

Results Adjusted CE prevalence in girls was 44%; with high-est prevalence in bulimia nervosa. Average CE frequency was 3.9 times/week (SD=2.6). Those with CE scored significantly higher than non-CE on total ED severity, dietary restriction and negative perfectionism ($P<0.001$). There were only minor differences between CE and non-CE patients on emotional distress, hyper-activity, suicidality and self-esteem. Among boys, adjusted CE prevalence was 38%, and only total ED severity was significantly related to CE ($P<0.05$). Initial CE did not impact prognosis, yet cessation of CE during 1-year follow-up was associated with ED remission.

Conclusions CE is a common clinical feature in adolescents with EDs, as previously found in adults. CE had less detrimental impact on EDs than predicted and cessation was associated with better outcome.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV0466

The role of interoceptive awareness in eating disorders: A study on a group of binge eaters

G.M. Longo^{1,*}, J. Falcone¹, R.M. Martoni¹, L. Bellodi², A. Ogliari², S. Erzegovesi¹

¹ IRCCS San Raffaele, Department of Clinical Neurosciences, Milan, Italy

² Vita-Salute San Raffaele University, Faculty of Psychology, Milan, Italy

* Corresponding author.

Introduction Interoceptive awareness is defined as the ability to perceive the body states. Such ability is provided by the interoceptors, organs and structures specifically designated to receive both internal and external stimuli. This capability, especially the perception of satiation, seems to be lacking in individuals suffering from Eating Disorders and there is no procedure to increase this ability.

Objectives The primary purpose is to improve patient's interoceptive awareness. We tested whether patients diagnosed with binge eating disorder (BED), while deprived of eyesight, would better focus on their internal signals, such as the satiation feeling, and therefore eat less and slower.

Methods For the first time, 29 patients with BED were deprived of vision during a meal. In a standardized procedure, participants ate two different meals, the first one while deprived of eyesight, the second one, a week later, in normal conditions. Both the amount of eaten food and the total time to complete the meal were taken into account during each of the meals. The patients filled in a Visual Analogue Scale (VAS) questionnaire at the end of each meal, in order to evaluate the experience and their internal feelings.

Results The results show that patients suffering from BED, when deprived of eyesight, eat less food, take more time to finish the meal and experience the same level of satiation with respect to the normal condition.

Conclusion This procedure could be of great interest for the implementation of specific intervention protocols that are aimed at the recovery of interoceptive awareness in patients with eating disorders.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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Confirmatory factor analysis of the eating attitudes test short version in a sample of Portuguese women

C. Marques*, A.T. Pereira, M. Marques, M.J. Soares, C. Roque, A. Macedo

Faculty of Medicine, University of Coimbra, Department of Psychological Medicine, Coimbra, Portugal

* Corresponding author.

Introduction The Eating Attitudes Test-40 (EAT-40) is a valid index of symptoms frequently observed in eating disorders. The EAT-40 was adapted and validated for the Portuguese population. Thereafter a short-version composed of 25 items selected from the exploratory factor analysis (EAT-25) was developed. Apart from the total score, the TAA-25 evaluates three dimensions: Diet, Bulimic Behaviours and Social Pressure to Eat.

Objective To examine the factor structure of the EAT-25 using confirmatory factor analysis (CFA) in a sample of Portuguese women.

Methods The sample was composed of 433 women (mean age = 36.07; SD = 15.15). CFA was used to test the model suggested by prior exploratory factor analyses of EAT-25. AMOS software was used.

Results After four items were deleted and some errors were correlated, CFA indicated a good fit for the second-order factor ($\chi^2/df = 3.066$; CFI = 0.918; GFI = 0.883, RMSEA = 0.069; $P[\text{rmsea} \leq 0.05] < 0.001$). The 19-item TAA showed excellent internal consistency ($\alpha = 0.91$) and the three dimensions presented good Cronbach's alphas ($\alpha > 0.80$).

Conclusions These findings suggest that the 21-item TAA model obtained through CFA is a reliable and valid measure to assess disordered eating attitudes among women.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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Cognitive fusion: Maladaptive emotion regulation endangering body image appreciation and related eating behaviours

M. Marta-Simões*, C. Ferreira, A.L. Mendes

Faculty of Psychology and Education Sciences, University of Coimbra, CINEICC, Cognitive-Behavioral Center for Research and Intervention, Coimbra, Portugal

* Corresponding author.

Body image-related cognitive fusion is described as the perception that undesired and distressing internal events related to body image are reliable representations of reality. This maladaptive emotion regulation process is known for its impact on human suffering, namely eating psychopathology. On the contrary, body appreciation is a positive body image construct, defined as an attitude of acceptance and affection toward one's body image characteristics, despite some level of dissatisfaction. Although body appreciation associates negatively with several pathogenic processes, its relationship with body image-related cognitive fusion is still unexplored. The present study intended to analyse the power of body image related cognitive fusion regarding its impact on body appreciation, and also on the engagement in disordered eating. The study's sample comprised 308 women, aged between 18 and 35. A path model tested the mediator role of body image related cognitive fusion in the relationship between body image dissatisfaction and body appreciation, and eating disorders symptomatology, controlled for the effect of body mass index.

The tested model accounted for 67% of the variance of disordered eating. Body image related cognitive fusion appeared as a significant mediator of the association between body dissatisfaction and body appreciation. Body appreciation presented a significant direct effect on eating disorders symptomatology. These findings highlight the disturbing effect of cognitive fusion related to body image