

oxytocin. In AN patients copeptin inversely correlate with Restrained Eating while oxytocin correlate with the External Eating score. NH [ $^{11}\text{C}$ ] diprenorphin BP<sub>ND</sub> correlated with leptin but not with copeptin or oxytocin.

**Conclusions:** Neurohypophysis opioid tone in anorexia nervosa seem not to impact the vasopressin or oxytocin release but still may interfere in gonadal axis regulation. Copeptin, a good indicator of hydration state, may be a good tool to detect hidden restrictive or purging behaviors. Specific correlates with AN psychologic features still suggest a physiopathological involvement.

**Disclosure:** No significant relationships.

**Keywords:** Anorexia nervosa; Copeptin; Oxytocin; Cerebral opioid tone

## EPP0067

### Digital Hazards for Feeding and Eating - meta-analysis and discussion of putative mechanisms

K. Ioannidis

Cambridge and Peterborough NHS Foundation Trust, S3 Eating Disorders, Cambridge, United Kingdom  
doi: 10.1192/j.eurpsy.2022.400

**Introduction:** Eating disorders are widespread illnesses with significant impact. There is growing concern about how those at risk of eating disorders overuse online resources to their detriment.

**Objectives:** We present systematically gathered and pooled quantitative evidence from our review and meta-analysis study which aimed to provide a quantitative synthesis of all available data linking problematic usage of the internet (PIU) and eating disorder and related psychopathology. We synthesize how PUI influences eating disorder and related psychopathology, and examine what the moderating parameters influencing this relationship are.

**Methods:** Our systematic review and meta-analysis protocol was pre-registered electronically in PROSPERO international register and included case-control studies using correlational statistics of association between internet use (various facets) and eating disorder psychopathology. Experimental and prospective studies are systematically reviewed separately.

**Results:** The meta-analysis comprised  $n=32,295$  participants, in which PUI was correlated with significant eating disorder general psychopathology Pearson  $r=0.22$  (s.e.=0.04,  $p<0.001$ ), body dissatisfaction  $r=0.16$  (s.e.=0.02,  $p<0.001$ ), drive-for-thinness  $r=0.16$  (s.e.=0.04,  $p<0.001$ ) and dietary restraint  $r=0.18$  (s.e.=0.03). Effects were not moderated by gender, PUI facet or study quality. Results are in support of PUI impacting on eating disorder symptoms; males may be equally vulnerable to these potential effects. Prospective and experimental studies in the field suggest that small but significant effects exist and may have accumulative influence over time and across all age groups.

**Conclusions:** Those findings are important to expand our understanding of PUI as a multifaceted concept and its impact on multiple levels of ascertainment of eating disorder and related psychopathology. Putative specific effects of PUI on EDs are discussed.

**Disclosure:** No significant relationships.

**Keywords:** meta-analysis; internet addiction; Eating Disorders; problematic use of the internet

## EPP0068

### Higher levels of concern about dieting and moderate-intensity physical activity predict orthorexia nervosa among young adults

S. Pardini<sup>1</sup>, J. Szubert<sup>2</sup>, C. Novara<sup>1</sup> and A. Brytek-Matera<sup>2\*</sup>

<sup>1</sup>University of Padova, Department Of General Psychology, Padova, Italy and <sup>2</sup>University of Wroclaw, Institute Of Psychology, Wroclaw, Poland

\*Corresponding author.

doi: 10.1192/j.eurpsy.2022.401

**Introduction:** In some individuals, interest in healthy attitudes and behaviours towards food may show obsessive signs. Preoccupation with 'healthful' eating may contribute to orthorexia nervosa (ON) – a strong preoccupation with "healthy eating" manifested by the avoidance of all foods considered by the individual to be "unhealthy".

**Objectives:** The objective of the present study was to determine whether disordered eating behaviour, physical activity and self-esteem are predictors of ON in young adults.

**Methods:** Five hundred fifty-four Polish and Italian university students participated in the present study. Participants were asked to answer the Eating Habits Questionnaire, the Eating Attitudes Test, the International Physical Activity Questionnaire and the Rosenberg Self-Esteem Scale.

**Results:** Our findings found that higher levels of concern about dieting and moderate-intensity physical activity were related to ON. Particularly, higher levels of concern about dieting, bulimic behaviour and thoughts about food and moderate-intensity physical activity predicted problems associated with healthy eating. Higher levels of concern about dieting, self-esteem as well as self-control of eating and perceived pressure from others to gain weight were associated with knowledge of healthy eating. Whereas, higher levels of concern about dieting with country factor (Poland) predicted feeling positively about healthy eating.

**Conclusions:** In ON treatment, reduction in symptoms and concerns characteristic of eating disorders and adequate levels of physical activity should be taken into consideration.

**Disclosure:** No significant relationships.

**Keywords:** orthorexia nervosa; physical activity; Eating Disorders; young adults

## EPP0069

### Eating behaviour among adults with different levels of emotional suppression and eating disorder symptomatology

A. Brytek-Matera<sup>1\*</sup>, K. Czepczor-Bernat<sup>1</sup>, P. Bronowicka<sup>2</sup>, A. Modrzejewska<sup>2</sup>, J. Modrzejewska<sup>2</sup>, P. Szymańska<sup>2</sup> and J. Waliko<sup>2</sup>

<sup>1</sup>SWPS University of Social Sciences and Humanities, Faculty Of Psychology In Katowice, Katowice, Poland and <sup>2</sup>University of Wroclaw, Eat Lab (eating Behavior Laboratory), Wroclaw, Poland

\*Corresponding author.

doi: 10.1192/j.eurpsy.2022.402

**Introduction:** Research has shown that emotional suppression, a form of emotion regulation, is often used by individuals with