



Valutazione del sonno in un gruppo di ragazzi affetti da Disturbi della condotta alimentare: studio caso-controllo

Francesco Precenzano, Maria Esposito, Giulia Muzzo, Chiara Cherubini, Valentina Lanzara, Filomena Salerno, Marco Carotenuto

Clinica di Neuropsichiatria Infantile; Dipartimento di Salute Mentale e Fisica e Medicina Preventiva; Seconda Università degli Studi di Napoli

I disturbi del comportamento alimentare (DCA)

Patologie caratterizzate da:

- ❑ alterazione delle abitudini alimentari
- ❑ eccessiva preoccupazione per il peso e per le forme del corpo
- ❑ Prevalenti in adolescenti
- ❑ Interessano soprattutto il sesso femminile.

American Psychiatric Association (2013) Diagnostic and statistical manual of mental disorders (DSM-5), 5th edn. American Psychiatric Press, Arlington

Comorbidità in età evolutiva

Disturbi dell'umore
disturbi d'ansia
disturbi di personalità
Abuso di sostanze

Herpertz-Dahlmann B. Adolescent eating disorders: update on definitions, symptomatology, epidemiology, and comorbidity. Child Adolesc Psychiatr Clin N Am. 2015 Jan;24(1):177-96. doi: 10.1016/j.chc.2014.08.003

Disturbi del sonno e DCA

- Recenti studi hanno evidenziato una stretta correlazione tra sonno e BMI
- Pazienti affette da anoressia nervosa riduzione del sonno SWS
- I parametri indicativi di instabilità e discontinuità del sonno, risvegli notturni, WASO e stadio 1 sono incrementati in percentuale e durata.

Lauer CJ, Krieg JC. Sleep Med Rev. 2004 Apr;8(2):109-18;
Jáuregui-Lobera I. Neuropsychiatr Dis Treat. 2012;8:1-11;
Nobili L, et al. Sleep. 2004 Dec 15;27(8):1553-9

Scopo dello studio

- Valutare la comorbidità tra disturbi del sonno e DCA su una popolazione pediatrica.

Materiali e Metodi

- 9 soggetti (2 M) in età scolare (età media 13.32 ± 2.16) affetti da DCA
- 30 soggetti (14 M) sani (età media 12.40 ± 0.29) arruolati presso le scuole della Regione Campania

Materiali e Metodi

- test Sleep Disturbance Scale for Children (SDSC).

- Analisi statistica: T-Test, Chi-Square, Correzione secondo Bonferroni.

- $p < 0.05$

ATTENTION: This questionnaire will allow your doctor to have a better understanding of the sleep/wake rhythm of your child and of any problems in their sleep patterns. Try to answer every question as accurately as possible in the past 4 months of the child's life. Please answer the questions by marking or writing in the box(es) if or as often you only check to your help.

Name _____ Age _____ Sex _____

| | 0-1 hours | 1-2 hours | 2-3 hours | 3-4 hours | 4-5 hours | more than 5 hours |
|---|---------------|-----------|-----------|-----------|-----------|-------------------|
| 1. The child usually wakes up during the night | | | | | | |
| 2. Waking after going to bed more than | less than 15' | 15-30' | 30-45' | 45-60' | | more than 30' |
| 3. Wakes up during the night | | | | | | |
| 4. The child wakes up during the night | | | | | | |
| 5. The child wakes up during the night | | | | | | |
| 6. The child wakes up during the night | | | | | | |
| 7. The child wakes up during the night | | | | | | |
| 8. The child wakes up during the night | | | | | | |
| 9. The child wakes up during the night | | | | | | |
| 10. The child wakes up during the night | | | | | | |
| 11. After waking up in the night, the child has difficulty to fall asleep again | | | | | | |
| 12. The child has frequent twitching or shaking or night wetting or other unusual behavior during the night or wakes the covers off the bed | | | | | | |
| 13. The child has difficulty in breathing during the night | | | | | | |
| 14. The child wakes up frequently in the morning during the night | | | | | | |
| 15. The child wakes up frequently during the night | | | | | | |
| 16. The child wakes up frequently during the night | | | | | | |
| 17. This parent has observed the child sleeping | | | | | | |
| 18. This parent has observed the child talking in their sleep | | | | | | |
| 19. The child wakes up during the night | | | | | | |
| 20. The child wakes up during the night | | | | | | |
| 21. The child wakes up during the night | | | | | | |
| 22. The child wakes up during the night | | | | | | |
| 23. The child wakes up during the night | | | | | | |
| 24. The child wakes up during the night | | | | | | |
| 25. The child wakes up during the night | | | | | | |
| 26. The child wakes up during the night | | | | | | |
| 27. The child wakes up during the night | | | | | | |
| 28. The child wakes up during the night | | | | | | |
| 29. The child wakes up during the night | | | | | | |
| 30. The child wakes up during the night | | | | | | |
| 31. The child wakes up during the night | | | | | | |
| 32. The child wakes up during the night | | | | | | |
| 33. The child wakes up during the night | | | | | | |
| 34. The child wakes up during the night | | | | | | |
| 35. The child wakes up during the night | | | | | | |
| 36. The child wakes up during the night | | | | | | |
| 37. The child wakes up during the night | | | | | | |
| 38. The child wakes up during the night | | | | | | |
| 39. The child wakes up during the night | | | | | | |
| 40. The child wakes up during the night | | | | | | |
| 41. The child wakes up during the night | | | | | | |
| 42. The child wakes up during the night | | | | | | |
| 43. The child wakes up during the night | | | | | | |
| 44. The child wakes up during the night | | | | | | |
| 45. The child wakes up during the night | | | | | | |
| 46. The child wakes up during the night | | | | | | |
| 47. The child wakes up during the night | | | | | | |
| 48. The child wakes up during the night | | | | | | |
| 49. The child wakes up during the night | | | | | | |
| 50. The child wakes up during the night | | | | | | |
| 51. The child wakes up during the night | | | | | | |
| 52. The child wakes up during the night | | | | | | |
| 53. The child wakes up during the night | | | | | | |
| 54. The child wakes up during the night | | | | | | |
| 55. The child wakes up during the night | | | | | | |
| 56. The child wakes up during the night | | | | | | |
| 57. The child wakes up during the night | | | | | | |
| 58. The child wakes up during the night | | | | | | |
| 59. The child wakes up during the night | | | | | | |
| 60. The child wakes up during the night | | | | | | |
| 61. The child wakes up during the night | | | | | | |
| 62. The child wakes up during the night | | | | | | |
| 63. The child wakes up during the night | | | | | | |
| 64. The child wakes up during the night | | | | | | |
| 65. The child wakes up during the night | | | | | | |
| 66. The child wakes up during the night | | | | | | |
| 67. The child wakes up during the night | | | | | | |
| 68. The child wakes up during the night | | | | | | |
| 69. The child wakes up during the night | | | | | | |
| 70. The child wakes up during the night | | | | | | |
| 71. The child wakes up during the night | | | | | | |
| 72. The child wakes up during the night | | | | | | |
| 73. The child wakes up during the night | | | | | | |
| 74. The child wakes up during the night | | | | | | |
| 75. The child wakes up during the night | | | | | | |
| 76. The child wakes up during the night | | | | | | |
| 77. The child wakes up during the night | | | | | | |
| 78. The child wakes up during the night | | | | | | |
| 79. The child wakes up during the night | | | | | | |
| 80. The child wakes up during the night | | | | | | |
| 81. The child wakes up during the night | | | | | | |
| 82. The child wakes up during the night | | | | | | |
| 83. The child wakes up during the night | | | | | | |
| 84. The child wakes up during the night | | | | | | |
| 85. The child wakes up during the night | | | | | | |
| 86. The child wakes up during the night | | | | | | |
| 87. The child wakes up during the night | | | | | | |
| 88. The child wakes up during the night | | | | | | |
| 89. The child wakes up during the night | | | | | | |
| 90. The child wakes up during the night | | | | | | |
| 91. The child wakes up during the night | | | | | | |
| 92. The child wakes up during the night | | | | | | |
| 93. The child wakes up during the night | | | | | | |
| 94. The child wakes up during the night | | | | | | |
| 95. The child wakes up during the night | | | | | | |
| 96. The child wakes up during the night | | | | | | |
| 97. The child wakes up during the night | | | | | | |
| 98. The child wakes up during the night | | | | | | |
| 99. The child wakes up during the night | | | | | | |
| 100. The child wakes up during the night | | | | | | |

Score: _____

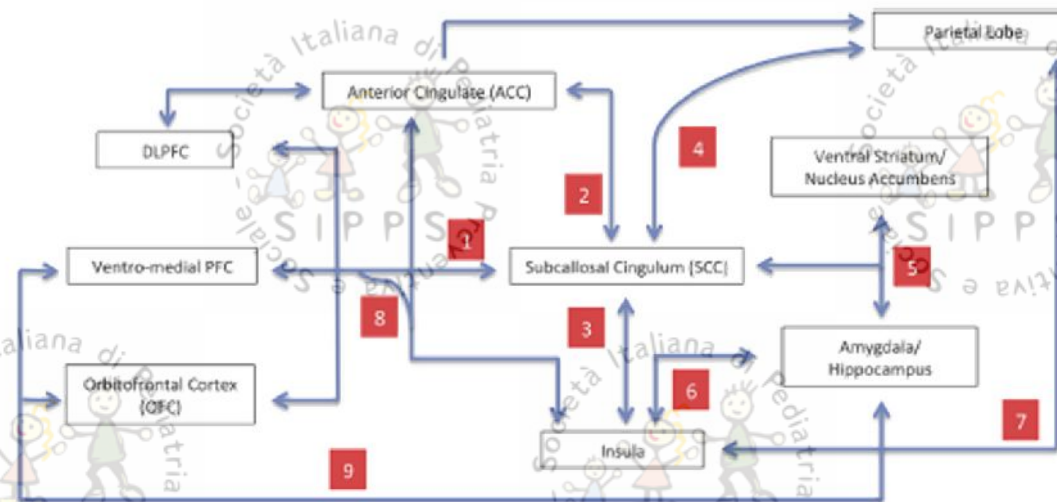
Interpretation: _____

Risultati

- I due gruppi confrontabili per età ($p=0.549$) e genere ($p=0.357$);
- I soggetti affetti da DCA presentano una quota maggiore di segni di disturbo di inizio e mantenimento del sonno (DIMS) rispetto ai controlli (15.11 ± 4.59 vs 11.66 ± 3.34 ; $p=0.017$).

Discussione

- Evidenze di anomalie strutturali/funzionali nelle zone limbiche implicate nella disregolazione emotiva sono certamente coinvolte nella disfunzione del sonno



Lipsman N, Woodside DB, Lozano AM. Neurocircuitry of limbic dysfunction in anorexia nervosa. *Cortex*. 2015 Jan;62:109-18. doi: 10.1016/j.cortex.2014.02.020.

Conclusioni

- la compromissione del sonno rappresenta un aspetto importante del funzionamento dell'adolescente affetto da DCA, suggerendo la necessità di una valutazione approfondita di questo aspetto nella gestione di questa patologia in età evolutiva
- Ulteriori studi sono necessari su popolazioni più ampie

Napule è...

PEDIATRIA PREVENTIVA E SOCIALE

GRAZIE PER L'ATTE

