**Expressing anger positively could reduce eating disorders**

Lessons on how to express anger in direct and positive ways could help reduce eating disorders in women and girls, say the authors of a new report.

Childhood emotional abuse is the trauma linked most clearly to adult eating disorders, but relatively little is understood about the psychological mechanisms that connect these experiences. Now a study in the journal Appetite looks at the role played by anger.

The research, which involved 476 adult women with a mean age of 44, found that more respondents with serious binge-eating patterns had a history of childhood emotional abuse in comparison with those who exhibit minimal or considerable binge-eating behaviour (53% against 37%).

The authors concluded that more research is needed, but stated: ‘In the interim, treatment interventions should be broadened to include assessments of anger among adult women with binge-eating behaviours, especially those with histories of childhood abuse.

‘Additionally, prevention strategies that incorporate learning how to express anger directly and positively may be particularly effective in reducing various disordered eating behaviours among women and girls,’ they added.


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**Knowledge of recovery position reduces hospital admission rate**

Campaigns to improve knowledge of the recovery position should be promoted to reduce the hospital admission rate of children who lose consciousness, say researchers.

The study says that parents and teachers appear to have a poor knowledge of the recovery position (RP) – a safe position in which to place an unconscious child to protect their airway.

A prospective cohort study looked at children from birth to 18 years who were diagnosed with loss of consciousness (LOC) at 11 paediatric emergency departments (EDs) in six European countries. Data were collected from parent interviews, paediatric ED reports, and clinical examinations.

Seizures were most frequently diagnosed as causing LOC (n=278, 50.3%) and vasovagal syncope, fainting due to a stressor such as emotional distress (n=124, 22.4%). Children had been put in the RP in 145 cases (26.2%). The RP was independently associated with a significant fall in the admission rate.

‘Our study demonstrates for the first time that the RP may reduce the admission rate of infants with LOC,’ said the authors. ‘Caregivers often perform inadequate manoeuvres when a child becomes unconscious. Campaigns aiming at increasing knowledge of the RP should be promoted.’

*Julliand S et al* (2016) Recovery position significantly associated with a reduced admission rate of children with loss of consciousness. Archives of Disease in Childhood. 101, 6, 521-526

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