

# Soumission abstract ALBATROS 2021

Pour présentation orale ou poster

1. **Title:**

Food addiction among stroke patients: an hospital-based study

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4. **Background and objectives:**

Poor diet is a vascular risk factor; it contributes to dyslipidemia, diabetes and metabolic syndrome. Addictive-like eating behaviors are increasingly incriminated in these stroke risk factors. However, their severity and the prevalence of a condition known as food addiction (FA) diagnosis has never been investigated among stroke patients. Moreover, knowing the food-mood connection, FA could influence post-stroke mood status.

5. **Material and Methods:**

Inclusion criteria of this hospital-based study were: age 18-85; first-ever non-severe stroke with no severe aphasia or dementia. FA prevalence and symptoms' severity were assessed using the YFAS2.0 during hospitalization. Post-stroke mood status was assessed at the 3months standard care follow-up visit using the Hospital and Anxiety Depression scale.

Univariate (Mann-Witney, Chi<sup>2</sup>, Fisher tests) and multivariate (regressions) analyses were conducted.

6. **Results and conclusion:**

A total of 101 patients (62.8±13.7yo; women: 39.6%) were recruited in a comprehensive stroke unit. Five patients endorsed a FA diagnosis: one of mild and four of severe types. Overall, 38.6% of the sample screened positive for at least one of the symptom criteria. Impaired control was the most frequent symptoms' domain (25.7%) and Inability to cut down the most frequent symptom (16.8%).

FA diagnosis was associated with Dyslipidemia but not the other stroke vascular risk factors. The severity of the addictive-like eating profile predicted dyslipidemia independently ( $p=0.05$ ;  $OR=1.67$ ;  $95\%CI=1.00-2.78$ ).

Regression models showed that FA diagnosis and the severity of the addictive-like eating profile were significant independent predictors of post-stroke levels of anxiety ( $p=0.05$  and  $p=0.01$ , respectively) and depression ( $p=0.02$  and  $p=0.01$ , respectively).

This study suggests that, besides chronic tobacco and alcohol use, addictive-like eating behaviors are part of factors that should be addressed in the primary and secondary prevention of stroke.

#### **7. Liens d'intérêt:**

Les auteurs attestent que le travail présenté n'a aucun lien avec l'industrie pharmaceutique, du tabac, de l'alcool, de la cigarette électronique et avec les compagnies de jeux.

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