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Yale food addiction scale - A validation of the French version for use in clinical samples

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Background & Aim: The field of obesity/problematic eating has shown growing interest in the concept of food addiction (FA). At the heart of operationalizing this concept is the Yale Food Addiction Scale (YFAS), a 25-item self-reported questionnaire. Many different versions of the instrument have been adapted, translated and validated. However, the French version still lacks validation among clinical samples. The aim of the present study was thus to validate the French version of the YFAS among individuals suffering from obesity (S1) and individuals suffering from severe obesity awaiting bariatric surgery (S2).

Methods: Participants were recruited at the Heart and Lung Institute Research Centre in Quebec city. They filled out the French version of the YFAS, as well as questionnaires assessing variables related and unrelated to FA. Exploratory factor analyses and correlational analyses were conducted.

Results: For both samples, results suggested a one-factor structure, with factor loadings higher than 0.50 and a good internal consistency (KR20=0.85; KR20=0.78). Some problematic items were identified, due to extremely high or low endorsement rates. As for construct validity, results revealed significant correlations between FA and binge eating ($r=0.63$; $r=0.64$), cravings ($r=0.49$; $r=0.64$) and impulsivity ($r=0.29$; $r=0.23$), but an absence of correlation between FA and restraint ($r=0.18$; $r=0.18$) and alcohol use ($r=-0.01$; $r=-0.02$).

Conclusion: This study helped establish the validity of the French version of the YFAS for use in clinical samples. As previously stated in the literature, it would be important to reconsider certain items, especially when applied to individuals presenting severe obesity and/or long-term eating difficulties.

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Effects of dog-assisted therapy on self efficacy and coping behavior of people with mental illness: Retrospective cohort study

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The benefits of Animal-Assisted Therapy (AAT) for mental health conditions have been well-documented, but there is lack of scientific studies using dogs as therapeutic agents for psychiatric patients. The present study was conducted to examine dog assisted intervention on self-efficacy, coping ability among patients with a variety of psychiatric diagnoses. A Retrospective cohort study was conducted by means of assessment files of patients with mental illness who visited RECOVERY assistance dog. Study examined data of out-patients before and after the dog assisted intervention. Record data were included during 2010 to 2016 along with the follow up of one year. Interrupted time series and chi-square analyses were used to study the impact of dog assistance. During the intervention period there was a significant increase in the self efficacy and coping behavior in the participants. At follow up, this change remained stable. Dog assisted intervention may have positive influences on self-efficacy and coping ability among psychiatric patients with long lasting psychiatric symptoms.

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