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Summary

RESILIENCE, DEPRESSION AND QUALITY OF LIFE IN ADULT COELIAC PATIENTS ON A GLUTEN-FREE DIET: A PROSPECTIVE ITALIAN MULTICENTER SURVEY

Daria Maniero

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A prospective survey of 305 Italian coeliac disease patients on a gluten-free diet found that 97.7% had high resilience levels, with trait-anxiety and depression independently predicting lower resilience.

KEY POINTS

- 298 out of 305 patients (97.7%) on a gluten-free diet for a mean of 11.3 years demonstrated high resilience (CD-RISC score ≥35).
- Multivariate analysis identified trait-anxiety (STAI-Y2, p<0.01) and depression (BDI, p=0.02) as the only independent predictors of lower resilience levels.
- Overall quality of life scores were good (median 84, IQR 73-91), anxiety scores were suboptimal (STAI-Y2 median 40, IQR 33-49), and depression scores were low (BDI median 7, IQR 2-14).
- The authors suggest that targeted interventions may be helpful for the subgroup of patients with higher anxiety and depression scores.

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