EUROPEAN AND UNITED STATES PATIENT PERSPECTIVES ON THE IMPACT OF MODERATE TO SEVERE ULCERATIVE COLITIS ON SEXUAL ACTIVITY: COMMUNICATING NEEDS AND FEATURES OF IBD EXPERIENCES (CONFIDE) SURVEY

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UEG Week Copenhagen 2023 | Poster

IBD

October 16, 2023

The CONFIDE study found that over half of patients with moderate-to-severe ulcerative colitis in the US and Europe avoided or decreased sexual activity due to their disease, primarily driven by bowel urgency and fear of accidents.

KEY POINTS

- Among 200 US and 556 EU5 patients with moderate-to-severe UC surveyed, 63% of US patients and 53% of EU5 patients reported avoiding or decreasing sexual activity in the prior 3 months due to their disease.
- The most frequently reported reasons for avoiding sexual activity were bowel urgency, fear of bowel urgency-related accidents, fear of faecal seepage, and decreased sexual desire, with bowel urgency or related accidents ranking in the top three reasons in both regions.
- Sex differences were observed, with higher percentages of males reporting fear of faecal seepage and higher percentages of females reporting perianal pain, self-consciousness, decreased sexual desire, and fatigue as reasons for avoiding sexual activity.
- The authors note that these effects on sexual functioning are rarely discussed in clinical practice and recommend that impact on sexual health be assessed routinely in patients with UC.

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