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**Introduction:** With increasing prevalence, eating disorders (EDs) constitute a public health problem. Access to treatment is limited and often delayed for the majority of patients. Such obstacles might be mitigated via the development of virtual treatments.

**Objectives:** Conducted during COVID-19 lockdown, this pilot study aimed to explore the feasibility and preliminary clinical outcomes associated with treatment of EDs by means of a remote psychoeducational (PE) programme.

**Methods:** Eleven patients who fulfilled DSM-5 criteria for anorexia nervosa, bulimia nervosa, or binge eating disorder completed assessments, including ED symptoms, anxiety and depression, as well as motivation to change measures at the beginning and end of the time-limited (4 weeks) specialized treatment. It consisted in receiving 4 PE documents by email (1 per week), which was completed by a 15-20 minutes phone call with each participant (1 per week).

**Results:** Data showed significant improvements of several self-reported eating disorder symptoms, including body dissatisfaction and intensity of bulimic episodes.

**Conclusions:** Our findings suggest that a time-limited remote PE intervention produces clinically meaningful changes in ED symptoms. Thus, it might be worth developing such interventions in a clinical context, especially when performed prior to higher level of care. Further research is required to evaluate optimised interventions using a more diverse sample from a plurality of treatment facilities and context of care, as well as research in a non-pandemic setting which may have impacted these exploratory study results.

**Disclosure:** No significant relationships.

**Keywords:** COVID-19; psychoeducational intervention; remote intervention; eating disorders

## EPV0283

### Instagram, the new ally of Pro-Ana and Pro-Mia

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**Introduction:** Nowadays Social Networks (SN) are used not only in a playful way but also as a 'health' means of communication. The Pro-Ana and Pro-Mia accounts or profiles -whereby Eating Disorders are advocated as a 'lifestyle'- increased by 300% over the last decade.

**Objectives:** To analyze Instagram Pro-Ana and Pro-Mia accounts and compare them with Pro-Ana and Pro-Mia Blogs.

**Methods:** A non-computerized research of Pro-Ana and Pro-Mia Blogs and Instagram profiles was performed. Accepting a risk of Alpha=0.05 and Beta=0.15 in a two-tailed test, 29 subjects were

required in each group to detect a difference equal to or greater than 0.2 units. The common standard deviation is assumed to be 0.25. Publication averages, photos, opening years, WhatsApp links and number of followers were analysed and compared. Transversal descriptive study.

**Results:** Blogs: 100% had no groups in other SN, 33.33% had been opened for more than 3 years, 30% included personal pictures, 16.67% contained Ana in their title, 53.3% named other Blogs. Instagram: 56.67% included personal pictures, 13.33% mentioned WhatsApp groups, 73.33% had a public profile, 43.33% contained 'Ana' in their user name and 53.33% had more than one hundred followers.

**Conclusions:** These tools are constantly adapting to the times in which they coexist. There has also been a current increase in Instagram profiles. This study shows a greater linkage to WhatsApp groups on Instagram than on Blogs, together with a higher number of followers, ease of ownership and difficulty of control.

**Disclosure:** No significant relationships.

**Keywords:** Instagram; Pro-Ana; Pro-Mia; eating disorders

## EPV0284

### Pro-Ana and Pro-Mia keywords, their google search trend

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**Introduction:** Eating Disorders (ED) have increased both in number of cases and diagnoses in recent years, partly due to the ease of searching on the Internet. This "community" as they call themselves has a proper language, which makes them easier to connect.

**Objectives:** To know the search frequency of Pro-Ana and Pro-Mia terms in Spanish in the Google search engine.

**Methods:** A manual screening was carried out based on the word analysis of Pro-Ana and Pro-Mia blogs to obtain their search frequency in Spanish. Using the Google Trends tool, a total of 19 word combinations related to ED and their advocacy were reviewed in the time period from 01/01/2019 to 01/12/20. Some of them such as: "carrera de kilos" (kilos race), "princesa de cristal" (glass princess), "princesa de porcelana" (porcelain princess) and "dieta ABC" (ABC diet) among other terms.

**Results:** From 2019 to 2020 there has been an increase in the searches related to Eating Disorders (41.63%), ABC diet (9.72%), porcelain princess (25.52%) and kilos race (38.53%). There has also been a decrease in the search for thinspo ana (30.9%), tips ana (4.15%), blog mia (13.09%) or blog ana (0.79%).

**Conclusions:** Search trends change over time as they meet the evolving needs. In several media we can find a clear increase in ED during this 2020 due to the confinement related to COVID-19. This is something that we can also relate to this increase in searches for some terms.

**Disclosure:** No significant relationships.

**Keywords:** eating disorders; Pro-Ana; Pro-Mia; google search trend