



# When substance use disorder and eating disorder intersect: an integrated care tool.

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## Abstract

Is It a Student Paper? No

**\_BACKGROUND:** This study examines the support needs of people with substance use disorder (SUD) and eating disorder (ED), with many healthcare providers feeling ill-prepared to treat both disorders simultaneously. Exploring theoretical concepts and protective or risk factors, the study focuses on the prevalence of comorbidity and the relationship of these disorders with identity, emotion regulation, body image, embodiment, interoceptive awareness and self-compassion.

**\_METHODS:** Data were collected from individuals in treatment for SUD, both residential and outpatient, using several questionnaires. A proportion of inpatient respondents were re-interviewed about their experiences of SUD and ED.

**\_RESULTS:** The risks of ED were determined using the subscales of the EDI III. About 46% of the clinical group and 35% of the control group showed an increased risk of features of ED. Protective factors, such as identity formation, self-compassion, emotion regulation and interoceptive awareness, were also examined. Self-compassion seemed to be an interesting concept in eating disorder treatment and substance use treatment.

**\_DISCUSSION:** Based on the results, a hybrid tool was developed to help healthcare providers integrate treatments for SUD and ED, highlighting self-compassion as an important protective factor. This may motivate healthcare providers to work in an integrative manner and be equipped to manage the coping mechanisms of SUD and ED.

**Topics:** Prevention, Treatment

## For workshops only

No Answer Given

**Submission Format:** Scientific Paper