

**Introduction** Breast cancer (BC) may cause problems on body perception and awareness which can be perceived as a threat on body attitude among women with breast cancer.

**Objectives** The Body Attitude Test (BAT) assesses subjective attitude toward women's own body.

**Aim** The aim of the present study was to develop the Turkish version of the BAT and examine its reliability and validity.

**Methods** The study group (SD) consisted of 72 women diagnosed with BC while 100 healthy women (HW). The women evaluated by BAT, Eating Disorder Inventory (EDI) and Self Esteem Inventory (SEI) in 7–10 days intervals. Internal consistency was determined with Cronbach's alpha coefficient. Factor analysis was conducted on BAT ratings given by control group.

**Results** The mean age was  $43.7 \pm 8.76$  of women with BC while  $46.4 \pm 10.84$  in HW. Mean duration of cancer was  $2.4 \pm 0.7$  years. Factor analysis showed BAT was composed of two factors as body dissatisfaction and lack of familiarity with one's body. The BAT demonstrates satisfactory level of internal reliability ( $\alpha = 0.932$ ). BAT was related with EDI subscales: drive for thinness ( $r = 0.741$ ,  $P < 0.001$ ), ineffectiveness ( $r = 0.736$ ,  $P < 0.001$ ) and body dissatisfaction ( $P = 0.718$ ,  $P < 0.001$ ) and SEI subscale: familial self-esteem ( $r = -0.629$ ,  $P < 0.001$ ).

**Conclusion** The results support the validity and reliability of BAT which is able to differentiate the clinical and non-clinical form of subjective attitude toward women's own body. Turkish version of BAT could be used as an appropriate measure for assessing subjective attitude towards own body in women with and without breast cancer in Turkey.

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#### EV0479

### Eating problems and body image among Finnish adolescents

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**Objective** To study prevalence of self-reported body image and eating distress symptoms among Finnish adolescents, and to study associations between psychopathology, body image and eating distress.

**Design** Cross-sectional population-based, survey subjects, 7th to 9th grade students aged 13–15: 3154 in Finland in 2014.

**Methods** Data were collected by student self-reported questionnaire including scale designed for evaluating attitudes and behaviors towards body shape and eating, and Strengths and Difficulties Questionnaire (SDQ) for assessing emotional and behavioral problems.

**Results** The female adolescents reported much more dissatisfaction and concerns with their bodies than the males, high levels of distress with body emotional, behavioral and peer problems measured with SDQ. Body image and eating problems were higher in Finnish than Japanese females with peer problems.

**Conclusion** The finding was in accordance with previous studies that found that body image and eating distress are associated with to gender and wide range of psychiatric problems.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EV0480

### Self-admission to in-patient treatment: Patient experiences of a novel approach in the treatment of severe eating disorders

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**Introduction** The course of an eating disorder is often prolonged and can lead to enduring disability for many years, with some patients requiring lengthy periods of in-patient care. Unfortunately, there is still little evidence concerning the optimal model of in-patient care for these patients.

**Objectives** Self-admission is a novel treatment tool, whereby patients who have high health care utilization are offered the possibility to self-admit to an inpatient ward for up to seven days, because of deteriorating mental health or any other reason. Purposes behind the model are to increase the availability of in-patient care, to promote autonomy and agency, and to decrease total inpatient care utilization.

**Aims** To investigate whether self-admission can be beneficial for patients with severe eating disorders.

**Methods** Two beds out of eleven at a specialist eating disorders inpatient unit were reserved for self-admission of well-known patients. All participants were interviewed about their experiences in the program at 6 months.

**Results** Participants described an increased sense of agency and safety in their everyday lives. Suggestions were also made, such as a more active outreach approach in promoting admission, providing a continual staff contact during the brief admission episode, and offering a similar self-admission model for day treatment.

**Conclusions** Self-admission is a viable tool in the treatment of severe eating disorders and can increase quality of life by providing a safety net and promoting agency. However, logistical obstacles must be addressed in order to promote a constructive use.

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#### EV0481

### EMDR therapy on trauma-based restrictive eating cases

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**Introduction** Eating Disorders (ED) affect an individual's physical and mental health with abnormal eating habits. Traumatic life events may underlie the development of ED as many studies document [1]. In the present study, we examined the effectiveness of EMDR therapy that was originally used to treat Post-Traumatic Stress Disorder (PTSD) [2], on restrictive eating symptoms associated with trauma. Cases B.Ö. (18) and B.S. (20) came to the clinic consecutively for resembling complaints about the sense of food sticking in their throat, breathing difficulties, raised heart beatings, unease to swallow, and choking fear. The patients revealed past traumatic events about being out of breath while swallowing