

AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER IN FUNCTIONAL DYSPESIA REFLECTS INCREASED PSYCHOSOCIAL DISTRESS AND BURDEN, NOT WORSE DYSPESIA SYMPTOMS

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Poster

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In adults with functional dyspepsia, comorbid avoidant/restrictive food intake disorder (ARFID) is associated with worse quality of life, food fear, and anxiety rather than more severe gastrointestinal symptoms, suggesting ARFID is a distinct secondary condition.

KEY POINTS

- Among 37 FD+ARFID, 14 FD-only, and 18 healthy controls, FD+ARFID and FD-only groups showed small non-significant differences in gastrointestinal symptom severity by PAGI-SYM and SF-NDI.
- FD+ARFID patients had significantly worse FD-related quality of life, fear of food, GI-specific anxiety, and general anxiety compared to FD-only patients with medium effect sizes.
- FD+ARFID patients consumed less liquid nutrient during tolerance testing (272 ± 191 mL) compared to FD-only (467 ± 332 mL) and healthy controls (709 ± 365 mL).
- Groups did not differ significantly in gut transit times measured by wireless motility capsule.
- The findings suggest ARFID in FD reflects altered distress around symptoms and greater negative impacts rather than a response to more severe FD symptoms.

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