Introduction: Orthorexia is a neuotic behavior characterized by an obsession with healthy eating. This trend is growing among medical students; it may be related to the stress experienced by these young people.
Objectives: The aim of this study was to determine the prevalence of orthorexic eating behaviors among medical students in Tunisia and to examine the relationship with perceived stress.
Methods: Our study was descriptive and analytical cross-sectional, carried out with medical students in the faculty of medicine of sfax (Tunisia) during October 2022.
An anonymous survey was asked to the students.
Data collection was done by a self-administered questionnaire via Google Forms administered in the students' Facebook groups. The questionnaire was composed of a part for the collection of socio-demographic data and two psychometric scales :
-The ORTO-15 was used to assess orthorexia
- Cohen's Perceived Stress Scale (PSS) to determine the level of stress
Results: Atotal of 95 responses was collected.The average age of our samplewas 25.8±3.4 with sex ratio M/F=0,25.Tobacco and alcohol usewere found in 14.7% and 13.6% of casesrespectively.A psychiatric history was reported by 17.9% of students, 76.5% of whom are anxiety disorders.Average body mass index was 23.64 ± 3.53 kg/m2. More than half (58%)of the students were dissatisfied with their feed. In our sample, 8.4% of students have already consulted a nutritionist and 58.9% regularly practiced sport at gym.According to the ORTO 15, 52.6% of the students presented orthorexia. The mean score of the ORTO-15 was 39.19±4.48.According to PSS scores, 21.1% of students had severe level of stress, 69.5% had moderate stress level while 9.5% had low level of stress.Severe stress was significantly correlated with female gender and psychiatric follow (p=0.047), (p=0.001) respectively.Orthorexia was significantly correlated with the practice of sport (p=0.042).Orthorexics students had a higher level of stress without significant correlations.
Conclusions: Our study showed significant frequencies of orthorexia and a considerable level of stress among medical students. A high level of stress was observed in these orthorexic students. Further studies should be conducted to better investigate this relationship in order to promote student mental health

Disclosure of Interest: None Declared

EPP0617

Disgust and Self-Disgust in Eating Disorders: A Systematic Review and Meta-analysis

S. Bektas[1,2*], J. L. Keeler[1], H. Mutwalli[3,4], H. Himmerich[1,5] and J. Treasure[1,6]

[1]Section of Eating Disorders, Department of Psychological Medicine, Institute of Psychiatry, Psychology & Neuroscience, King's College London, London, United Kingdom; [2]Department of Psychology, Hacettepe University, Ankara, Türkiye; [3]Section of Eating Disorders, Department of Psychological Medicine, Institute of Psychiatry, Psychology and Neuroscience, King's College London, London, United Kingdom; [4]Department of Clinical Nutrition, College of Applied Medical Sciences, Imam Abdulrahman Bin Faisal University, Dammam, Saudi Arabia; [5]Eating Disorders Unit, Bethlem Royal Hospital, South London and Maudsley NHS Foundation Trust (SLaM), Maudsley Hospital and [6]Eating Disorders Unit, Bethlem Royal Hospital, South London and Maudsley NHS Foundation Trust (SLaM), Maudsley Hospital, London, United Kingdom
*Corresponding author.
doi: 10.1192/j.eurpsy.2023.916

Introduction: Disgust and self-disgust are aversive emotions which are often encountered in people with eating disorders.
Objectives: The aim of this systematic review is to conduct a synthesis of studies that have measured aspects of disgust and self-disgust in people with EDs.
Methods: We conducted a systematic review and meta-analysis of disgust and self-disgust in people with eating disorders using Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. The systematic review of the literature revealed 52 original research papers.
Results: There was substantial heterogeneity regarding the research question and outcomes. However, we found 5 articles on disgust elicited by food images, 10 studies on generic disgust sensitivity, and 4 studies on self-disgust, and we proceeded to a meta-analytic approach on these studies. We found that women with eating disorders have significantly higher momentary disgust feelings in response to food images (1.32; 95% CI 1.05, 1.59), higher generic disgust sensitivity (0.49; 95% CI 0.24, 0.71), and higher self-disgust (1.90; 95% CI 1.51, 2.29) compared with healthy controls.
Conclusions: These findings indicate the potential clinical relevance of disgust and self-disgust in the treatment of eating disorders.

Disclosure of Interest: None Declared

EPP0618

Anorexia nervosa in the times of COVID-19 pandemic is it different than before?

H. Y. Yılancıoğlu, S. H. Tokmak*, B. Yuluğ Taş, D. Çek and B. Özbaran

Child and Adolescent Psychiatry, Ege University Hospital, Izmir, Türkiye
*Corresponding author.
doi: 10.1192/j.eurpsy.2023.917

Introduction: The COVID-19 pandemic control measures such as isolation and social restrictions are related to an increase in the incidence of anorexia nervosa and deteriorating symptoms by increased social media exposure, limited access to psychiatric services, disruptions in relationships between families and adolescents.
Objectives: Aim of study was to investigate the psychiatric and psychosocial impacts and clinical changes in anorexia nervosa patients, who applied to the Ege University Child and Adolescent Psychiatry for the first time in 2018, during the 2019-2022 pandemic period.
Methods: Our study was carried out 35 anorexia nervosa patients. Voluntary written informed consent, self-report form; using The Visual Analog Scale (VAS), Screen for Child Anxiety Related Disorders Scale (SCARED), Eating Attitudes Test (EAT), The Quality of Life Scale (QOLS), The Difficulties in Emotion Regulation Scale (DERS), The Autism Spectrum Screening Questionnaire (ASSQ), Atilla Turgay DSM-4 Based Screening and Evaluation Scale for Behavioral Disorders in Children and Adolescents

(TURGAY) forms filled out online. Clinical diagnosis and progress are obtained through archieve records by The Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS) and Clinical Global Impression (CGI) scales. Approval number is 22-6T/7, Ege University Ethics Committee.
Results: In 35 patients;15 female patients completed all the forms. The mean age was 16.67±1.63 years. 11 (73.33%) patients have at least one comorbidity; 7 (46.66%) patients have major depressive disorder, 3 (20.00%) anxiety disorder, 2 (13.33%) attention deficit and hyperactivity disorder, 1 (6.66%) mood disorder. The SCARED score was 37.23±12.67, and the CDI score was 17.23±10.85. When comparing the pre-pandemic period, obsession level (z=-2.254, p=.024), exercise level (z=-2.508, p=.012), technology exposure (z=-2.290, p=.022) is increased; level of social activity (z=-2.206, p=.027), the quality of education (z=-2.167, p=.030), and the perception of learning (z=-3.301, p=.008) decreased during pandemic. Quality of life scores was inversely correlated with eating attitudes scores (r=-.601, p=.039). It was noteworthy that number of admissions from the first appointments was higher in participants, compared to the patients who did not participate in the study (n=20) (p=.033). The first admission BMI values were negatively correlated with CGI scores of the patients (r=-.743, p=.002).
Conclusions: As a result, Covid-19 has negative psychosocial effects in anorexia nervosa symptoms such as increased excercise at home and technology exposure; decreased in social activity. Sharing clinical experiences about our patients' mental health may be beneficial in planning the treatment processes and approach for further unexpected extraordinary situations.

Disclosure of Interest: None Declared

EPP0619

Treatment Approaches to Eating Disorders Among LGBTQIA+ Population: A Narrative Review

S. Tempia Valenta*, C. Bronte, F. Panariello, F. Bonazzoli, D. De Ronchi and A. R. Atti

Department of Biomedical and Neuromotor Sciences, University of Bologna, Bologna, Italy
*Corresponding author.
doi: 10.1192/j.eurpsy.2023.918

Introduction: Historically, eating disorders (ED) have been regarded as the diseases of heterosexual, affluent white women. Instead, research shows that the population most at risk of ED is lesbian, gay, bisexual, transgender, queer/questioning, intersex, and asexual/aromantic/agender (LGBTQIA+). Indeed, in addition to many of the same sociocultural influences on body dissatisfaction faced by their peers, LGBTQIA+ individuals experience unique body- and gender-related concerns as well as high levels of stress due to interpersonal prejudice and discrimination.
Objectives: This narrative review presents an overview of current research on treatment approaches to ED among LGBTQIA+ individuals.
Methods: We conducted a PubMed search for studies published after 1990 using terms that aimed to represent the primary concepts of "eating disorder" and "LGBTQIA+" and "therapy." Next, we inductively created relevant macro-themes by synthesizing the data from the included articles.
Results: Of 123 PubMed studies, we included 12 studies and identified three relevant macro-themes. The first macro-theme, "ordinary treatments," focused on efficacy studies of conventional ED therapies applied to this category of patients. In particular, the first study proved the efficacy of the dissonance-based intervention, engaging participants to induce cognitive dissonance concerning the thin-ideal standard of beauty; the second study showed that sexual minorities patients accessing day hospital treatment reported greater overall ED and comorbid symptoms but started treatment with higher scores and improved at a faster rate compared to heterosexual patients; the third study provided evidence that transgender/nonbinary individuals and cisgender individuals showed similar improvement in ED symptoms during higher levels of care treatment, but the first group had less improvement in depression and no improvement in suicidality during ED treatment. The second macro-theme, "relational approach," investigated newer treatment paradigms involving family and school support, both revealing positive implications for eating and weight-related behaviors. The third macro-theme, "gender-affirming therapy," focused on medical and surgical treatment toward gender transition, which has been shown to correlate with improvements in body image, ED psychopathology, and psychological functioning.
Conclusions: Members of the LGBTQIA+ community are at greater risk for ED; to our knowledge, there is no targeted treatment that considers the entirety of their experience. These findings denote the need to focus future research efforts on effective treatment strategies specific to sexual and gender identity groups.

Disclosure of Interest: None Declared

Forensic Psychiatry 01

EPP0620

Criminal responsibility evaluations: Benchmarking in different countries

H. Al-Taiar*

Oxford Health NHFT, Oxford, United Kingdom
doi: 10.1192/j.eurpsy.2023.919

Introduction: Forensic psychiatrists, as well as other mental health professionals, provide the legal system with clinical information and assessments concerning the offenders' functioning, mental state and capacities at the time of the alleged offense and/or trial. These forensic assessments play a crucial role in court, influencing subsequent decision-making on sentencing, placement, or treatment of mentally disordered offenders.
Objectives: Determining criminal responsibility at the time of arrest Exploring the role of psychiatric disposals in different countries.
Methods: The information was primarily gathered through written sources: peer review articles, reports, and legislation. A literature search was performed in PubMed and PsycINFO using the following keywords: criminal responsibility (reports/evaluations), pre-trial assessment,psychiatric expert, (forensic) psychiatric assessment, sanity evaluation and insanity defense. Additional articles were identified through reference lists This resulted in 36 peer review articles and nine reports or book chapters. In addition, a leading expert (i.c. psychiatrist) from every country was contacted

https://doi.org/10.1192/j.eurpsy.2023.917 Published online by Cambridge University Press