

# **BARRIERS AND PREFERENCES OF INFORMATION AND COMMUNICATIONS TECHNOLOGY IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE IN LATIN AMERICA**

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**A multi-country Latin American survey of 341 IBD patients found high smartphone ownership and WhatsApp use, with most patients willing to use IBD-specific mobile applications, though concerns about information accessibility, quality, and privacy persist.**

## **KEY POINTS**

- Among 341 IBD patients from six Latin American countries (median age 37 years, 70.4% ulcerative colitis), 89.7% owned a smartphone and 95.3% used WhatsApp.
- For IBD-specific purposes, 38.1% used WhatsApp, 27.3% Facebook, 24.3% email, 21.4% YouTube, and 21.1% Instagram, with 48% using at least one ICT daily.
- Most patients expressed interest in using ICTs to seek information on self-care measures (61.3%), diets (57%), and symptoms (54%), and 91.5% would use an IBD-specific mobile application.
- Only 15.8% found IBD information easily accessible, 45.7% found it easy to understand, 34.9% found it of good quality, and 25% expressed data privacy concerns.
- The authors conclude that improving access, accuracy, understanding, and privacy of ICT-based IBD resources is necessary in Latin America.

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