THE EFFECT OF COGNITIVE BEHAVIORAL THERAPY IN ADULTS WITH INFLAMMATORY BOWEL DISEASE

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A retrospective study of 47 IBD patients who completed at least 4 sessions of virtual CBT delivered by a trained mental health nurse found that 61% of those with significant baseline psychological distress showed clinically meaningful improvement on the CORE-10 questionnaire, though disease activity was not significantly affected.

KEY POINTS

- 96 patients were referred to the IBD CBT service between September 2019 and December 2022, with 47 completing at least 4 sessions; 91% of referrals were for anxiety or depression, with other indications including anger management, PTSD, and functional pain.
- Of 33 patients with CORE-10 scores greater than 11 at baseline indicating significant psychological distress, 20 patients (61%) showed reliable clinical improvement defined as a reduction of at least 6 points.
- The mean reduction in CORE-10 score for all patients was 7.6; 37 patients showed some improvement, while 10 patients (21%) showed either an increase or no change in their score.
- CBT did not significantly influence disease activity as measured by physician global assessment, with 56% of patients in clinical remission at CBT initiation and 45% in remission following treatment.
- The authors conclude that CBT delivered by a trained mental health nurse is an effective and relatively low-cost intervention for addressing the high burden of anxiety and depression in IBD patients.

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