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## Relationship of comorbid depression with personality dimensions and perceived parental rearing in eating disorders

Up to 40% of patients who suffer from an Eating Disorders have comorbid symptoms of low mood. Personality dimensions and family relationships could be related to depressive mood and constitute a risk factor for depression in EDs.

The aims were to see which temperament and character dimensions were associated with depression, controlling the influence of parental rearing styles, mainly with its outcome at two-year follow up in eating disorders (EDs). We also studied the relationship of these variables with self-esteem and anxiety.

**Methods:** Participants (N=94) had 28 Anorexia nervosa (AN), 38 Bulimia nervosa (BN) and 28 Eating disorders not otherwise specified (EDNOS). The Beck Depression Inventory (BDI), State and Trait Anxiety Inventory (STAI), Rosenberg Self Esteem Questionnaire (RSE), Eating Disorder Inventory (EDI-2), Temperament and Character Inventory (TCI) and the EMBU (Swedish acronym for 'My memories of upbringing') were administered.

**Results:** Depression at the beginning (t0) was severe in 22% of the cases. Harm Avoidance and Novelty Seeking had an effect on depressed mood at t0, mediated by Ineffectiveness. Responsibility (SD1) was associated with scores on the BDI at two years follow up ( $\beta = -0.37$ , 95% CI -2.6, -0.6,  $p < 0.01$ ). However we didn't find any relationship between the EMBU and BDI scores one and two years later.

**Conclusion:** Low mood in EDs could be more related to personality dimensions than factors related to "upbringing" and enhancing self-efficacy and self-directness is crucial for a good clinical outcome.

## Biography

Luis Beato-Fernández has completed his MD from University of Seville (Spain) and PhD from University of Cordoba School of Medicine. He is the Director of Eating Disorders Unit at the General Hospital of Ciudad Real and Professor at the School of Medicine University of Castilla La Mancha. He has published more than 25 papers mainly related to Eating Disorders in adolescents.

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