

SURVEY OF MANAGEMENT HABITS & EMOTIONAL IMPACT IN PATIENTS WITH SELF-REPORTED IRRITABLE BOWEL SYNDROME (IBS)

franciele alves

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Poster

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A 10-country survey of 12,500 individuals found that 9% reported IBS, with high emotional burden and diverse management approaches including medications, biotics, diet modifications, and supplements.

KEY POINTS

- Among those reporting IBS, 78% had a healthcare professional diagnosis, with stress (48%), food allergy/intolerance/sensitivity (20%), poor sleep (19%), and infection (18%) identified as key symptom triggers.
- Management patterns varied: 37% used medication, 31% used biotics, 22% used diet and home remedies, and 18% used supplements, with females managing symptoms through diet and lifestyle changes more than males.
- The emotional impact was substantial, with 71% of IBS sufferers feeling worried, anxious or stressed, 62% frustrated and fed up, 39% experiencing embarrassment and reduced confidence, and only 5% not bothered by symptoms.
- Dissatisfaction with treatment centered on most options treating symptoms rather than underlying causes, and authors noted high biotic use despite low quality of evidence.
- The survey was funded by Reckitt with authors being company employees.

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