

P02-323 - THE PREVALENCE OF DISORDERS EATING IN PATIENTS WITH DIABETES MELLITUS

M. Danoiu¹, S. Danoiu², R. Danciulescu Miulescu³, C. Poiana³, V. Cristescu⁴

¹Physiology, University of Craiova, ²Patophysiology, University of Medicine and Pharmacy Craiova, Craiova, ³Endocrinology, University of Medicine and Pharmacy Carol Davila, ⁴University Titu Maiorescu Bucharest, Bucharest, Romania

Objectives: The aim of this study was to estimate the prevalence of disorders eating among patients with diabetes mellitus.

Method: Studies have shown that The Eating Attitudes Test (EAT-26) can be an efficient screening instrument as part of a two-stage screening process in which those who score at or above a cut-off score of 20 are referred for a diagnostic interview. 44 patients with diabetes mellitus (28 women and 16 men) were recruited for this study. Height, current weight, body mass index (BMI) were determined. The EAT-26 for Eating Disorders was completed. Results were compared with measurements in 32 nondiabetic subjects (22 women and 10 men).

Results and conclusions: The prevalence of disorders eating among patients with diabetes mellitus was 18.18%. Of the 44 patients with diabetes mellitus, 8 scored higher on EAT (average score 32.01, BMI 31.36 kg/m²) than the remaining 36 patients with diabetes mellitus, whose score averaged 14.22 (BMI 26.32 kg/m²). In this study we found significant differences for the recorded parameters between diabetic patients with and without disorders eating. Age were similar in both groups, but BMI were higher, and scored on EAT were higher in diabetic patients with disorders eating. The prevalence of disorders eating among nondiabetic subjects was 6.25%. Two patients with diabetes mellitus develop a clinical eating disorder and needs cognitive-behavioral, interpersonal psychotherapy and pharmacologic treatment. The EAT-26 score at or above of 20 needs expertise in eating disorders, and nutrition.