

## EPV0018

# Psychological distress among greek parents of children with an autism spectrum disorder: Is there a link to anxiety symptoms in neurotypical offspring?

E. Koukouriki<sup>1,2</sup>

<sup>1</sup>Special Education Lab, Department Of Primary Education, University of Ioannina, Ioannina, Greece and <sup>2</sup>Centre For Educational And Counseling Services Of Trikala, Hellenic Ministry of Education and Religious Affairs, Trikala, Greece  
doi: 10.1192/j.eurpsy.2021.1635

**Introduction:** Parents of children with an autism spectrum disorder (ASD) are at higher risk of suffering from mental health problems (MHP) than parents of children with other developmental disabilities. Research on the general population documented that MHP in parents contributes as a significant risk factor for maladjustment outcomes in their offspring, while parental anxiety disorders in particular have been associated with a higher prevalence of anxiety disorders in the offspring. However, evidence concerning possible associations between parent-offspring psychological problems in the case of ASD-families is scarce and inconsistent. This study forms a part of a larger PhD study and some preliminary findings have been partially discussed in previous work.

**Objectives:** To investigate any association between anxiety symptoms in neurotypical offspring (ASD-siblings) with parental MHP.

**Methods:** 118 parent-child-dyads from ASD-families that fulfilled inclusion criteria participated in this study and answered a demographic questionnaire. Parents were administered the GHQ-28, while the children answered the STAIC-A-Trait. A hierarchical multiple regression was performed to test the hypothesis.

**Results:** Participating parents demonstrating poorer mental health, with 53 (44.9%) of them considered as suffering from psychological distress according to the score of GHQ-28. Furthermore, hierarchical regression showed that STAIC-A-Trait total score of ASD-siblings was associated with parental anxiety (std beta=0.292;  $p=0.029$ ; model 1) and this association persisted after demographics entered the model (std beta=0.300;  $p=0.029$ ; model 2).

**Conclusions:** This study shows a significant association between parental psychological distress and anxiety in the neurotypical offspring in ASD-families, highlighting the need to provide all members of ASD-families with the appropriate services.

**Disclosure:** No significant relationships.

**Keywords:** psychological distress; anxiety symptoms; autism spectrum disorder; neurotypical offspring

## EPV0019

# Anxiety disorders and eating disorder symptoms: The role of disgust sensitivity

G. Santarelli<sup>1\*</sup>, M. Innocenti<sup>1</sup>, V. Gironi<sup>1</sup>, V. Faggi<sup>1</sup>, F. Galassi<sup>1</sup>, G. Castellini<sup>1</sup> and V. Ricca<sup>2</sup>

<sup>1</sup>Human Health Sciences, University of Florence, Firenze, Italy and

<sup>2</sup>Human Health Sciences, University of Florence, Firenze, Italy

\*Corresponding author.

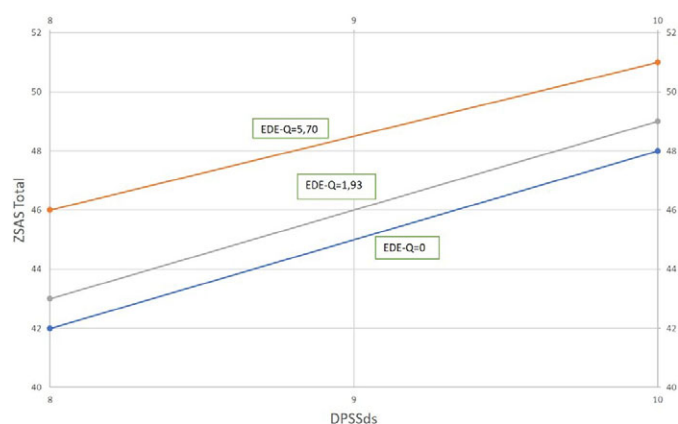
doi: 10.1192/j.eurpsy.2021.1636

**Introduction:** The comorbidity between anxiety disorders (AD) and eating disorders (ED) has already been well discovered, and because of the link between disgust, food choice and rejection (which appear to be key factors of eating psychopathology), it can be suggested that these three aspects may be related. Accordingly, it can be hypothesized that individuals who express heightened levels of both disgust and eating concerns are at a higher risk to develop an AD. By contrast, disgust, as a negative emotion, influences ED symptoms through a greater level of anxiety.

**Objectives:** We aimed to investigate the psychopathological role of disgust and eating disorder symptoms in the development and maintenance of anxiety symptoms in patients with AD.

**Methods:** We enrolled 84 patients admitted in the Psychiatric Unit of Careggi with diagnosis of Anxiety Disorders. We administered them: Zung Anxiety Scale (ZSAS), Disgust Propensity and Sensibility Scale-revised (DPSS-r) and Eating Disorders Examination Questionnaire (EDE-Q).

**Results:** A multiple regression model having ZSAS total as dependent variable, and EDE-Q total and DPSS disgust sensitivity subscale as independent variables explained 29% of ZSAS total variance ( $R^2=0.290$ ). The effect of EDE-Q total was positive, significant ( $\beta=0.331$ ,  $t=2.631$ ,  $p=0.011$ ) and explained 11.9% of ZSAS total variance ( $pr^2=0.119$ ). The effect of DPSS disgust sensitivity was positive, significant ( $\beta=0.326$ ,  $t=2.595$ ,  $p=0.012$ ) and explained 11.6% of ZSAS total variance ( $pr^2=0.116$ ) (Fig.1).



**Conclusions:** Such preliminary data suggest a possible role of feelings of disgust and eating disorder symptoms in development and maintenance of anxiety symptoms in patients with AD, making them a potential target for psychotherapy.

**Disclosure:** No significant relationships.

**Keywords:** eating disorders; disgust; disgust sensitivity; anxiety disorders

## EPV0020

# Transdiagnostic effect of contamination disgust on asceticism

G. Santarelli<sup>1\*</sup>, M. Innocenti<sup>1</sup>, V. Gironi<sup>2</sup>, V. Faggi<sup>2</sup>, F. Galassi<sup>1</sup>, G. Castellini<sup>1</sup> and V. Ricca<sup>1</sup>

<sup>1</sup>Human Health Sciences, University of Florence, Firenze, Italy and

<sup>2</sup>Human Health Sciences, University of Florence, Firenze, Italy