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Summary

REAL-WORLD CLINICAL, HEALTHCARE, SOCIAL AND EMOTIONAL EXPERIENCE OF PEOPLE WITH INFLAMMATORY BOWEL DISEASE IN SPAIN: INSIGHTS FROM PATIENT-REPORTED DATA (BAREII)

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The BAREII Barometer study of 822 adults with IBD in Spain reveals a high clinical, functional, social, and emotional burden despite treatment, with significant differences by sex and age.

KEY POINTS

- Despite 65% receiving advanced therapies and 87% treatment adherence, only 35% rated their health as good or very good, and persistent symptoms included gas (65%), fatigue (65%), abdominal bloating (61%), increased bowel movements (53%), and urgency (48%).
- IBD had medium-high impact on quality of life in 84% of respondents, with effects on social activities (82%), physical activities (81%), leisure (80%), and daily life (79%), more pronounced in women and younger adults.
- Emotional impact was high (82%), predominantly during flares (58%), with stress (63%), irritability (55%), anxiety (53%), and apathy (50%) commonly reported; 48% perceived themselves as a burden, 46% reported lack of understanding, and 40% experienced social isolation.
- The study identifies unmet needs and supports a multidisciplinary, patient-centered management approach with a biopsychosocial framework to address the real-world impact of living with IBD.

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