OVERT AND COVERT AGGRESSION IN WOMEN WITH BULIMIA NERVOSA. A. Sugar, H. Stein. Stanford Medical Center, Stanford, CA.

Objective: This study examines the levels of overt and covert aggression in women with bulimia nervosa and determines whether there is a correlation between the severity of the disorder and the levels of aggression displayed. 

Method: A sample of 40 women (ages 18-23) completed written questionnaires and verbal assessments regarding their relationships with their mother and father, their weights, and how they viewed themselves. In addition, the participants were interviewed by a trained professional regarding their eating habits.

Results: Results indicated that bulimic women display higher levels of both overt (p = 0.017) and covert (p = 0.001) aggression in comparison with controls. Moreover, those who reported a history of physical or sexual abuse tended to be more impulsive, originated from a lower social class, were more out-going, and was generally not premeditated. There was no significant difference in the type of overt aggression. At a weight gain of 20% above their baseline, these women did not show a decrease in covert aggression.

Discussion: Recognizing increased aggression in women with bulimia nervosa can have a crucial impact on their future mental health. Recognized as a hallmark of this disorder, future studies should examine whether there is a relationship between aggression and bulimia, or if there are other interactions that lead to the prevalence of this behavior.

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IS 10 YEAR WEIGHT CHANGE ASSOCIATED WITH USE OF SUPPLEMENTS MARKETED FOR WEIGHT MANAGEMENT? M.C. Nachigal, K.L. Stratton, E. White, R.L. Patterson, Fred Hutchinson Cancer Research Center, Seattle, WA.

Purpose: Obesity is rapidly becoming a health problem of epidemic proportions bringing with it a host of negative health concerns. This study investigates the association of long-term (10 year) use of 11 nutritional supplements marketed as weight control aids in 15,655 individuals aged 50 to 57.

Methods: Data are from the Vitamins and Lifestyle (VITAL) cohort study. Participants completed questionnaires at 10 year supplement use, diet, health habits and health status. Only those who were not taking any weight loss drugs were enrolled (64% of cohort). Participants were followed for 10 years and were asked about their use of over-the-counter supplements that are marketed for weight loss.

Results: Linear regression was used to model change in weight from age 45 to 55-57, stratified by sex and BMI (kg/m²) (normal, overweight, or obese) at age 45. Models were constructed for each supplement as an indicator variable, and the main effect as an indicator variable, and the main effect (bivariate, and bivariate and multivariate, respectively). 

Results: Among both obese men and obese women, long-term use of vitamins B₆ and B₉ and chromium were significantly associated with lower levels of weight gain. For example, vitamin B₆ (8.5 g/day) has a bivariate effect of -0.23 kg (8.5 g/day), bivariate and multivariate effect of -0.29 kg (8.5 g/day), and a 95% confidence interval of -0.50 to 0.03 kg (8.5 g/day). 

Discussion: These data suggest that long-term use of certain supplements may reduce risk of weight gain. Further study is necessary before recommendations regarding these supplements should be made.

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A STUDY OF CORPUS CALLOSUM SHAPE, EXECUTION FUNCTION DEFICITS, AND TROUBLE WITH THE LAW AMONG PATIENTS WITH FETAL ALCOHOL SPECTRUM DEFECTS. S.A. Auguste, Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA; M. Barr, Department of Behavioral Sciences, University of Washington, Seattle, WA; P.L. Bookstein, Department of Biostatistics, University of Michigan-Ann Arbor; A. Peterson, Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle, WA.

FASD is the leading known cause of mental retardation and developmental disability and results from the prenatal exposure to alcohol and other substances. The repercussions of fetal alcohol spectrum disabilities in patients with Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) found that 80% of these patients were reported to have trouble with the law (Tolstedt 1996). A subset of this group (n=120) took part in a brain behavior study using magnetic resonance imaging. FAS/FAE patients were, as expected, hyperactive in corpus callosum (CC) shape compared with control subjects. Measures of CC shape yielded a (approximately quadratic) discriminant with over 80% sensitivity and specificity for detecting FAS/FAE from controls (Bookstein et al., 2002). Those with a relatively thick CC had more Executive Function (EF) deficits (Bookstein et al., 2002b). Thus, no one has examined how this type of brain damage might be related to trouble with the law in patients with FASD. 

In this study, a subset of these patients was examined to determine whether there is a relationship between CC shape, EF deficits, and trouble with the law, among patients with FASD (n=20). A literature review revealed some evidence of CC dysfunction as well as EF deficits in criminals and aggressive/antisocial individuals. There was also research showing that impaired CC function could lead to a deficit in the ability to control and coordinate behavior. We hypothesize that patients with FASD will have a higher prevalence of CC abnormalities and EF deficits than controls and that patients with FASD will have trouble with the law. 

Results: Preliminary analyses showed a correlation between trouble with the law and the overall severity of CC abnormalities and EF deficits. Finally, preliminary analyses also showed a correlation between trouble with the law and the severity of EF deficits. 

Conclusions: This study provides preliminary evidence that patients with FASD may have a higher prevalence of CC abnormalities and EF deficits than controls and that patients with FASD may have trouble with the law. 

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