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A disconnection between nutritional status (in terms of body mass index and phase angle) and psychopathology in anorexia nervosa.

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Abstract

The aim of our study was to investigate the relationship between nutritional status (body mass index and phase angle) and psychological symptoms at admission and discharge in a residential population of anorexic patients. We also aimed to determine the evolution of the above psychological symptoms and nutrition rehabilitation from admission to discharge.

Thirty-six consecutive patients were included. The evaluation was performed using the following measures at admission and discharge: body mass index, phase angle, Eating Disorders Inventory-3, Multiphasic Personality Inventory-2 and Body Uneasiness.

Admission and discharge nutritional status were not correlated with psychometric scores respectively at admission and at discharge. In addition, neither the improvement in the scores on the psychometric scales between admission and discharge was correlated to body mass index, phase angle improvement. For the group as a whole there were significant improvements from admission to discharge in nutritional status, Multiphasic Personality Inventory-2-Depression, Body Uneasiness-Global Score Index and in all the composites of Eating Disorders Inventory-3.

Our data showed a disconnection between nutritional status and eating disorders psychopathology and/or psychiatric comorbidities.

Keywords: anorexia nervosa, Body Mass Index, Phase Angle, psychopathology, depression.

1. Introduction

Body mass index (BMI), one of the main tools used to determine the nutritional status in patients affected by anorexia nervosa (AN), has been traditionally related to the intensity of the psychopathology of the eating disorder itself [Channon et al., 1985]. This is also reflected

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