

## EV0459

### Reconceptualization of recovery from anorexia nervosa: Patients' perspective

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Outcome research has not found a consistent definition of recovery from anorexia nervosa by consensus of experts, or by empirical validation. Therefore, medical criterion of recovery varies between studies and results are not comparable. This poster refers to a study of 44 participants treated for anorexia nervosa and who believe they have recovered. The purpose of this study is to reconceptualize recovery from patients' perspective. The Free Association about Recovery – Questionnaire (FAR-Q) is a new tool by which to explore and understand the anorexic's account of recovery. Content analysis reveals four subjective definitions of recovery: (1). Return to the social normality; (2). Cohabit with eating disorder; (3). Self-acceptance; (4). Rebirth. This study assesses patients' stages of recovery process and gives recommendations to health professionals.

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## EV0460

### Long-standing Pica with compulsive features in a woman with iron and zinc deficiency

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*Introduction* Pica is the consumption of non-nutritive substances, which is inappropriate to the individual's cultural practices or developmental level. It is frequently associated with mental retardation, and occasionally observed in pregnant women and children.

*Objectives* We describe a case of long-standing pica in a woman with no co-morbid psychiatric condition.

*Case* Madam NA is a 27-year old married Malay housewife, with 4 sons and 4 miscarriages. Her mother had addiction problems. She sought help from the Eating Disorders Clinic, Singapore General Hospital, for uncontrollably eating uncooked rice. This started at age 8, when she was left alone at home with no food. Since then, she had been eating up to 10 cups of raw rice daily. She was unable to leave the house without carrying a bag of raw rice; if she forgot, she would feel intense discomfort and would need to return to get the rice. She persisted in eating raw rice despite it causing friction in her marriage. When she tried to stop, she would get irritable and crave it. This behavior only ceased during her pregnancies but would restart soon after delivery. There was no other psychiatric history. Blood investigations showed anemia, with iron and zinc deficiency, as well as newly diagnosed Grave's disease. After iron and zinc supplementation, her raw rice intake decreased substantially.

*Conclusions* We report an unusual case of long-standing pica with compulsive features in a young woman with no psychiatric co-morbidity, which improved during pregnancy and with iron and zinc supplementation.

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## EV0461

### Eating disorders in Malays in Singapore

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*Introduction* The prevalence of eating disorders has been increasing in the Asian countries. Malays in Singapore are at the crossroads because they are largely traditional in practice and almost all are Muslim, but are exposed to western culture. Studies found that Malays at increased risk of eating disorders but yet those that present for treatment are very small, and this study aims to study Malays with eating disorders to unveil this contradiction.

*Methods* All Malay patients presenting to Singapore General Hospital (SGH), which hosts the only specialized eating disorder programme in Singapore, between 2003 and 2014 were identified and medical records studied retrospectively.

*Results* Malays constitute only 42 out of 1340 patients treated in the same period. The mean age at presentation is 18.81 years (SD=5.54) and the majority are students (78.6%). A total of 92.9% are single. There are more cases of bulimia nervosa than anorexia nervosa (45.2% vs. 26.2%). In total, 54.8% have psychiatric comorbidities, the most common is depression (31.0%), 38.1% have a history of deliberate self-harm and 21.4% attempted suicide. A total of 52.4% reported teasing as a trigger, while 16.7% were triggered by being overweight.

*Discussion* There is only a small number of Malays that presented. Fasting is commonly which may be confused with restriction. Other factors could be lack of awareness. The higher prevalence of bulimia nervosa suggests that purging is recognized as abnormal. High prevalence of co-morbidities suggests that family members recognize co-morbidities better. Outreach programs for Malay will help increase awareness.

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## EV0462

### Use of atomoxetine in eating disorders. A case report

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*Introduction* Eating disorders (EDs) are an important public health problem and not all patients respond adequately to psychotherapy. In the last decade, researchers report a significant comorbidity of EDs and attention-deficit/hyperactivity disorder (ADHD), especially binge eating disorder and bulimia nervosa. Some studies postulate the hypothesis of a common neurobiological substrate, such as noradrenergic pathways among others.

*Objectives* To revise the possible use of atomoxetine, a highly selective noradrenergic reuptake inhibitor, for the treatment of EDs.

*Methods* We describe the effect of atomoxetine in a young woman with purging disorder and history of ADHD in childhood added to cognitive behavioural therapy (CBT).