

Article: 0368

Topic: EPO05 - "the dreamers": changes in european psychiatry over the last 10 years

Adolescents with Premenstrual Syndrome: Not Only What You Eat But Also How You Eat Differs!

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Introduction: Premenstrual syndrome (PMS) is associated with many risk factors and its prevention through identification of modifiable risk factors such as diet is of primary importance.

Objectives: Current literature suggests that diet is involved in either the development of PMS or contributes to symptom severity but to date, there are no studies evaluating the eating attitudes of adolescents with PMS.

Aims: To evaluate dietary intake and eating attitudes in adolescents with PMS.

Methods: This study was conducted with 383 adolescents (214 with and 169 without PMS), aged 13-19 years. PMS was diagnosed using the PMS Scale (PMSS). Food Frequency Questionnaire (FFQ) and 24-hour dietary recall were used to assess dietary intake. Eating Attitudes Test-26 (EAT-26) and Three-Factor Eating Questionnaire-R18 (TFEQ-R18) were used to evaluate eating attitudes. Anthropometrical measurements and bone mineral content were measured.

Results: PMS prevalence was 55.9%. According to PMSS subscales, 88.8% of adolescents with PMS had depressive feelings, 53.7% anxiety, 93.5% fatigue, 91.6% irritability, 77.1% depressive thoughts, 76.6% pain, 74.8% changes in appetite, 73.8% changes in sleeping habits, 52.3% swelling ($p < 0.05$). No significant difference in dietary intake, anthropometrical measurements and bone mineral content was observed whereas disordered eating attitudes determined by EAT-26 was detected in 23.8% in adolescents with PMS and 11.8% of adolescents without PMS ($p < 0.05$). In the PMS group, total TFEQ-R18 score, emotional eating behaviour and uncontrolled eating behaviour scores were significantly higher ($p < 0.001$).

Conclusions: This is the first study documenting that not only dietary intake but also eating attitudes are associated with the development of PMS in adolescents.