

ECED
European Council on Eating Disorders

PARIS 2019
12th-14th September



www.ecedparis2019.com

ecedparis2019@gmail.com

EATING DISORDERS:
A TRANSDISCIPLINARY APPROACH
TO UNDERSTANDING AND CARE

12th - 14th September 2019
Paris, France

PROGRAMME
&
ABSTRACT BOOK

London (1989) - Leuven (1991) - Prague (1993) - Dublin (1995) - Padova (1997) - Stockholm (1999) - Barcelona (2001) - Budapest (2003) - Innsbruck (2005) - Porto (2007) - London (2009) - Florence (2011) - Oslo (2013) - Heidelberg (2015) - Vilnius (2017)

EATING DISORDERS IN MALES: A CASE SERIES STUDY TO EVALUATE PUTATIVE RISK FACTORS

AUTHORS

Sónia Gonçalves¹, Ana Isabel Vieira¹, Isabel Brandão², Sertório Timóteo², Patrícia Nunes², Inês Buinhas³, Natália Granja³, Márcia Cunha³, Joana Sá³, João Machado³, & Bárbara César Machado³

¹Psychology Research Center (CIPsi), School of Psychology, University of Minho, Braga, Portugal

²Department of Psychiatry, Faculty of Medicine, University of Porto, Porto, Portugal

³CEDH – Research Centre for Human Development. Universidade Católica Portuguesa, Faculdade de Educação e Psicologia, Porto, Portugal

KEYWORDS

Eating disorders; male patients; clinical features; eating disorder onset; puberty development; putative risk factors

OVERVIEW OF THE PRESENTATION

Introduction: There are no studies that have assessed potential risk factors (RFs) for the development of eating disorders (EDs) in males, considering the onset of an ED and controlling for the development of initial symptoms or preceding RFs. This case series was conducted with males and aimed to describe the clinical features and symptomatic onset of EDs, to characterize male puberty development and to identify potential RFs for EDs and specific life events preceding ED symptoms.

Methods: Ten males ED patients participated in this study. All participants were interviewed with the Eating Disorders Examination, the Oxford Risk Factor Interview and a semi-structured clinical interview for the evaluation of males' puberty development.

Results: Almost all participants began their EDs with dieting. Half of the participants mentioned the development of muscle mass and experiences of embarrassment related to undressing in front of their peers, both of which were associated with suffering and peers teasing. A history of peer aggression and/or teasing was the only RF experienced by all the participants. We found the presence of RFs in all the remaining evaluated domains.

Conclusions: In line with previous RF studies with female samples, we found an ED aetiology that is multifactorial in nature.