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Summary

FUNCTIONAL DYSPEPSIA (ROME-IV), EROSIVE AND NON-EROSIVE GERD: RISK FACTORS AND RELATIONSHIP WITH ANXIETY AND DEPRESSION. A CROSS-SECTIONAL STUDY

Antonio Caballero Plasencia

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A Spanish tertiary-center study of 338 patients found distinct risk factor profiles for GERD phenotypes and functional dyspepsia, with anxiety significantly associated with NERD and functional dyspepsia, and depression linked to functional dyspepsia and overlapping syndromes.

KEY POINTS

- Among 338 participants, 58.6% were classified as GERD (24.0% erosive esophagitis, 34.6% NERD), 52.1% as functional dyspepsia, and 81 had mixed GERD-FD.
- Multivariate analysis identified independent associations: age with NERD and FD; sex with erosive esophagitis and FD; body mass index with NERD and FD; alcohol and calcium channel antagonists with erosive esophagitis; inhalers and anxiety/depression with FD.
- Compared to controls, anxiety was significantly more prevalent in NERD, functional dyspepsia, all Rome-IV syndromes, and mixed GERD-FD; depression was significantly more prevalent in functional dyspepsia, overlapping syndrome, and mixed GERD-FD.
- The authors suggest that shared demographic and psychopathological risk factors in NERD and functional dyspepsia could imply they are part of the same pathophysiological spectrum and that psychological therapy could be a supportive strategy for both conditions.

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