internet. This "community" as they call themselves has a proper language, which makes them easier to connect.

**Objectives:** OBJECTIVES To know the search frequency of Pro-Ana and Pro-Mia terms in Spanish in the Google search engine.

**Methods:** METHODS A manual screening was carried out based on the word analysis of Pro-Ana and Pro-Mia blogs to obtain their search frequency in Spanish. Using the Google Trends tool, a total of 19 word combinations related to ED and their advocacy were reviewed in the time period from 01/01/2019 to 01/12/20. Some of them such as: "carrera de kilos" (kilos race), "princesa de cristal" (glass princess), "princesa de porcelana" (porcelain princess) and "dieta ABC" (ABC diet) among other terms.

**Results:** RESULTS From 2019 to 2020 there has been an increase in the searches related to Eating Disorders (41.63%), ABC diet (9.72%), porcelain princess (25.52%) and kilos race (38.53%). There has also been a decrease in the search for thinspo ana (30.9%), tips ana (4.15%), blog mia (13.09%) or blog ana (0.79%).

**Conclusions:** CONCLUSIONS Search trends change over time as they meet the evolving needs. In several media we can find a clear increase in ED during this 2020 due to the confinement related to COVID-19. This is something that we can also relate to this increase in searches for some terms.

**Disclosure:** No significant relationships.

**Keywords:** eating disorders; Pro-Ana; Pro-Mia; google search trend