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Summary

# PROMOTION OF PHYSICAL ACTIVITY WITH A MOBILE APP IS SUPERIOR TO PRESCRIPTION ALONE IN IMPROVING SYMPTOMS IN PATIENTS WITH IRRITABLE BOWEL SYNDROME: A RANDOMIZED CONTROLLED TRIAL

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**A randomized controlled trial in 75 patients with IBS found that physical activity prescription combined with the Google Fit mobile app significantly improved IBS symptoms compared to physical activity counselling alone over three months.**

## KEY POINTS

- Patients using the Google Fit app showed significantly greater improvement in IBS symptom severity (IBS-SSS) compared to counselling alone (88.2 vs 47.6 point improvement, P=0.021) and in gastrointestinal symptoms (SAGIS score: 9.2 vs 4.1, P=0.021).
- Physical activity levels increased more in the app group (791 vs 262 MET-minutes per week, P=0.025) and adherence to WHO physical activity guidelines was higher (41% vs 15%, P=0.048).
- The increase in physical activity was significantly correlated with improvement in IBS symptom severity (r=0.33, P=0.03).
- Both groups were allowed other IBS treatments and baseline characteristics were not significantly different; three patients dropped out from the non-app group.
- This trial suggests digital apps promoting physical activity may be useful tools in IBS treatment for clinicians considering first-line lifestyle interventions.

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