

## EPV0473

**Orthorexia and perfectionism in medical students in Tunisia**

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**Introduction:** Orthorexia is defined as a dependence on healthy food or an obsession to consume healthy food. One area deemed influential upon disordered eating and dietary intake is perfectionism.

**Objectives:** To investigate the relationship between orthorexia and perfectionism in medical students.

**Methods:** We conducted a cross-sectional, descriptive, and analytical study in the faculty of medicine of Sfax (Tunisia), between February and April 2023. A self-reported questionnaire was distributed to students via social media. We used ORTO-15 for the assessment of orthorexia, and the Big Three Perfectionism Scale (BTPS) to assess perfectionism.

**Results:** The research has enrolled 220 students. Their mean age was 21.40±1.68 years, with female predominance (70%). The ORTO-15 mean total score was 36.88±6.76. A total of 60% of participants had an orthorexic behavior. The BTPS mean total score was 45.52±12.45 with a mean score of 13.25±4.35 for rigid perfectionism, 18.31±6.37 for self-critical perfectionism, and 13.99±5.47 for narcissistic perfectionism.

Students with orthorexic behavior had significantly higher scores of perfectionism ( $p=0.048$ ).

**Conclusions:** Our study has drawn a significant association between orthorexia and perfectionism among medical students. This result suggests that students experiencing highly critical and judgemental beliefs associated with perfectionism are more susceptible to orthorexic eating behaviors.

**Disclosure of Interest:** None Declared

## EPV0475

**The Portuguese short version of the Eating Disorder Examination Questionnaire: Validity and Reliability in men across multiple ages**

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**Introduction:** The Eating Disorder Examination Questionnaire short version (EDE-Q7) presented better psychometric properties than the Fairburn's 28-items original version, not only in girls (Machado et al. 2018), but also in older women (Pereira et al. 2021; Pereira et al. 2022). It comprises 7 items in three subscales: Dietary Restraint/DR; Shape and Weight Overvaluation/SWO and

Body Dissatisfaction/BD. In a more recent clinical study in men (Laskowski et al. 2023) the factors associated with body concerns and dissatisfaction weren't fully represented in the questionnaire, possibly indicating differences in body ideals, specially relating to musculature.

**Objectives:** We aimed to analyze the psychometric properties of the Portuguese version of EDE-Q7 in males.

**Methods:** Participants were 227 male individuals with a mean age of 30.41 years ( $\pm 13.96$ ; range: 14-73 years). They answered an online survey including the Portuguese versions of the Screen for Disordered Eating/SDE; the Body Image Concern Inventory/BICI and the Muscle Dysmorphia subscale of the Eating Disorder Assessment for Men/DM-EDAM.

**Results:** Confirmatory Factor Analysis showed that the second order model presented good fit ( $\chi^2/df=2.437$ ; RMSEA=.0794; CFI=.986 TLI=.974, GFI=.967). Cronbach's alpha was .856 for the total, .876 for DR and .917 for SWO and .900 for BD. All items contributed to internal consistency and presented high internal validity. Pearson's correlations of EDE-Q7 with BICI (.465), DM-EDAM (.384) and SDE (.361) were significant ( $p<.001$ ) and moderate.

**Conclusions:** Also in men, the Portuguese version of EDE-Q7 demonstrates good validity (construct and convergent) and reliability.

**Disclosure of Interest:** None Declared

## EPV0476

**Muscle dysmorphia subscale of eating disorder assessment for men: validity and reliability of the Portuguese version in men across multiple ages**

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**Introduction:** Although symptom presentation varies by gender, almost all eating disorder/ED instruments have been developed and validated on females. The Eating Disorder Assessment for Men (EDAM; Stanford & Lemberg 2012) is a male specific self-report measure, composed of four sub-scales, proved to be useful to assess gender differences in ED presentations (Nagata et al. 2021). The MD comprises 5 items about the overwhelming concern with muscularity and the false perception of having an underdeveloped body.

**Objectives:** Having already valid measures of body image and eating behaviors in men, we now aim to analyze the psychometric properties of the Portuguese version of MD, in order to have a quick and rigorous measure of this specific construct.

**Methods:** Participants were 227 male individuals (mean age=30.41 years $\pm 13.96$ ; range: 14-73 years). They answered an online survey including the preliminary DM and the Portuguese validated versions of the Eating Disorder Examination Questionnaire (EDE-Q7) and the Body Image Concern Inventory (BICI).