Change in obsessive compulsive symptoms in female adolescent inpatients treated for restrictive compared to binge-purge eating disorders

Yael Doreen Lewis^{1,2}, Tal Gilon-Mann^{2,3}, Adi Enoch-Levy^{2,3}, Gal Dubnov-Raz^{2,3}, Doron Gothelf^{2,3}, Abraham Weizman^{2,4} and Daniel Stein^{2,3}

¹Hadarim Eating Disorders Unit, Shalvata Mental Health Center, Hod HaSharon, Israel

²Sackler Faculty of Medicine, Tel Aviv University, Israel

³The Child Psychiatry Division, Edmond and Lily Safra Children's Hospital, Sheba Medical Center, Tel HaShomer, Israel

⁴Geha Mental Health Center, Petach Tikva, Israel

Objective A close association between Eating Disorders (EDs) and obsessive-compulsive disorder (OCD) has been described, to the extent that EDs are considered by some part of the OCD spectrum. We aimed to compare the change in OC symptoms in female adolescent inpatients, between the acute ED state on admission and upon symptom stabilization at discharge, across different ED subtypes. Furthermore, we checked for predictors of OC improvement.

Methods Ninety-four female adolescent inpatients with restricting anorexia nervosa (AN-R), 67 with binge/purge AN (AN-B/P), and 48 with bulimia nervosa (BN) were assessed on admission and discharge using the Yale-Brown Obsessive-Compulsive Scale (Y-BOCS), Yale-Brown-Cornell Eating Disorder Scale (YBC-EDS), Eating Attitude Test-26 (EAT-26), Beck Depression Inventory (BDI), and State-Trait Anxiety Inventory (STAI).

Results Patients with AN-B/P and or BN, showed a greater improvement on Y-BOCS, BDI and STAI than patients with AN-R, whereas no between-group difference was found for YBC-EDS and EAT-26. Despite improvement from admission to discharge, the mean level of OCS at discharge for the whole sample, 13.24 (11.23), was greater than subclinical levels for OCS, i.e., ≤ 7 . No reduction was found in the Y-BOCS score of patients with AN-R from admission to discharge in comparison to patients with binge/purge pathology, and in contrast to all other psychometric parameters introduced.

Conclusions A greater improvement in obsessionality from the acutely ill to the stabilized ED condition is found in patients with binge/purge in comparison to restrictive pathology. The persistence of non ED-related obsessionality in AN-R requires further investigation, as it may lead to worse overall prognosis.

Demographic and clinical characteristics

	AN-R (n=94) Mean (SD)	AN-B/P (n=67) Mean (SD)	BN (n=48) Mean (SD)	p
Age on admission	15.75 (1.50) ^a	16.23 (1.33) ^{ab}	16.70 (.99) ^b	<.001
BMI on admission	16.26 (2.01) ^a	16.94 (3.13) ^a	22.05 (3.64) ^b	<.001
Duration of illness	1.70 (1.28) ^a	2.46 (1.46) ^b	2.36 (1.09) ^b	.003
Length of hospitalization	184.77 (83.33)	195.65 (99.88)	168.56(86.74)	.28
BMI at discharge	19.64 (1.13) ^a	20.01 (1.19) ^a	23.12 (3.15) ^b	<.001

Psychometric data on admission

Psychometric data change from admission to discharge

	AN-R (n=62) Mean (SD)	AN-BP (n=53) Mean (SD)	BN (n=48) Mean (SD)	p
Δ Y-BOCS	-.16 ^a (9.34)	5.94 ^b (10.07)	7.19 ^b (8.98)	.002
Δ YBC-EDS	4.77(8.50)	6.12(.10)	5.35(8.41)	.700
Δ BDI	3 ^a (12.88)	13.16 ^b (15.81)	6.86 ^{ab} (16.90)	.007
Δ EAT-26	12.34(19.60)	16.89(20.03)	16.74(18.45)	.462
Δ STAI-S	2.54 ^a (11.38)	8.33 ^{ab} (13.90)	9.85 ^b (17.26)	.040
Δ STAI-T	1.19 ^a (11.38)	8.49 ^b (13.89)	8.94 ^b (14.26)	.009