



# Interpersonal Functioning in Finnish Eating Disorder Patients: Validating the Finnish Version of the Structural Analysis of Social Behaviour (SASB) Questionnaire

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**Introduction:** Eating disorders (EDs) are characterised by disturbances in eating behaviour, and self-perception. A central feature across ED presentations is a pervasive negative self-image, reflected in harsh self-evaluations, and rigid self-standards. This negative self-concept contributes to the development and persistence of eating pathology. The Structural Analysis of Social Behaviour (SASB), provides a comprehensive framework for examining self-image and interpersonal dynamics, and understanding how relational patterns shape self-directed behaviour and vulnerability to ED relapse. SASB has been used clinically in Finland for over ten years, yet its utility has never been validated within a Finnish-speaking sample. The SASB's Finnish translation reliability is therefore uncertain.

**Aims:** Validate the Finnish version of the SASB by examining its clinical relevance in a clinical context and answering the following:  
What can the Finnish SASB tell us about those suffering from an ED?  
Do scores on the Finnish SASB correlate with the EDE-Q in expected directions?  
**Hypotheses.** SASB is reliable, and correlated with the EDE-Q; positive associations between self-blame and higher EDE-Q scores; and negative associations between self-support and symptom severity.

**Methods:** Existing self-report data from a clinical sample ( $N = 299$ , ages 13-71, 13 men) collected at the Center for EDs in Helsinki between September 2013 and March 2025. Measures used for data collection include the SASB, EDE-Q, CIA, and IES-2, allowing examinations of the associations between self-directed interpersonal patterns and ED

symptoms using correlational analyses. Cronbach's alpha will be computed to assess internal consistency and factor structure will be assessed using confirmatory factor analysis.

**Clinical implications:** Validating the SASB will support its reliable use in Finnish mental health services, enabling more precise assessment of self-image and improved treatment planning. The findings will also facilitate the use of SASB data for national and international comparisons, supporting more precise evaluation of treatment processes, outcomes, and the role of self-image in recovery trajectories.

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