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Summary

A MEDITERRANEAN DIET IS FEASIBLE IN PATIENTS WITH IRRITABLE BOWEL SYNDROME: A RANDOMISED CONTROLLED TRIAL

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Colorectal

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The TANDIM feasibility RCT found that a 6-week Mediterranean diet intervention reduced gastrointestinal symptoms, depressive symptoms, and improved quality of life in 59 adults with IBS and comorbid anxiety or depression, compared to habitual diet controls.

KEY POINTS

- 83% of Mediterranean diet participants achieved a clinically meaningful reduction in IBS symptom severity (≥50-point IBS-SSS reduction) compared to 37% of controls at 6 weeks ($p<0.001$).
- Mediterranean diet participants showed significantly greater improvements in depressive symptoms (52% vs 20% HADS-D responders, $p=0.015$) and quality of life (62% vs 23% IBS-QOL responders, $p=0.004$).
- Mediterranean diet adherence was significantly higher in the intervention group (MEDAS score 7.5 vs 5.7, $p<0.001$) with no difference in FODMAP intake between groups and similar gastrointestinal adverse events.
- No differences were observed between groups in microbiome alpha diversity, beta diversity, relative abundance of taxa, or functional potential.
- The authors conclude larger blinded RCTs are required to minimize expectation bias and further evaluate the Mediterranean diet as a therapeutic intervention for IBS with psychological comorbidity.

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