EPA EATING DISORDERS SECTION REPORT 2024

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EPA EATING DISORDERS SECTION REPORT 2024

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LAST SECTION COMMITTEE ELECTIONS HELD:

Date: October, 2024
Venue: Online

ACTIVITIES OF THE SECTION IN 2024:

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

EPA EATING DISORDERS SECTION REPORT 2024

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 long duration 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

FUTURE ACTIVITIES:

Meetings/events

Incompleteness of current diagnostic criteria of eating disorders: prognostic and therapeutic implications

Description:

Current DSM-5 and ICD-11 diagnostic criteria for anorexia nervosa (AN) and bulimia nervosa (BN) are quite similar. Both diagnostic systems focus on eating-specific psychopathology as main aspects of the disorders. However, recent studies suggested that also general psychopathological symptoms, such as depressive, anxiety or post-traumatic symptoms, have a central role in the psychopathology of both AN and BN, although they are not accounted for in the diagnostic criteria. Moreover, the severity of AN and BN is graduated only based on the degree of underweight and the frequency of purging behaviors, respectively, while no consideration is given to the chronicity of the disorders and/or to their unresponsiveness to treatments. Furthermore, in some people with AN or BN excessive physical activity is the prevalent behavior to obtain weight loss and/or prevent weight gain, being an extremely rewarding activity that may persist despite its potential harmful consequences. The aim of this symposium is to provide the scientific evidence supporting the need to implement current diagnostic criteria of eating disorders with a more accurate characterization of psychopathology and a more precise graduation of the severity of the disorder.

To this purpose, Prof. Alessio M. Monteleone will illustrate the psychopathology of eating disorders seen

through the lens of the network analysis and will show how the knowledge provided by that assessment method may inform diagnostic and treatment procedures. Prof. Laura Di Lodovico will discuss the importance of compulsive physical exercise in the clinical presentation of anorexia nervosa and its potential role in the diagnostic criteria. Prof. Fernando Fernandez-Aranda will focus on the usefulness of severity criteria in DSM-5 eating disorders and will show the existing gaps. Prof. Ulrike Schmidt will discuss current knowledge about illness stages in anorexia nervosa and their therapeutic and prognostic implications.

Alessio Maria Monteleone: Can network analysis inform diagnostic and treatment procedures? Evidence and perspectives in eating disorders

Department of Psychiatry, University of Campania "Luigi Vanvitelli", Naples, Italy

Ulrike Schmidt: What do we know about illness stages in anorexia nervosa?

Professor of Eating Disorders, King's College London

Fernando Fernandez-Aranda: usefulness of Severity criteria in DSM EDs and existing gaps.

Director Unitat Trastorns Alimentaris

Catedràtic, Universitat de Barcelona

Subdirector CIBERobn

Servei Psicologia Clínica

Hospital Universitari de Bellvitge-ICS

Laura Di Lodovico: Compulsive exercise: the neglected "Cinderella" of the diagnostic criteria of anorexia nervosa

Hôpital Sainte-Anne

GHU Paris Psychiatrie et Neurosciences

Université de Paris

Institut Psychiatrie et Neurosciences de Paris (INSERM U1266)

FRANCE

EPA EATING DISORDERS SECTION REPORT 2024

Location: Madrid EPA Congress 2025
Start date: 05/04/2025
End date: 08/04/2025

FUNDING IN 2024

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