

**Transcript of Maladaptive Perfectionism and Intolerance of Uncertainty as
Maintenance Factors for Eating Disorders and Obsessive-Compulsive Disorder
Symptoms
(EDRS 2020)**

Hi, my name is Brenna Williams, and I will be briefly discussing our poster titled *Maladaptive Perfectionism and Intolerance of Uncertainty as Maintenance Factors for Eating Disorders and Obsessive-Compulsive Disorder Symptoms*.

So, as you may know eating disorders are highly comorbid with obsessive-compulsive disorder, or OCD, and research shows that there are two potential sharing mechanisms of eating disorders and OCD. Those are maladaptive perfectionism, which is defined as being critical self-evaluation, having high standards for oneself, and being really concerned with making mistakes. The other is intolerance of uncertainty, which is defined as negative perceptions and reactions to ambiguity.

Research shows that these two mechanisms are maintenance factors for eating disorders and OCD separately, but the research on these two factors being shared maintenance factors for eating disorders and OCD is really limited. So, the current study investigated maladaptive perfectionism and intolerance of uncertainty as shared maintenance factors of eating disorders and OCD symptoms among a clinical sample of individuals with eating disorders.

Our sample included 168 individuals with eating disorders. The majority of our sample was diagnosed with anorexia nervosa, 5.4% of the sample had bulimia nervosa, 1.2% of the sample had bingeing disorder, and a good portion of the sample, 22% ,had other specified feeding or eating disorder. The variables were measured at two time points approximately six months apart, and the measures that we used were the Eating Disorder Examination Questionnaire, which was used to measure eating disorder symptoms, the Frost Multidimensional Perfectionism Scale, which was used to measure maladaptive perfectionism, and the Intolerance of Uncertainty Scale, which we used to measure intolerance of uncertainty (laughter), as well as the Obsessive Compulsive Inventory-Revised, which we used to measure OCD symptoms.

For data analysis we used Mplus program version 8, which we used to conduct two path models: a cross-sectional path model and a prospective path model. The cross-sectional model, which is in Figure 1 in the right-hand corner -- right top hand corner -- of the poster, the initial model had perfect fit, and after removing the non-significant pathways, the model had excellent fit. After interpreting that model, we found that maladaptive perfectionism and intolerance of uncertainty were significantly associated with eating disorder symptoms, intolerance of uncertainty was significantly associated OCD symptoms, and maladaptive perfectionism and was not significantly associated with OCD symptoms.

In the prospective path model, which can be found in Figure 2 in the center of the poster, the initial model also had perfect fit, and after removing the non-significant paths the model had excellent fit. And so, Time 1 maladaptive perfectionism and Time 1 intolerance of uncertainty prospectively predicted OCD symptoms, but not eating disorder symptoms. The Time 1 eating disorder symptoms negatively prospectively predicted OCD symptoms, maladaptive perfectionism, and intolerance of uncertainty. Time 1 OCD symptoms negatively predicted eating disorder symptoms. And Time 1 maladaptive perfectionism prospectively predicted intolerance of uncertainty.

So, what these results together suggest is that intolerance of uncertainty is a shared correlate of eating disorders and OCD symptoms, at least in this sample of individuals with eating disorder. Maladaptive perfectionism and intolerance of uncertainty might not be maintenance factors for eating disorders when accounting for OCD symptoms, but they might promote OCD symptoms in individuals with a current eating disorder diagnosis, which we have outlined in Figure 3, which is at the bottom portion of the center of the poster.

So, essentially, it might be important to target maladaptive perfectionism and intolerance of uncertainty in individuals with an eating disorder because that could prevent the development of future OCD symptoms among those individuals.

And if you have any questions feel free to contact me via email (brenna.williams.1@louisville.edu). Also, you can scan the QR code at the bottom center of the poster to access the EAT Lab website (www.louisvilleeatlab.com). Thank you so much!