
COPING STRATEGIES IN RELATIVES OF PATIENTS WITH EATING DISORDERS

L. Rodríguez-Santos¹, F.J. Vaz Leal¹, M.I. Ramos Fuentes¹, N. Fernández Sánchez¹, M. Antolín Gutiérrez¹, M.A. García Herriz², I.S. Flores Mateo², C. Chimpén Lúpez³

¹Terapéutica Médico-Quirúrgica, Facultad de Medicina, Uex, Badajoz, Spain ; ²SES, Eating Disorders Unit, Badajoz, Spain ; ³Terapéutica Médico-Quirúrgica, Facultad de Medicina, Badajoz, Spain

Introduction: In last years, studies on the families of patients with eating disorders (ED) have tried to identify family needs, as well as to determine their coping strategies.

Objetives: To identify the coping strategies in families of patients with eating disorders.

Method: Forty relatives were evaluated (mean age=49.4 years, S.D.=6.7); 52% women and 48% men; 94.6% married. COPE scale (Carver *et al.*, 1989) was used to measure individual coping strategies, and F-COPES scale (Olson and Larsen, 1987) was used to evaluate family coping strategies. Statistical analysis was realized using SPSS.19.

Results: The relatives had higher scores in the following COPE subscales: planning, suppression of competing activities, active coping; they had lower scores in drug/alcohol intake, behavioral disengagement and denial. In F-COPES subscale the higher scores were in reframing and the lower ones in passive appraisal.

Conclusions: It of patients relatives faces their trying change, avoiding other activities or thoughts that distract them. As family, they identify the problems and try to handle them looking for support in nearby persons.