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Summary

EXAMINING MENTAL HEALTH DISEASE BURDEN AMONG CROHN'S DISEASE (CD) PATIENTS IN EUROPE

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A European chart review study of 1,178 Crohn's disease patients on advanced therapy found differences in employment, inflammatory markers, and surgical history between those with and without mental health burden.

KEY POINTS

- Among 1,178 CD patients reported by 206 gastroenterologists across five European countries, 190 suffered mental health burden (depression or anxiety) and 988 did not.
- CD patients with mental health burden had lower full-time employment rates (47% vs 62%) and higher part-time employment (22% vs 14%) compared to those without mental health burden.
- Patients with mental health burden showed higher mean CRP levels (16 vs 12), more frequent surgeries (mean 2 vs 1), and greater current steroid use (18% vs 13%).
- A higher proportion of CD patients with mental health burden were female (55% vs 46%) and had family history of IBD (11% vs 7%).
- Authors suggest that factors beyond IBD itself, including potentially financial stress from reduced employment and disease severity indicated by surgery and steroid usage, may impact mental health in CD patients.

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