

of mindfulness-based meditation practices could be an excellent aid to help all those individuals at risk of developing eating disorders, while at the same time enhancing cognitive functioning. Further research would be of great help to further investigate these associations and to explore the role of mindfulness practices as a therapeutic tool for eating disorders and improved cognitive flexibility.

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Multidisciplinary intervention in a sample of patients with obesity: preliminary results

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Introduction: Obesity increases the risk of mortality and developing other medical or psychiatric diseases and is often associated with Feeding and Eating Disorders (FED). The Ministry of Health recommends for the clinical management of patients with FED "the integrated multidimensional, interdisciplinary, multi-professional approach" in accordance with international guidelines.

Aim of the study: The present work aims to test whether a multidisciplinary intervention targeting patients with altered nutritional status, within the project "Determinants of quality of life in a sample of patients with altered nutritional status before and after integrated multidisciplinary nutritional rehabilitation treatment" is effective in reducing BMI in a group of patients with obesity.

Materials and methods: 30 patients with obesity (53.3% female; age = 43.4 ± 18.1; BMI = 38.5 ± 5.92) altered nutritional status and suspected FED, as measured by two brief screening scale (SCOFF, [4, 5] and BEDS-7[6]), enrolled at the Policlinico Umberto I between March 2021 and July 2023, extracted from a bigger sample, were included at baseline. After receiving medical nutrition therapy based on the Mediterranean diet, patients participated in monthly appointments with medical and psychological professionals, consisting of eating behaviour evaluation, bio-medical assessment, and nutritional and psychological counselling. Weight was measured at baseline, at about one month (t1), two months (t2) and three months (t3) after starting the treatment.

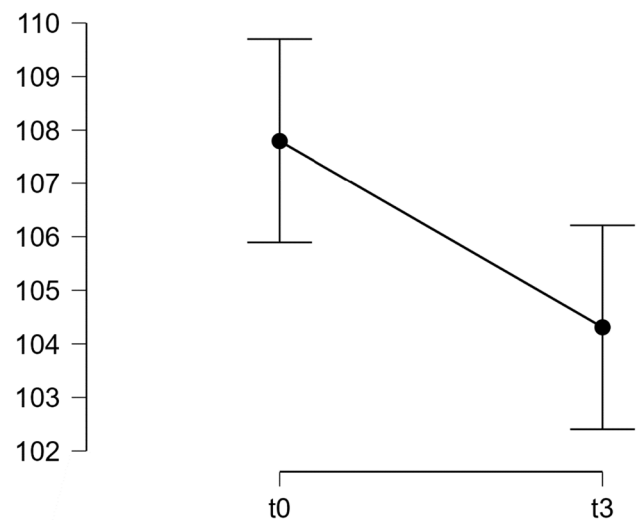


Fig. 1 Descriptive plot showing mean weight difference between baseline and t3 (abstract A35)

Results: Repeated measures ANOVA showed a significant weight reduction ($p=0.009$) with a moderate effect ($\eta^2=0.176$). Post hoc comparisons indicate significant differences between baseline and t2 (mean difference = 2.54; $p=0.019$) and baseline and t3 (mean difference = 3.487; $p=0.013$). paired samples *T*-Test between baseline and third level showed significant differences with a medium effect size (Cohen's $d=0.484$; $p=0.006$).

Discussion and conclusions: Preliminary findings show a significant weight reduction in patients enrolled thus suggesting that the sustainable multidisciplinary intervention proposed may be effective in supporting weight reduction in patients with altered nutritional state (obesity) associated with FED. However further research is needed including a bigger sample, a control group and longer follow-ups for assessing effectiveness, and to assess the effects of the intervention on overall medical condition, nutritional status, eating behaviour and its psychological correlates.

Declaration of competing interest: The authors have no conflict to declare.

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