

FEEDING THE GUT, PROTECTING THE MIND: EATING DISORDERS AND NUTRITIONAL RISK IN PATIENTS WITH PEDIATRIC-ONSET INFLAMMATORY BOWEL DISEASE

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Poster

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In a cross-sectional study of 144 young adults with paediatric-onset IBD, 16.7% screened positive for ARFID risk and 11.8% for eating disorder risk, with malnutrition significantly associated with ARFID but not eating disorders.

KEY POINTS

- ARFID risk was observed in 16.7% of patients, with food-related fear being the most prevalent domain at 13.2%, while 11.8% screened positive for eating disorders using validated screening tools
- Malnutrition, present in 15.3% of the cohort, was significantly associated with ARFID risk ($p < 0.001$) and correlated with ARFID screening scores ($\rho = 0.56$, $p < 0.001$) but not with eating disorder scores
- Prior exposure to enteral nutrition during childhood, reported in 40.3% of patients, was not associated with increased ARFID risk ($p = 0.54$) but was significantly associated with reduced eating disorder risk ($p = 0.008$)
- The authors recommend routine assessment for eating disorders and malnutrition risk as standard practice in IBD care for young adults with paediatric-onset disease

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