

INVESTIGATION OF THE PREVALENCE OF POSSIBLE COMORBID NIGHT EATING SYNDROME AND THE EFFECT OF NIGHT EATING SYNDROME COMORBIDITY ON CLINICAL COURSE IN PATIENTS TREATED IN A PSYCHIATRIC INPATIENT WARD: A PRELIMINARY STUDY

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BACKGROUND AND AIM: Night Eating Syndrome(NES) is a psychiatric disorder that has been included in the diagnostic system with DSM-5 and needs to be examined in different patient populations. This study aimed to determine the prevalence of probable NES among psychiatric inpatients and examine its association with clinical parameters.

METHODS: The sample size for the study was calculated to be at least 237 participants considering the prevalence of night eating syndrome in psychiatric population as 19.8%. However, in this oral presentation, the data of the first 38 patients taken as a preliminary study was presented. A total of 38 patients with 10 psychosis, 9 bipolar disorder, 9 major depression, 5 anxiety disorder, and 5 other psychiatric diagnoses were included in the study. Clinical variables, including disease severity, duration of hospitalization, Generalized Anxiety Disorder-7(GAD-7), Patient Health Questionnaire-9(PHQ-9), Patient Health Questionnaire-15 (PHQ-15), Patient Health Questionnaire-Panic Disorder(PHQ-P5) and Night Eating Questionnaire(NEQ)

were analyzed. Necessary permissions for the study were obtained from the local ethics committee (IRB: 05.04.2024- 195)

RESULTS: Probable NES was identified in 39% of the inpatients. However, no significant differences were found between patients with and without probable NES regarding disease severity(CGI) (p=0,281), length of hospitalization (p=0,674), GAD-7 (p=0,447), PHQ-9 (p=0,501), PHQ-15 (p=0,940), and P5 scores (p=0,733). Similarly, no significant correlations were detected between NES scores and these clinical variables.

CONCLUSION: While NES was relatively common among psychiatric inpatients, it did not demonstrate a significant relationship with disease clinical course and characteristics. Future research with larger sample sizes is needed to further explore the potential clinical implications of NES in psychiatric populations

Keywords: Eating disorder, night eating syndrome (NES), disease prognosis, hyperphagia, anxiety symptoms