

P-551 - NIGHT EATING SYNDROME AND ANOREXIA NERVOSA - CASE STUDY

A.P.Martins, P.Nunes, S.Silva, I.Brandão, A.R.Torres

Psychiatry and Mental Health, Hospital São João, Porto, Portugal

Night Eating Syndrome (NES) was first recognized in the 1950 as a pattern of circadian delayed eating behaviour affecting obese individuals.

The research diagnostic criteria for NES are evening hyperphagia (consumption of at least 25% of daily food intake after the evening meal) and/or at least two episodes of nocturnal eating per week. There are other additional criteria for the syndrome, which is proposed by several authors for inclusion in DSM-V.

Research findings suggest that NES is common in individuals diagnosed with eating disorders, more frequently in patients with bulimia nervosa.

Authores present a 28-year-old female with previous history of anorexia nervosa that later developed NES during a period of one year. After night ingestions remission she relapsed again in anorexia nervosa.

The present case supports the evidence of some overlap between NES and other eating disorders.