

Poster Abstract – Original Research

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Title of Presentation:

The Relationship Between Eating Behaviors of Adult Individuals
and Their Obsessive-Compulsive Symptoms

1. Introduction / Objectives / Methodology / Results / Conclusion

Introduction: Disorders related to eating behavior are thought to be influenced by genetic, socio-cultural and psychological factors.

Objectives: In the study, it was aimed to assess eating behavior and obsessive-compulsive symptoms of adult individuals according to socio-cultural (age, gender, education, employment status, marital status, income) variables.

Methodology: 104 volunteers between 18 and 56 years participated in this study between March-June 2018. Eating behaviors and obsessive-compulsive symptoms of the individuals were assessed with the "Dutch Eating Behavior Questionnaire (DEBQ)" and "Maudsley Obsessive-Compulsive Inventory (MOCI)", respectively. DEBQ consists of three subscales: emotional eating, restrained eating, and external eating and an increase in scores indicates the presence of a compliance with the questionnaire. In MOCI, ≤ 12 points indicate a low probability of disorder, 13-17 points indicate a probability of diagnosing, and ≥ 18 points indicate a high probability of disorder. "Pearson Correlation Analysis" was performed to determine the relationship between the variables. $p < .05$ value was considered significant.

Results: 32 (30.8%) male and 72 (64.2%) female individuals with a mean age of 27.4 years participated in the study. MOCI scores range from 0 - 27 (mean 11.6 ± 6.10) and 18.3% were found to have a high probability of disorder. There is no significant relationship between the subscales of DEBQ and MOCI in both genders ($p > .05$). There is a significant negative correlation between emotional eating and MOCI in high school graduates ($r = -.883$; $p = .020$). There is no relationship between subscales of DEBQ and MOCI when individuals are divided into groups according to employment status and marital status ($p > .05$). When divided according to income level, there is a significant positive correlation between restrained eating and MOCI in high income level ($r = -.483$; $p = .017$). When individuals were asked about the foods they want to eat and drink constantly throughout the day, it was found that those who prefer chocolate, chocolate food and fizzy drinks have higher MOCI scores than the other groups (14.4, 17.7, respectively).

Conclusion: Those with high DEBQ (emotional and restrained eating) scores and those who want to consume unhealthy foods were found to have higher MOCI scores. Examining those with eating disorder in terms of psychological obsession may also be helpful in treatment.

2. Key references:

SON G, HOEKEN D, BARTELD S A, FURTH E, HOEK H (2006). Urbanisation and the incidence of eating disorders. *British Journal of Psychiatry*, **189**; 562-563.

STRUMA R (2002). Bulimia and anorexia nervosa: cutaneous manifestations. *J Cosmética Dermatología*, **1**: 30-34.

3. Key messages:

Psychological factors should also be taken into account when evaluating eating behavior.

Persons who are constantly want to consume a certain food or drink should be assessed in terms of obsessive and compulsive.

It should not also be forgotten that there may be an inverse relationship between the level of education and income of the individuals and their obsession status.

