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Summary

IMPACT OF GLUTEN-FREE DIET ON PSYCHOLOGICAL ISSUES ASSOCIATED WITH CELIAC DISEASE

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A cross-sectional study of 48 celiac disease patients found high rates of anxiety (72.8% with anxiety reactions, 43.7% at clinically significant levels) but no association between anxiety and adherence to a gluten-free diet.

KEY POINTS

- Patients with celiac disease showed decreased physical and mental quality of life components compared to 20 controls without gastrointestinal disease (36.1 and 40.0 respectively, $p < 0.01$).
- Anxiety was more prevalent than depression in celiac disease patients, with 72.8% experiencing anxiety reactions and 43.7% reaching clinically significant anxiety levels on the Hospital Anxiety and Depression Scale.
- No significant differences in frequency or severity of anxiety were found between patients adhering to a gluten-free diet and those not adhering.
- Depression symptoms were more frequent in patients following a gluten-free diet, though not reaching clinically significant levels, and the severity of depression increased in this group.
- This study is relevant for clinicians managing the psychological aspects of celiac disease and understanding the complex relationship between dietary adherence and mental health outcomes.

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