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**THE WEIGHT OF A GROUP**

**S. Fuentes M-rquez<sup>1</sup>**, R. Alonso Díaz<sup>1</sup>, C. González Macías<sup>1</sup>, M.J. Gordillo Montaño<sup>1</sup>, M.C. Ramírez Domínguez<sup>1</sup>, I. Fuentes M-rquez<sup>2</sup>

<sup>1</sup>Salud Mental, Hospital Juan Ramón Jiménez, Huelva, Spain ; <sup>2</sup>Salud Mental, Fundación Andaluza para la Integración Social del Enfermo Mental, Huelva, Spain

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**Introduction:** Currently the Eating Behavior Disorders have become a social and health problem of the first kind that requires a specialized and interdisciplinary approach to these disorders .These clinical conditions are characterized by their complexity and diversity symptomatology, which implies a significant interference in their functioning in different areas of life and clinically significant distress .

**Objectives:** Given the high burden of care in the USMC that difficult to monitor these patients at appropriate intervals , as well as the seriousness of the clinical and physical complications that can result , ultimately , in death , it seems necessary to implement group interventions to ensure greater continuity of care.

**Aims:** In all forms of group therapy underlying common advantages which advocate their implementation. Recent studies show that group therapy for eating disorders is equally effective as individual treatment . So in the USMC - Huelva conducted a psychotherapeutic group aimed at people with these clinical pictures. The present work is to analyze the impact of the intervention group in the eating disorder symptoms, anxiety and depression, comparing the results obtained in the tests applied before and after treatment.

**Methods:**Psychometric tests used were:

- Beck Depression Inventory ( BDI )
- Inventory of State-Trait Anxiety Inventory ( STAI )
- Inventory of Eating disorders ( EDI )

**Results:** The results reflect a clinically relevant improvement in both psychometric testing quality indicators (no hospitalizations , no emergency service attendance , adherence , etc.)

**Conclusions:** We should consider that group psychotherapy has unique properties that offer individual psychotherapy .