

UEGJ Best Paper Award: Work productivity in DGBIs

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A global epidemiology study examining work productivity and activity impairment in disorders of gut-brain interaction found that younger individuals and women are more frequently affected, with anxiety and depression compounding workplace impacts beyond gut symptoms alone.

KEY POINTS

- The study analyzed data from eight countries and found that people with both gut-brain interaction disorders and anxiety or depression experience greater work productivity impairment than those with anxiety and depression alone.
- The guest emphasized the importance of assessing and treating both gut symptoms and comorbid anxiety or depression in clinical settings, noting that some treatments such as neuromodulators can address both conditions.
- Cross-country differences in work productivity impairment reflect cultural and systemic factors including sick leave policies, stigma around gut health, and workplace disclosure norms.
- The guest's prior research on IBS identified workplace flexibility as key to maintaining work life, including flexible hours, remote work options when feasible, task scheduling around symptom patterns, and access to toilets.
- The guest advocates for future intervention studies that measure work productivity outcomes and expressed particular interest in psychological interventions such as acceptance and commitment therapy targeting work ability.

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