SP0050

Treatment recommendations and predictors in Eating Disorders

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Abstract: Eating disorders are severe mental disorders with a high mortality rate - suicidality - and a high incidence in adolescence and early adulthood, especially in women. The course of these disorders is uncertain and treatment outcomes are limited, with successful outcomes in 50-75% of cases. For bulimia nervosa (BN) and binge eating disorder (BED), several factors, such as duration of the disorder, eating and general psychopathology, dysfunctional personality traits and cognitive impairment, have been found to be associated with treatment adherence and response. In anorexia nervosa (AN) and atypical ED (OSFED), treatment response is poorer, with higher dropout rates and longer duration and chronicity. In this presentation, we will describe recent prospective observational studies in large samples of EDs analysing clinical, personality and cognitive predictors of treatment response in eating disorders, as well as potential associated neurobiomarkers. Optimisation of health care resources and transitions, as well as early and effective personalised treatments, can change the trajectory of EDs.

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SP0051

Treatment strategies in eating disorders with comorbid conditions and in under-represented clinical populations

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Abstract: Eating disorders (EDs) have long been thought to be conditions that only or mainly affect women, especially young, affluent, skinny girls and women in Western cultures. Mostly over the last decade, we have come to realize that EDs may affect individuals of all genders, ages, sexual orientations, ethnic, and socio-economic backgrounds. This, in turn, has implications for ED presentation and assessment, and the necessity for adjustments in the provided care according to diverse treatment needs. Here, we present and discuss current advances in ED-related research in underrepresented groups as well as the need to further incorporate diversity aspects in clinical care and research within the ED realm.

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SP0052

Reconceptualising depression along the endogeneus-reactive spectrum: are different genes involved in depression depending on presence vs absence of exposure to stress?

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Abstract: Depression is a complex and highly heterogeneous disorder with an omnigenic and multifactorial background. This diversity is obvious not only in its symptomatic manifestation but also in its neurobiological underpinnings which is one potential factor contributing to the high observed rate of treatment resistance. Thus, subtyping depressions, understanding their distinct neurobiological and genetic background, and potentially developing biomarkers aiding their differential diagnosis may bring us one step closer to more effective treatment. The present talk will overview the different etiological factors contributing to the emergence of depression along an endogenous-reactive continuum, the contributory roles of different types of stress, different genes involved in distinct processes, and the potential consequences of conceptualising, diagnosing and treating depressions developing in the context or independently of current stress.

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SP0053

Is bipolar mixed depression associated with a good response to psychotropic augmentation?

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Abstract: Is bipolar mixed depression associated with a good response to psychotropic augmentation? Zoltán Rihmer Department of Psychiatry and Psychotherapy, Semmelweis University, Budapest

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