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Summary

FACTORS ASSOCIATED WITH CHRONIC ABDOMINAL PAIN IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE: A PILOT CROSS-SECTIONAL STUDY

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UEG Week Copenhagen 2023 | Poster

IBD

October 15, 2023

A cross-sectional pilot study of 122 IBD patients in remission found that the 27% experiencing chronic abdominal pain showed significantly higher scores for somatic symptoms, gastrointestinal distress, neuroticism, sensory sensitivity, catastrophizing, and poor sleep compared to those without pain.

KEY POINTS

- Among 122 IBD patients in remission, 33 (27%) experienced chronic abdominal pain.
- Patients with chronic pain had significantly higher azathioprine use (36.64% vs 16.85%, p=0.021), Patient Health Questionnaire-15 scores (8.67 vs 5.09, p<0.001), and Gastrointestinal Symptoms Rating Scale scores (2.06 vs 1.52, p<0.001) than those without pain.
- The chronic pain group showed significantly higher neuroticism, sensory sensitivity (Highly Sensitive Person Scale), catastrophizing behaviour, and poorer sleep quality.
- The study identified technical problems, questionnaire length, and lack of understanding of relevance as factors affecting completion in 35 participants; recruitment rate was 14.2%.
- The authors state that differences in symptoms and psychological characteristics exist between IBD remission patients with and without chronic pain, and that further research is warranted to develop personalized treatment options.

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