

## O-06

### HEALTH RELATED QUALITY OF LIFE IN ADOLESCENTS WITH IDIOPATHIC SCOLIOSIS: A CROSS-CULTURAL COMPARISON BETWEEN TWO METHODS OF TREATMENT

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#### Purpose

The present study aims at evaluating the effects produced to the Health Related Quality of Life (HRQOL) by a conservative treatment (mainly physiotherapy) in adolescent population with Idiopathic Scoliosis (IS), comparing the method used in Italy with the one in Spain.

#### Background

In Scoliosis, studies related to HRQOL are generally controversial and besides there is a lack of research related to physiotherapy and HRQOL.

#### Methods

The sample studied consists of 110 adolescents, aged between 9 and 18 years. 41 (12 boys; 29 girls) of them were Spanish and 69 (14 boys; 55 girls) Italians. The Spanish sample consists of 91% of adolescents with IS while the Italian one of 66.7% of Adolescents with IS and 25.5% of patients with kyphosis. For all the patients it was the first time to be visited in the centres. The settings were two private centres where Physiotherapy treatments follow different methods: the Italian group was treated with SEAS exercises while the Spanish one with the approach from "Barcelona Scoliosis Rehabilitation School". The materials used were SRS-22 questionnaire and Rosenberg's self-esteem test. Tests were given three times: on the first visit, three months later and six months later.

#### Results

Through a mixed Factorial Analysis of Variance, we found statistical differences between the pre-test and post-test in relation to HRQOL and self-esteem ( $p < .05$ )

#### Conclusions

It would be interesting to encourage the research in the studied direction. Further researches will aim at increasing the sample size, in order to enrich the results.

## SCIENTIFIC SESSION II: HRQL / PSYCHOLOGY

TIME : 10:30 - 11:15 / May, 19th

## O-07

### SCOLIOSIS IN ADOLESCENTS REDUCES THE RISK OF EATING DISORDERS

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#### PURPOSE/BACKGROUND

A recent study suggests a correlation between idiopathic scoliosis in adolescence and eating disorders. Nevertheless, this did not correspond to our clinical experience in this same population. The aim of this study was to verify the correlation between scoliosis and eating disorders in adolescence.

#### METHODS

Design: cross-sectional study

Population: 187 consecutive adolescent girls with idiopathic scoliosis (mean Cobb angle  $26^\circ$ , range  $11-73^\circ$ , age  $15.2 \pm 2.5$ ; 24% juveniles, 76% adolescent type); 93 school girl controls (age  $14.9 \pm 1.0$ ).

All the subjects answered the Italian validated questionnaire EAT-26 about eating habitude in order to retrieve eating disorders. BMI was calculated for all subjects and compared to reference data.

Statistical Analysis: chi-square test and ANOVA.

#### RESULTS

Only 3 (1.6%; IC95 -0.2/3.4%) subject in the scoliosis group showed EAT-26 scores suggestive for eating disorders versus 7 (7.5%; IC95% 2.2/12.9%) in the school population; the difference was statistically significant ( $p < 0.05$ ). The odds ratio of eating disorders in adolescents with scoliosis is 0.2 (IC95 -1.18/1.58). BMI was slightly lower ( $p < 0.05$ ) for scoliosis patients ( $19 \pm 0.2$ ) that for school girls ( $21 \pm 0.3$ ).

#### CONCLUSION

EAT-26 is recognised among the most valid questionnaires for eating disorders and has been widely applied in various countries. Applying it, we found a lower incidence of eating disorders in female scoliosis patients than in the general population (both our own controls and Italian reference values). This contrast with some expert opinions and a recent study performed in Italy. The low BMI already reported in the literature as typical of scoliosis subjects is confirmed by our data.