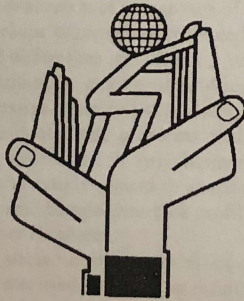


INTERNATIONAL ASSOCIATION FOR ADOLESCENT HEALTH

EUROPEAN CHAPTER  
1997 ANNUAL MEETING

**The adolescent with  
addictive/dependent behaviour:  
risk and resilience**

ABSTRACTS



*Lausanne, September 26 & 27 1997*

*Centre hospitalier universitaire vaudois*

## Workshop H: Eating Disorders (Patrick Alvin)

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### *Abstract H4*

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**TITLE:** PSYCHOLOGICAL CHARACTERISTICS AND BIOFEEDBACK RESILIENCE IN ADOLESCENTS WITH EATING DISORDERS

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**SUMMARY:** (context, objectives & methods, results, conclusions)

In spite of many investigations on the molecular basis of eating disorders, still there is no gene or substance identified as responsible for mental anorexia or obesity. However, psychosocial environment has proven to have important role in etiology of adolescent disorders, and our starting hypothesis was that the both illnesses could be related to stress and diminished coping.

In our study, psychological evaluation of two groups of adolescent girls, adipose and anorectic, was performed. Both groups presented accentuated actual anxiety (tested with General Anxiety Scale), significant differences in P, E and L scores on Eysenck Personality Questionnaire ( $p < 0.01$ ), and dissimulate emotional profiles. Mothers of both groups, manifesting hypersensitivity, obsessive characteristics, somatic complaints and anxiety, showed to be involved in the genesis of eating problems of their girls. Anorectic girls on MMPI expressed extremely high scores on Pt (psychasthenia) and high picks on Hs (hypochondria) scales. Pt profile was mainly related to anxiety and opsessivity, and Hs to hypersensitivity and bodily narcissism. Similar two-pick profile has been obtained for their mothers, but with lower Pt and higher Hs scores.

In order to mitigate the stress in both groups of adolescents, self-regulatory multimedia biofeedback technique was used. Preliminary results are encouraging, especially in the cases of mental anorexia. Relaxation therapy has been combined with supportive psychotherapy and specific nutrition menu.