

## P03-34

### ANGER EXPRESSION IN OBSESSIVE-COMPULSIVE SPECTRUM DISORDERS (SOGS): COMMON AND DIFFERENTIAL TRAITS

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**Objective:** The objective of this study was to examine the experience and expression of anger in eating disorders (EDs) including bulimia nervosa purging (BN-P) and anorexia nervosa restrictive (AN-R) subtypes, impulsive disorders such as pathological gambling (PG), obsessive-compulsive disorder (OCD) and a non psychiatric healthy control group.

**Method:** The sample comprised 80 female SODs individuals (20 BN-P, 21 AN-R, 19 PG, 21 TOC) consecutively admitted to our Department and 21 healthy controls. Patients were diagnosed according to DSM-IV-R criteria. We administered the State-Trait Anger Expression Inventory-2 (STAXI-2). In the control group, the GHQ-28 was also employed.

**Results:** Compared to the healthy control group, elevated Trait Anger scores were revealed for the BN-P ( $p < .011$ ) and OCD ( $p < .003$ ) groups. In addition, the OCD group scored higher on this scale than the PG patients ( $p < .039$ ). As regards to State Anger, higher scores were uncovered for the OCD patients than for the control group ( $p < .017$ ). Finally, when Anger Expression was assessed, higher scores were found for the OCD ( $p < .001$ ) and BN ( $p < .001$ ) individuals when compared to healthy controls. In addition, compared to AN-R, the BN-P and OCD exhibited higher scores on this scale ( $p < .001$  and  $p < .037$ , respectively).

**Conclusions:** Our results indicate that, OCD and BN-P patients may have inadequate anger expressions and deficits in coping with anger and frustration when compared to a healthy control group. Conversely, no significant differences were revealed between AN-R, PG and controls. Finally, some differences across diagnoses were also obtained.