

ASSERTIVENESS AND EATING DISORDERS: THE EFFICACY OF A CBT GROUP TRAINING. PRELIMINARY FINDINGS

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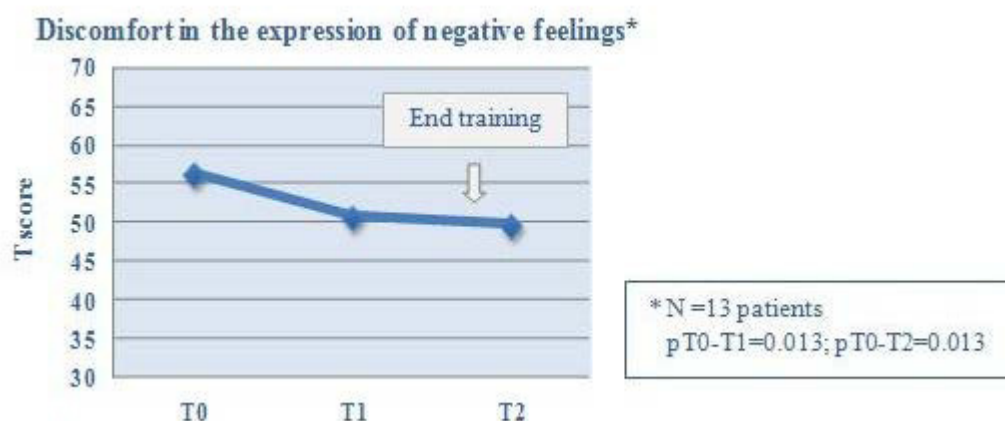
Introduction: Low assertiveness and difficulties in emotion's regulation can perpetuate symptoms and worsen the outcome in patients with eating disorders (ED).

Objectives: Cognitive-behavioral-therapy (CBT) is the most effective treatment for bulimia nervosa (BN) and binge eating disorders (BED). Group training helps patients to cope with interpersonal difficulties.

Aims: To examine the effects of a CBT-group-training on assertiveness, emotion's regulation and binge behaviors in patients with ED.

Methods: *Scale for Interpersonal Behavior* (Arrindell et al, 1984; Sanavio, 2002), *Difficulties in Emotion Regulation Scale* (Gratz et al, 2004; Sighinolfi et al, 2010), *Bulimic Investigatory Test of Edinburgh* (BITE) were administered at baseline and one and three months after a CBT-training to 20 patients with ED (BED, NES, BN, EDNOS) (90% women, age 25-69 years).

Results: Patients who took part in the training improves assertiveness and emotion's regulation.



[SIB]

| DERS | Mean score | | | |
|----------------|------------|--------|--------|----------|
| | Time 0 | Time 1 | Time 2 | |
| Non acceptance | 18.85 | 15.77* | 14.92° | *p=0.030 |
| Goals | 15.15 | 14.62 | 13.31 | ^p=0.004 |
| Impulse | 21.92 | 21.08 | 21.46 | °p=0.030 |
| Awareness | 14.15 | 13.69 | 11.92# | #p=0.038 |
| Scale | 14.69 | 14.39 | 12.85 | |
| Clarity | 8.31 | 10.76^ | 10.08§ | §p=0.011 |

[DERS]

Conclusions: CBT-group-training increases assertiveness, improves emotion's regulation, has little effects on binge behaviors