EUROPEAN PSYCHIATRIC ASSOCIATION

EPA EATING DISORDERS SECTION REPORT 2023

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LAST SECTION COMMITTEE ELECTIONS HELD:

Date: 18 May 2022
Venue: Online

ACTIVITIES OF THE SECTION IN 2023:

Meetings/events

Recent advances in the neurobiology of eating disorders: implications for treatment

Description:

Anorexia nervosa (AN) and bulimia nervosa (BN) are complex psychiatric disorders characterized by severe disturbances in eating behaviour often resulting in dysfunctions of several endogenous regulatory systems, eventually leading to dramatic consequences for the physical and mental health of patients. Therefore, alterations of endogenous regulatory systems, although being more often secondary to

malnutrition, may play an important role in the development and/or maintenance of eating-disorder psychopathology. In this vein, a huge of data have been put forward showing the occurrence aberrations of endogenous systems regulating immunity, energy homeostasis, stress response, gut-brain axis interactions as well as brain connectivity and functioning in patients with eating disorders (EDs). Therefore, investigation of the neurobiology of EDs may help to better understand the pathophysiology of AN and BN and, possibly, to develop new treatment strategies.

The aim of this symposium is to provide new data on the functioning of brain circuits, of the endogenous stress response system and of the endogenous modulators of food intake in people with AN and BN and to show how those data may have implications for the clinical treatment of these disorders. To this purpose, Prof. Lisa Kaufmann (Netherlands) will report on the functional connectivity of brain circuits in patients with EDs and will show its changes over the process of weight regain. Dr. Giammarco Cascino (Italy) will analyze the effects of early trauma exposure on both the functioning of the endogenous stress response system and the brain architecture in people with EDs. Dr. Chloé Tezenas du Montcel (Paris) will discuss the role of the liver-expressed-antimicrobial peptide-2 (LEAP-2) on the regulation of food intake in AN and will show its possible clinical implications. Finally, Prof. Himmerich Hubertus (UK) will illustrate the emerging therapeutic role of novel drugs, such as psilocybin, ketamine, olanzapine, metreleptin, topiramate and lisdexamfetamine in the treatment of patients with EDs..

These data will provide intriguing suggestions for the development of new pathogenetic models of EDs and, possibly, will contribute to identify new targets for the treatment of AN and BN patients.

Location: Paris
Start date: 25/03/2023
End date: 28/03/2023

Publications

Pathways to eating disorder care: A European multicenter study

Journal:
European Psychiatry
Authors:
Monteleone AM, Barone E, Cascino G, Schmidt U, Gorwood P, Volpe U, Abbate-Daga G, Castellini G, Díaz Marsá M, Favaro A, Fukutomi A, Guillaume S, Minařík P, Pacheco JAS, Panero M, Papežová H, Ricca V, Segura-Garcia C, Scanferla E, Tyszkiewicz- Nwafor M, Fernandez-Aranda F, Voderholzer U, Treasure J, Monteleone P
(Expected) Publication date: 24/04/2023
Acknowledged as official Section publication? No

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FUTURE ACTIVITIES:

Meetings/events

Management of eating disorders: evidences, limitations and future challenges

Description:

The treatment of eating disorders is complex and often involves several health disciplines. Although there is a substantial body of literature on the subject, treatment efficacy is modest, with remission ranging from 40% to 60% in anorexia nervosa (AN), bulimia nervosa (BN) and binge eating disorder (BED). Subthreshold ED cases appear to have an even worse prognosis and are more prone to dropout. Under-represented ED populations, such as males, have had heterogeneous results. Some of the predictors associated with poor prognosis in ED are specific personality traits, severity of ED and longduration of the disorder, comorbid disorders, greater general psychopathology, lower social support, and specific cognitive styles, among others. In several psychiatric disorders, the concept of treatment-resistant patients is applied to patients who fail multiple courses of therapy, and is frequently used in depression, schizophrenia, anxiety, and bipolar disorders. Approximately one-third of ED patients with these severe forms of psychiatric illness have a chronic course with poor prognosis. Various therapeutic options have been proposed in both ED child-adolescents and adults to improve outcomes, but their efficacy is uncertain. Further research is needed to address these limitations and improve our understanding of effective treatment strategies for eating disorders in diverse populations.

Location: Budapest, Hungary
Start date: 09/04/2024
End date: 09/04/2024

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