MONITORING THE PSYCHOPATHOLOGICAL PROFILE OF INFLAMMATORY BOWEL DISEASE PATIENTS TREATED WITH BIOLOGICAL AGENTS AND SMALL-MOLECULES

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UEG Week Vienna 2024 | Poster

IBD

October 13, 2024

A prospective longitudinal study of 90 IBD patients found no statistically significant changes in psychiatric symptom scores (depression, anxiety, mania, or overall psychiatric symptoms) over six months in patients starting biological therapy compared to those on traditional therapy, despite improvements in gastrointestinal disease activity measures.

KEY POINTS

- Ninety IBD patients were enrolled in two cohorts: 51 starting biological or small molecule therapy and 39 receiving traditional non-biological therapy, with psychiatric and gastrointestinal symptoms assessed at baseline, one month, three months, and six months.
- At baseline, no significant differences existed between cohorts in depression (Ham-D), anxiety (Ham-A), mania (YMRS), or overall psychiatric symptoms (BPRS) scores.
- Both cohorts showed statistically significant improvements in gastrointestinal disease activity scores (PMS and HBI) over time, but no statistically significant changes in any psychiatric scale scores at any time point.
- The authors suggest biological therapies can be safely administered from a psychiatric perspective, though they recommend close monitoring during early treatment for possible psychiatric adverse events.

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