

## Abstract

**Cite this article:** (2020). E-Poster Viewing. *European Psychiatry* **63**(S1), S283–S589. <https://doi.org/10.1192/j.eurpsy.2020.6>

© The Author(s) 2020. This is an Open Access article, distributed under the terms of the Creative Commons Attribution licence (<http://creativecommons.org/licenses/by/4.0/>), which permits unrestricted re-use, distribution, and reproduction in any medium, provided the original work is properly cited.



EUROPEAN PSYCHIATRIC ASSOCIATION

<sup>1</sup>Ulianov Chuvash State University, Social And Clinical Psychology Department, Cheboksary, Russian Federation; <sup>2</sup>I.M. Sechenov First Moscow State Medical University, Faculty of Medicine, Moscow, Russian Federation and <sup>3</sup>Ulianov Chuvash State University, Faculty of Medicine, Cheboksary, Russian Federation

\*Corresponding author.

**Introduction:** Medical education is intended to give future professionals knowledge about health care, which can be applied to them as well. How justified are expectations concerning eating behavior?

**Objectives:** The research goal is to explore prevalence, intensity and interconnections of disordered eating behavior manifestations in junior medical students.

**Methods:** Using the Eating Disorder Inventory (EDI) and Skugarovsky & Sivukha's Body image questionnaire, we surveyed 101 male and female 1-2 year medical students (mean age 19.9).

**Results:** Every second student out of three (66.3%) showed medium or high level of drive for thinness, every second (48.5%) revealed signs of bulimia, with all the surveyed demonstrating dissatisfaction with their body. High level of drive for thinness and bulimia was noted in every tenth (9.9%) and every sixth (18.8%) accordingly. All of them were female. Every third of the surveyed students (31.6%) showed also a high level of perfectionism, every second (56.4%) – interpersonal distrust, every sixth (17.8%) – interoceptive awareness. Every third revealed a high level of dissatisfaction with their appearance (34.6%), every second showed a medium level of such dissatisfaction (48.5%). At the same time, body image dissatisfaction directly correlated with drive for thinness ( $p < 0.05$ ) and bulimia ( $p < 0.05$ ).

**Conclusions:** Medical students, more often females, have higher risks of developing eating behavior disorders. Trying to comply with the imposed standards of successfulness and beauty, being dissatisfied with their body image, they attempt at strict control of their meals. Knowledge of medicine acquired in their first two years of study does not always prevent this.

**Conflict of interest:** No

**Keywords:** eating behavior; body image; body dissatisfaction; medical students

## EPV0500

### The relationship between body mass index and internet problematic use, eating disturbances, sleep difficulties, and psychological distress in portuguese university students

M.J. Soares<sup>1\*</sup>, A.T. Pereira<sup>1</sup>, B. Maia<sup>2</sup>, A. Gomes<sup>3</sup> and A. Macedo<sup>1</sup>

<sup>1</sup>University of Coimbra, Faculty of Medicine, Department of Psychological Medicine, Coimbra, Portugal; <sup>2</sup>The Catholic University of Portugal, Faculty of Philosophy And Social Sciences, Braga Regional Centre, Braga, Portugal and <sup>3</sup>University of Coimbra, Faculty of Psychology And Educational Sciences, Coimbra, Portugal

\*Corresponding author.

**Introduction:** Body mass index (BMI), in overweight and obese individuals, have been associated with sedentary habits, unhealthy use of internet, eating disturbances, sleep difficulties, and psychological distress.

**Objectives:** To investigate the association between BMI and internet use patterns and problematic use, eating disturbances, sleep difficulties, and psychological distress among Portuguese university students

**Methods:** 456 students (76.9% females; mean±SD age=20.30±1.90 years old) fulfilled a questionnaire that include questions on sociodemographic data, internet use patterns, eating habits during internet use, the Portuguese version of the Generalized Problematic Internet Use Scale 2 (GPIU), the Eating Attitudes Test 25, the Depression, Anxiety, Stress Scale 21, and the Basic Scale on Insomnia Complaints and Quality of Sleep (BaSIQS).

**Results:** BMI mean score was of 22.01 (SD=2.91, range 15-35), underweight were 6.1%, normal weight 81.1%, overweight 10.7% and obese 2%. Significant correlations were found between BMI and individual's perception that online activity's impair the quality of their interpersonal relationships ( $r=.104$ ,  $p < .05$ ), consume of sweet/salty/ starchy foods during online activity's ( $r=.107$ ,  $p < .05$ ), global eating disturbances ( $r=.174$ ,  $p < .01$ ), diet concerns ( $r=.301$ ,  $p < .01$ ), bulimic behaviours ( $r=.204$ ,  $p < .01$ ), social pressure to eat ( $r=-.430$ ,  $p < .01$ ), psychological distress ( $r=.114$ ,  $p < .05$ ), stress ( $r=.101$ ,  $p < .05$ ), anxiety ( $r=.128$ ,  $p < .01$ ). None of the GPIU and BaSIQS total and dimensions scores were significantly related to BMI.

**Conclusions:** The results do not support the association between students BMI and internet use patterns and problematic use. The kind of food consumed during online activity's, eating disturbances and psychological distress should be addressed by intervention strategies for overweight students.

**Conflict of interest:** No

**Keywords:** Body mass index; sleep and eating disturbances; Internet problematic use; Psychological distress

## EPV0501

### The influence of family alcoholism on the development of eating disorders

M. Artemieva\*, R. Suleimanov, I. Danilin, A. Arseniev and D. Shumeyko

Peoples' Friendship University of Russia (RUDN University), Department of Psychiatry And Medical Psychology, Moscow, Russian Federation

\*Corresponding author.

**Introduction:** Hereditary alcoholism of parents was noted in 29% of patients. Regular alcohol abuse was rather normative in 71% of patients' fathers, while being raised with an insufficient father role model (61% of patients with ED).

**Objectives:** The aim of the study was to investigate the role of alcoholism in the formation of eating disorders.

**Methods:** The etiological role of parental alcohol abuse in the development of ED has also been confirmed by the analysis of the terms of conception and duration of pregnancy in mothers of the patients.

**Results:** There was found a statistically significant ( $p < 0.01$ ) prevalence of conception periods attributable to culture-mediated periods of mass alcoholism in Russia: a decade of New Year celebrations as well as the period of summer holidays. The prevalence of alcoholism among patients in the study group was 13% (16 cases) with a catamnestic follow-up duration of more than 5 years, while the prevalence of alcoholism in patients with bulimia nervosa was 3.2 times greater than that of anorexia nervosa.

**Conclusions:** The patients' subjectively marked change in the attitude towards alcohol intake is noteworthy: with prolonged restriction in food and low body weight, more than half of patients noted the appearance of cravings for alcohol, while before the onset of the disease, anorexia nervosa and bulimia 92 (77%) patients experienced a neutral or negative attitude towards alcohol, felt