

PEDEMONTI B, CECCOMANCINI R, STEGMANN, J.

Fundación SPINE Socio.Psico.Inmuno.Neuro.Endocrinología | bpedemonti@gmail.com

### Introduction

Nutritional aspects of individuals with Prader Willi Syndrome (PWS) involve diverse characteristics including abnormal satiety mechanisms, hyperphagia (uncontrolled appetite), and compulsive eating behaviors. Hyperphagia has an early onset during childhood and is related to a persistent search for food, which greatly increases the risk of obesity.

We aim to evaluate hyperphagia-related behaviours in individuals with PWS, and its relationship with the duration of treatment using a transdisciplinary approach.

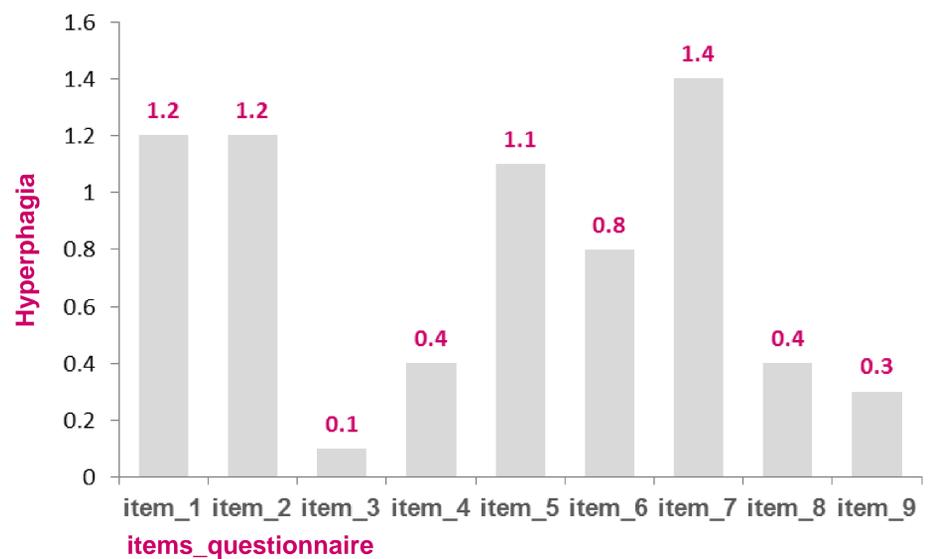
### Methods

This is an ongoing study of non-experimental, correlational, cross-sectional design. The sample, so far, is comprised by 27 individuals with PWS between 3 and 42 years old. Most individuals (89%) regularly attend a transdisciplinary-approach treatment at Fundación SPINE. Nutritional approach includes safety measures to limit food access, an adequate nutritional plan for the patient, and nutritional re-education for both the family and patient. All families were requested to answer the hyperphagia questionnaire (HQ-CT). This questionnaire involves 9 questions, with Likert-type options ranging from 0 to 4 (thus ranging from 0 to 36) according to frequency of occurrence. Higher scores on HQ-CT are related to more hyperphagia-related behaviours.

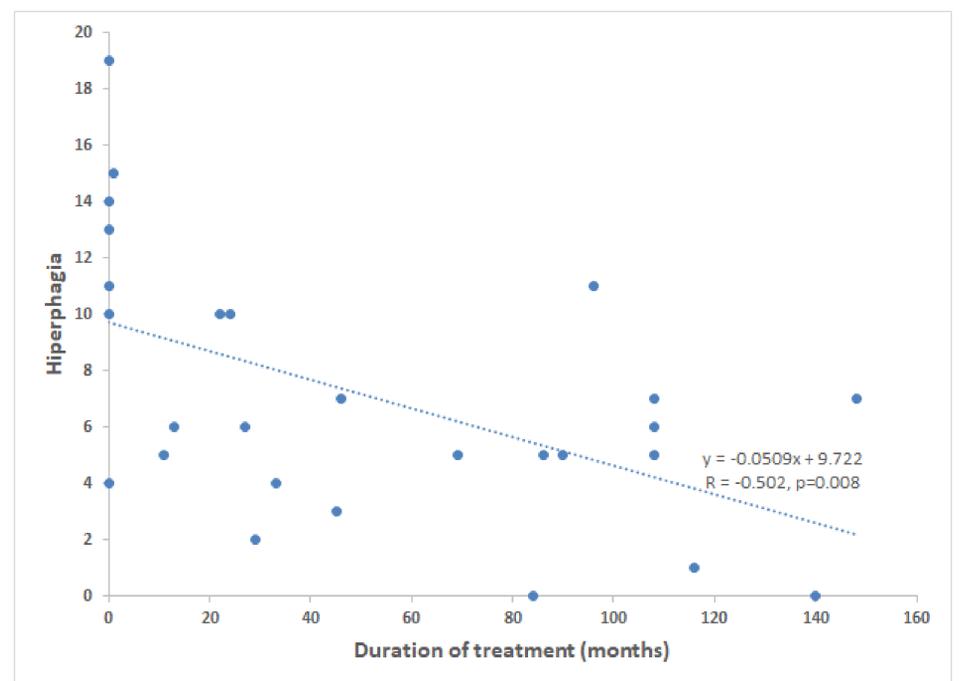
We obtained a license through the Foundation for Prader-Willi Research for the use of the questionnaire.

### Results

The mean of hyperphagia score was  $7.1 \pm 4.7$ , ranging from 0 to 19. If we consider each individual item, the highest scores were found in the item that enquired about stealing or secretly obtaining food ( $1.4 \pm 1.0$ ).



Furthermore, we found a negative correlation between hyperphagia-related behaviours and time assistance to SPINE treatment ( $r = -0.502$ ,  $p = 0.008$ ).



### Conclusions

Studying in detail hyperphagia-related behaviours in individuals with PWS is relevant to evaluate the efficacy of nutritional interventions.

It also allows to identify possible critical points in the daily life of patients, thus enabling improvements in the therapeutic approach.

Our study demonstrated evidence of emerging efficacy related to a transdisciplinary-oriented approach towards the treatment of hyperphagia-related behaviours.

#### Bibliografía

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