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Summary

INFLAMMATORY BOWEL DISEASE IN REMISSION IS ASSOCIATED WITH MINOR COGNITIVE IMPAIRMENT COMPARED TO HEALTHY CONTROLS

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UEG Week Vienna 2024 | Poster

IBD

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A case-control study found that 57% of IBD patients demonstrated minor cognitive impairment on MoCA testing compared to 42% of matched healthy controls, with ulcerative colitis independently predicting impairment.

KEY POINTS

- 94 IBD patients and 68 age-, sex-, and education-matched healthy controls underwent Montreal Cognitive Assessment (MoCA) testing, with scores below 26 indicating impairment.
- A significantly higher proportion of IBD patients scored below normal on MoCA compared to controls (57% vs 42%, p=0.037), a finding that persisted after excluding those with probable anxiety or depression (42% vs 25%, p=0.025).
- Ulcerative colitis patients showed significantly lower memory domain scores than controls (2.5±1.5 vs 3.1±1.4, p=0.041).
- On multivariate analysis, ulcerative colitis (OR 2.2, 95%CI 1.4-5.3, p=0.047) and age (OR 1.04, 95%CI 1-1.1, p=0.017) independently predicted MoCA scores below normal.
- The authors interpret these findings as supporting a gut-brain axis and suggest that colonic inflammation may be linked to cognitive impairment in IBD.

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