

ANXIETY AND DEPRESSION IN INDIVIDUALS WITH UNTREATED CELIAC DISEASE

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A population-based study of 454 adults with newly diagnosed, untreated celiac disease found lower levels of anxiety, depression, and mental distress compared to the general population, contradicting previous research on psychological health in celiac disease.

KEY POINTS

- The celiac disease group had significantly lower mean scores on anxiety (4.0 vs. 4.4), depression (2.8 vs. 3.3), and total HADS scales (6.8 vs. 7.7) compared to over 56,000 reference participants.
- Mental distress scores on the CONOR-MHI were lower in the celiac group (1.4 vs. 1.5), with lower scores across categories including secure and calm, irritable, happy and optimistic, sad/depressed, and lonely.
- The celiac disease group reported slightly better subjective health (3.0 vs. 2.9) and less fatigue (3.3 vs. 3.4) than the reference population.
- No significant differences in anxiety or depression scores were observed by Marsh grade severity at diagnosis within the celiac disease group.
- This material may interest gastroenterologists and researchers studying the psychological impact of untreated celiac disease in population-based settings.

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