

RESILIENCE IN PATIENTS WITH FUNCTIONAL DYSPEPSIA: A PROSPECTIVE QUESTIONNAIRE STUDY

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Poster

Oesophagus

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A pilot study of 38 functional dyspepsia patients and 31 controls found FD patients had significantly lower resilience on one validated scale and higher perceived stress, with increased childhood exposure to household psychiatric illness and psychological abuse.

KEY POINTS

- FD patients showed significantly lower resilience scores on the Connor-Davidson Resilience Scale compared to controls (90.26 vs. 96.83, $P < 0.04$) but not on the Brief Resilience Scale.
- FD patients reported significantly higher perceived psychological stress (high versus moderate levels, $P < 0.004$) but did not differ from controls on standardized anxiety or depression measures.
- FD patients had significantly higher rates of childhood adverse events overall (29.3% vs. 15%, $P < 0.004$), exposure to household members with psychiatric illness (47% vs. 20%, $P < 0.049$), and self-reported psychological abuse (53% vs. 17%, $P < 0.03$).
- Other types of childhood trauma including physical abuse, familial substance abuse, witnessed maternal violence, and criminal behavior by household members did not differ significantly between groups.
- The authors suggest resilience may represent a potential therapeutic target for FD, though the study design cannot establish whether lower resilience precedes or results from the disorder.

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