

importance of temperament traits such as high HA and low RD to explain the co-occurrence of both social anxiety and ED is highlighted.

### P0355

Internet-based cognitive-behavioral therapy for bulimia nervosa: A controlled study

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**Objectives:** To examine the effectiveness of an Internet Based Therapy (IBT) for Bulimia Nervosa (BN), when compared to a brief psychoeducational group therapy (PET) or a waiting list (WL).

**Method:** 93 female BN patients, diagnosed according to DSM-IV criteria. An experimental group (31 IBT patients) was compared to two groups (31 PET and 31 WL). PET and WL were matched to the IBT group in terms of age, disorder duration, previous treatments and severity. All patients completed assessment, prior and after treatment.

**Results:** Considering IBT, mean scores were lower at the end of treatment for some EDI scales and BITE symptoms scale, while the mean BMI was higher at post-therapy. Main predictors of good IBT outcome were higher scores in EDI perfectionism and higher scores on reward dependence. Drop-out was related to higher SCL-obsessive/compulsive ( $p=0.045$ ) and novelty seeking ( $p=0.044$ ) scores and lower reward dependence ( $p=0.018$ ). At the end of the treatment bingeing and vomiting abstinence rates (22.6% for IBT, 33.3% for PET, and 0.0% for WL;  $p=0.003$ ) and drop-out rates (35.5% IBT, 12.9% PET and 0% WL;  $p=0.001$ ) differed significantly between groups. While the concrete comparison between the two treatments (IBT and PET) did not evidence significant differences for success proportions ( $p=0.375$ ), statistical differences for drop-out rates ( $p=0.038$ ) were obtained.

**Conclusions:** The results of this study suggest that an online self-help approach appears to be a valid treatment option for BN, especially for people who present lower severity of their eating disorder (ED) symptomatology and some specific personality traits.

### P0356

Eating attitudes among adolescents

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**Introduction:** Eating disorders are major problems in many countries of the world. They are especially prevalent during adolescence and early adulthood, because society equalizes thinness with beauty and attractiveness in women. It is not surprising that women tend to be preoccupied with losing weight and achieving a slim body at young age.

**Method:** The study examined the relationship among BMI, diet, body satisfaction, weight and eating behaviour. Research of the sample includes high school students of both sex from Banjaluka aged between 15 and 18 (female 360, male 250). A sample of adolescents was screened with eating attitude test (EAT-26). They also answered

to the questions about self reported weight and height, diet and body satisfaction.

**Results:** Comparing self report of body satisfaction and BMI we found a statistical significance ( $p=0,0001$ ) and frequency of using diets ( $p=0,0001$ ). EAT was compared with BMI ( $p=0,07$ ) and body satisfaction was statistically significant ( $p=0,0001$ ). BMI was also important for using diets ( $p=0,01$ ).

**Conclusion:** In the study we found relation between body satisfaction, BMI and frequency of using diets. It could be first the step in the development of eating disorders. BMI does not have influence on EAT score. It is necessary to use this knowledge in the future to design preventive programs for individual risk of developing eating disorders and for directed interventions for changing socio cultural pressures on the behaviour.

### P0357

The relationship between eating disorders, physical activity and obesity in women and men - an epidemiological study in Norway

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The relationship between eating disorders, physical activity and obesity among Norwegian men and women has received increasing interest during recent years. Eating disorders (ED) is commonly referred to among women. Very few studies have been done focusing on male ED. In the present study we present data for both genders.

In the present study, a total of 11000 postal questionnaires were sent out at 3 different time points; 1991 (women 18-60), 2004 (women 18-65), and 2005 (men 18-65 years) in Norway. The total response rates were 74.9%, 45.8%, and 41%, correspondingly.

The main aim of the present study was to study the relationship between eating disorders, physical activity and obesity among Norwegian men and women in the general male population in Norway.

**Results:** Preliminary analyses suggest less increase in the prevalence of eating disorders among women between 1991 and 2004 than expected. More men than expected with symptoms of ED. Detailed prevalence numbers for the different eating disorders according to DSM-IV, age cohort analyses, as well as analyses on the relationships between eating disorders, physical activity, and obesity will be presented in April.

### P0358

Bulimia nervosa vs. binge eating disorder: Common and differential clinical and personality correlates

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**Aims:** The objective of this study was to analyze clinical and personality differences in three groups of patients with eating disorders: