

INTRODUCTION

Patients presenting eating disorders often report alexithymia, an inability to identify and describe their emotions and affective status (Guillen et al., 2014). They show a paucity of words expressing feelings and demonstrate difficulties in identifying and distinguishing feeling of physical sensations. Alexithymia, a psychological construct with cognitive and emotional dimensions, is regarded to be an impairment of emotional regulation (Aleman, 2005; Wingbermuehle et al., 2012). The processing of emotions may be considered tri-phasic: (i) identification of the emotional significance of event, experience or situation, (ii) generation of an affective state, whether positive or negative, and (iii) emotional regulation (Phillips et al., 2003). Alexithymia core characteristics consist of severe dysfunctions in emotional awareness, social attachment, and interpersonal attachment (Sifneos, 1973; Sifneos et al., 1977). It has

symptoms for over five years on arrival at the Anorexia & Bulimia Clinic for Adults (Sahlgrenska University Hospital), and described

tendency to resonate and experience the same affect in response to viewing a display of that affect by another person, also referred to as "contagion." Affective resonance was viewed as offering the original basis for the basic communication that was neglected, seemingly,

Bagby, R. M., Parker, J. D., & Taylor, G. J. (1994a). The twenty-item

