

tant stéréotype des comportements anorexiques/boulimiques, deux grands types de fonctionnements se distinguent aux projectifs : un marque par l'inhibition défensive et la pauvreté associative ; l'autre marque par la massivité de la projection et une effervescence des productions. Ces contrastes entre, le vide manifeste, pulsionnel et idéationnel, et un excès de production fantasmatique, ont des incidences sur les modalités thérapeutiques à envisager, en particulier concernant le choix des psychothérapies et les aménagements nécessaires. La méthodologie projective constitue une aide précieuse au diagnostic sur ce point.

<http://dx.doi.org/10.1016/j.neurenf.2012.04.190>

Mo-P-1079

### Looking after adolescent anorexia nervosa: An innovative way of caring

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Conventional treatment programs of anorexia nervosa are successful in the restoration of body weight; however, recidivism is common and the rate of relapse is high. For twenty years, the Child and Adolescent Psychiatric Department of the University of Nice used to offer a standard treatment based on psychotherapy for both in/out-patients suffering from anorexia nervosa. Progressively, we have developed an innovative pattern of care. It is based on the psychopathologic hypothesis of troubles in early integration of perceptive functions. We have created four therapeutic workshops. Three of them use sensorial stimuli: olfactory, tactile-kinesthetic and auditory. The fourth one is a discussion group. We propose all adolescents to try these workshops in addition to the normal care program. They constitute a form of therapy to fight anorectic symptoms by the re-appropriation of feelings and the affective reminders linked to them. As a result, we note two principal effects of this innovative way of caring: the reduction of the number and the duration of hospitalizations and the improvement of therapeutic alliance.

<http://dx.doi.org/10.1016/j.neurenf.2012.04.191>

Mo-P-1080

### Wearable sensors combined with wireless technologies for the evaluation of heart rate and heart rate variability in anorexia nervosa adolescents

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Low heart rate (HR) and abnormal cardiac autonomic function are related to increased mortality in Anorexia Nervosa (AN); therefore, out-of-hospital AN cardiovascular monitoring is of great importance. We aimed to assess HR and HR variability (HRV) in AN adolescents by unobtrusive wearable sensors. Twenty-four AN girls (14.5 years, BMI: 15.3) and 10 controls underwent a 15' ECG recording through electrodes on wireless chest straps. Data were acquired by the SHIMMER Platform, QRS complex recognized from pre-processed ECG signals and tachogram extracted. RR intervals standard deviation (RRstd) and root mean square of successive differences (RMSSD) were assessed by time-domain analysis. Low frequency (LF) and high frequency (HF) bands were obtained by power spectral density. AN girls showed reduced HR and increased RRstd and RMSSD, increased HF, decreased LF and LF/HF reduction, indices of parasympathetic prevalence. Wearable sensors with wireless technologies are useful and unobtrusive approaches for out-of-hospital HR and HRV monitoring.

<http://dx.doi.org/10.1016/j.neurenf.2012.04.192>

Mo-P-1081

### The characteristics of eating disorder inpatients in a Japanese university hospital

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*Aim.*— To investigate the characteristics of eating disorder inpatients in a Japanese university hospital.

*Methods.*— We note that 117 eating disorder inpatients treated between 2001 and 2010 in Tokushima University Hospital were examined retrospectively. Of them, 17 were Anorexia Nervosa Restricting Type (AN-R), 61 Anorexia Nervosa Binge-Eating/Purging Type (AN-BP), 18 Bulimia Nervosa (BN), and 21 Eating Disorders Not Otherwise Specified (EDNOS).

*Results.*— The practical goals of inpatient treatment included the improvement of physical crisis in AN-R and AN-BP, and psychiatric symptoms such as irritability in BN and EDNOS. AN-R had longer hospitalization than other types of eating disorder. Moreover, the average age was higher and the average illness duration longer in the second half of the decade than in the first half.

*Conclusion.*— The results indicate that AN-R inpatients need longer hospitalization to improve their condition than other types, and chronic cases seem to be increasing.

<http://dx.doi.org/10.1016/j.neurenf.2012.04.193>

Mo-P-1082

### Background on sexual abuse in severe eating disorders and psychiatric comorbidity

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This research was held at Eating Disorder Unit in Santa Cristina University Hospital, Madrid. The objectives were: comorbidity among eating disorders, suicide attempts, self-harm, depression and sexual abuse; and relation between abuse and ratings of Body Shape Questionnaire and Eating Disorder Inventory. We had a sample of 252 patients. The questionnaires BSQ, EDI-2, Beck Depression Inventory and clinical interviews were used. Results show that 43.7% of patients have suffered sexual abuse. We note that 7.4% of them are diagnosed of Restrictive Anorexia Nervosa; the rest belongs to Bulimic Spectrum or Non-Specific ED. These patients show more suicide attempts, self-harm, bleeding, hospitalizations, more years of evolution and differences among results of BSQ, EDI-2 and BDI. In conclusion, our results are consistent with other researches that underline the relation between eating disorders and trauma, sexual abuse and other psychiatric diseases.

<http://dx.doi.org/10.1016/j.neurenf.2012.04.194>

Mo-P-1083

### The effective preventive intervention program of anorexia nervosa in Keio junior high schools in Japan

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*Background.*— Against the background of rapid industrialization in post-war Japan, Anorexia Nervosa (AN) has become one of the most common disorders