THE IMPACT OF EATING DISORDERS ON CARER-PATIENT RELATIONSHIP: ACCOMMODATION AND ENABLING

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Background
We know the impact of eating disorders (ED) on the quality of life and family relationships. The aim of this study is to analyse if there are significant differences in accommodation and enabling behaviours between primary and secondary carers, and/or carers who spend more or less than 21 hour per week with the patient.

Method
The sample consists of 97 carers (94.8% parents, 5.2% partners) of patients with diagnosis of ED (AN: 86.1%, BN: 13.9%), who received the questionnaire AESED (Accommodation and Enabling Scale for Eating Disorders).

Results
Primary carer 84%, secondary carer 19.6%; spend > 21 h/w with the patient 64.5%, spend < 21h/w 35.5%. There are significant differences between primary and secondary carers in the AESED Overall score (p
Conclusions

Skills to care for their loved one with an ED, primary carers to support them and to improve maintenance factors have to show particular attention. We believe that interventions focussed on ED with the loved one with ED, who spend more or less than 21 h/w reassurance seeking (p 0.05), no significant differences of avoidance and modifying routine (p 0.05) and 0.02)