

Soumission abstract ALBATROS 2021

Pour présentation orale ou poster

1. **Title:**

Food addiction among stroke patients: an hospital-based study

2. **Co-authors' details:**

I. Sibon ; *CHU Bordeaux; Stroke Unit, Department of Neurology, INCIA UMR-5287, Bordeaux, France.*

S. Berthoz, INCIA UMR-5287, Université de Bordeaux; Department of Psychiatry for Adolescents and Young Adults, Institut Mutualiste Montsouris, Paris.

3. **Author principal:**

Yolaine RABAT

INCIA UMR-5287, Université de Bordeaux, Bordeaux, France

yolaine.rabat@u-bordeaux.fr

+33626048198

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, Chi², 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.

Yolaine Rabat possède une bourse de thèse financée par le ministère de la recherche et de l'enseignement supérieur. Ce financement n'a joué aucun rôle dans la collecte, l'analyse et l'interprétation des données.