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Summary

SLEEP, ILLNESS PERCEPTION AND QUALITY OF LIFE IN INFLAMMATORY BOWEL DISEASE – SHOULD WE BE CONCERNED?

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IBD

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In a prospective cohort of 272 IBD patients, worse sleep quality and negative illness perceptions were independent predictors of poor health-related quality of life beyond disease activity alone.

KEY POINTS

- Among 272 IBD patients (68% ulcerative colitis, 90% in clinical remission), 33% reported poor quality of life and 70% reported poor sleep quality.
- Multivariable analysis identified younger age, absence of clinical remission, worse sleep quality, and negative illness perception (illness consequences, coherence, and emotional representation) as independent predictors of poor health-related quality of life.
- The authors conclude that health-related quality of life in IBD is influenced by factors beyond disease activity and recommend integrating sleep quality assessment and addressing patients' illness perceptions into clinical evaluation.
- This single-center study may be relevant for clinicians seeking to understand non-inflammatory determinants of quality of life in IBD patients.

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