

## EPV0285

## Can social media be beneficial for eating disorders?

G. Lladó Jordan<sup>1\*</sup>, M.D.C. Díaz García<sup>1</sup>, M. Miguel Cano<sup>2</sup>, M. Jiménez Cubo<sup>2</sup>, B. Lozano Díez<sup>1</sup>, A. Santos Martín<sup>2</sup>, P. Sánchez Esteban<sup>2</sup>, P. Mediavilla Sánchez<sup>1</sup>, J.A. Gómez Del Barrio<sup>1</sup> and R. Ayesa-Arriola<sup>1</sup>

<sup>1</sup>Idival, Valdecilla Biomedical Research Institute, Santander, Spain and

<sup>2</sup>Uemc, Miguel de Cervantes European University, Valladolid, Spain

\*Corresponding author.

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**Introduction:** Eating Disorders are a frequent pathology, particularly among teenagers, a group characterized by its vulnerability and body dissatisfaction. Social networks (SN) can be a gateway to ED, mainly with Pro-Ana and Pro-Mia resources. Despite the aforementioned, SN can also be helpful for professionals, either as a tool of approach to vulnerable groups or as a way of interaction in patients already diagnosed.

**Objectives:** To study the relationship between ED and SN, using the open access evidence available in Pubmed over the last 5 years.

**Methods:** A single-phase computerised search was carried out in Pubmed. The search terms were: (“Anorexia Nervosa”[Mesh] OR “Bulimia Nervosa”[Mesh] OR “Feeding and Eating Disorders”[-Mesh] OR “Eating Disorders”[Tiab] OR “Eating Disorder”[Tiab] OR “Disorder, Eating”[Tiab] OR “Disorders, Eating”[Tiab] OR “Anorexia”[Tiab] OR “Bulimia”[Tiab]) AND (“blogging”[Mesh] OR “social media”[Mesh]). The filters applied were: “free Full Text” and publications for the last 5 years.

**Results:** 36.84% studied SN as a positive tool for ED. 47.37% revealed negative influence, only 44.44% focused on Pro-Ana and Pro-Mia. 15.79% provided both positive and negative arguments. The most studied SN were Twitter and Facebook.

**Conclusions:** Despite the known negative effect that SN can have on ED, they can also be used as a supportive recovery framework. They can be used to identify dangerous behaviours and intervene or as a prevention tool.

**Disclosure:** No significant relationships.

**Keywords:** social networks; Pro-Ana; Pro-Mia; eating disorders

## EPV0286

## TikTok, a vehicle for Pro-Ana and Pro-Mia content boosted by the COVID-19 pandemic

G. Lladó Jordan<sup>1\*</sup>, M.D.C. Díaz García<sup>1</sup>, P. Sánchez Esteban<sup>2</sup>, A. Santos Martín<sup>2</sup>, P. Mediavilla Sánchez<sup>1</sup>, M. Jiménez Cubo<sup>2</sup>, M. Miguel Cano<sup>2</sup>, J.A. Gómez Del Barrio<sup>1</sup> and R. Ayesa-Arriola<sup>1</sup>

<sup>1</sup>Idival, Valdecilla Biomedical Research Institute, Santander, Spain and

<sup>2</sup>Uemc, Miguel de Cervantes European University, Valladolid, Spain

\*Corresponding author.

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**Introduction:** TikTok is a social network (SN) that allows users to share short videos about different issues. Since the COVID-19 lockdown, there has been an increase in Pro-Ana and Pro-Mia videos in this specific SN.

**Objectives:** To know the main characteristics about Pro-Ana and Pro-Mia contents among TikTok users.

**Methods:** A search was carried out using uncontrolled language with the term “TCA” (ED in English). The study included only Pro-Ana and Pro-Mia resources in Spanish. Resources under the category “recovery” were excluded. A random sample of 16 TikTok was used, since it is enough to estimate, with a confidence of 95% and an accuracy of +/- 20 percentage units, a population percentage that is expected to be around 20%. The studied variables were images, type of resources, “challenges” and misspelled words.

**Results:** In the sample, 68.75% of the profiles were created upon confinement, 56.25% had more than 500 followers and 68.75% had more than 3000 “likes”. 43.75% included more than 30% of ED advocacy content, 18.75% promoted challenges and 37.5% used misspelled words to avoid SN censorship.

**Conclusions:** There has been a remarkable increase in ED-related content as a result of lockdown. In turn, the increasing number of users who are part of TikTok reveals that this is a SN that can be associated with ED advocacy.

**Disclosure:** No significant relationships.

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

## EPV0287

## Facebook as a Pro-Ana and Pro-Mia resource

G. Lladó Jordan<sup>\*</sup>, M.D.C. Díaz García, B. Lozano Díez, P. Mediavilla Sánchez, J.A. Gómez Del Barrio and R. Ayesa-Arriola

Idival, Valdecilla Biomedical Research Institute, Santander, Spain

\*Corresponding author.

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**Introduction:** Facebook is the world’s leading social network with 2,449 million users. Around 22 million of those users are registered in Spain, and 30% of them are aged between 16 and 31. Pro-Ana and Pro-Mia pages have found a space to promote Eating Disorders (ED) as a ‘lifestyle’ using their own code.

**Objectives:** To study the characteristics of Pro-Ana and Pro-Mia Facebook profiles in Spanish.

**Methods:** A non-computerized research of Facebook pages related to ED advocacy was conducted. The opened time, publications, photos, type of profiles (public/private) and link to a WhatsApp group of 58 Facebook pages were analyzed. A qualitative and descriptive analysis was carried out.

**Results:** From Facebook profiles: 62.07% contained ‘Ana’ in their profile name; 18.97% had been opened for more than 3 years; 79.31% had been shared; 48.28% mentioned Whatsapp groups; 91.38% were public profiles; 50% named other social networks; 75.86% added text to their publications; 25.86% had shared more than 20 photos on their profiles.

**Conclusions:** On platforms like Facebook, people with ED can: advocate for their disease, set up networks, share tips/tricks and encourage other users to become part of their community. Technological developments have made it easier to access to this type of resources. Despite the platform’s policy, there are still these kind of profiles that make a case for ED.

**Disclosure:** No significant relationships.

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