

NAVIGATING IRRITABLE BOWEL SYNDROME EPIDEMIOLOGY AND BURDEN IN MEDICAL AND NURSE STUDENTS IN THE “VANVITELLI-IBS STUDY”: GOOD ANXIETY CONTROL AND ADHERENCE TO THE MEDITERRANEAN DIET AS POSSIBLE PROTECTIVE FACTORS

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Poster

Colorectal

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Cross-sectional study of 161 Italian medical and nursing students found 21% met Rome IV criteria for IBS, with delayed graduation, higher anxiety, and poorer Mediterranean diet adherence significantly associated with IBS diagnosis.

KEY POINTS

- Of 161 enrolled students, 34 (21%) met Rome IV criteria for IBS; subtypes were IBS-M (52.9%), IBS-C (32.35%), and IBS-D (14.7%).
- Students with IBS had significantly higher rates of delayed time-to-degree (29.4% vs 4.7%, $p=0.000168$) and lower scholarship receipt (14.7% vs 33.9%, $p=0.035$) compared to non-IBS students.
- IBS-positive students showed higher BAI anxiety scores (17.5 vs 13, $p=0.002$) with 61.75% having moderate-to-severe anxiety, and lower PREDIMED Mediterranean diet adherence scores (4 vs 7, $p=0.009$) with 73.52% adhering poorly.
- Binary logistic regression identified delayed graduation (OR 8.403, $p=0.000155$) as positively associated and Mediterranean diet adherence (OR 0.258, $p=0.002$) as negatively associated with IBS occurrence.
- Authors suggest campaigns promoting Mediterranean diet and anxiety management could be helpful in this population; the study addresses a data gap for IBS prevalence in Italian university healthcare students.

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