

## **Drunkorexia habits of University students**

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*Introduction:* drunkorexia is a new eating disorder characterized by a reduction in food consumption to offset the excess calories provided by the intensive consumption of alcohol (binge drinking). In particular sweets containing a high caloric density and having a low nutritional contribution are one of the main foods whose consumption is being restricted by the subjects who suffer from this disorder.

*Objective:* To evaluate the relationship between binge drinking pattern and reducing the consumption of sweets in university students.

*Method:* The sample consisted of 113 University students enrolled in Health Sciences from the University of Alicante. The students completed an online questionnaire about lifestyles and eating habits in the last 30 days.

*Results:* The results of this study indicated that the proportion of students presented an intensive alcohol intake, understood as the intake of 5 or more glasses the same occasion, was significantly higher among those students with a lower consumption of commercial sweets ( $p < 0.005$ ).

*Conclusions:* these results could indicate that a change is occurring in the trends of eating habits and intake of alcohol among young people. Future studies should assess the magnitude of this phenomenon in order to develop prevention programmes.

Key words: *eating disorder, students, food habits.*

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