

## **Therapy Response in Eating Disorders: from clinical and neurobiological to COVID lockdown related factors.**

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Eating disorders are severe mental disorders, with high mortality rates-suicidality and high incidence in adolescence and early adulthood, especially in women. The course of these disorders is uncertain and treatment outcomes are limited, with successful results in 50-75% of cases. In Eating Disorders (ED), several factors such as duration of the disorder, eating and general psychopathology, dysfunctional personality traits, BMI and cognitive impairment, have been found to be associated with adherence and response to treatment. Additional environmental and experiential factors lived during the COVID lockdown, have impacted the onset, course of the disorder and treatment outcome. In this presentation we will describe recent studies on prospective observational studies, in broad samples of ED analyzing personality and cognitive predictors of treatment response in eating disorders, but also COVID lockdown related factors. Impulsivity and executive functions at baseline, prior to therapy start, may predict therapy results and outcome. Uncertainty about the future and current treatment, during lockdown, had a negative effect on ED onset and therapy response.