

FACTORS ASSOCIATED WITH ABDOMINAL PAIN IN PATIENTS WITH ULCERATIVE COLITIS

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Poster

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Abdominal pain is common in ulcerative colitis patients both during active disease and remission, and is associated with anxiety, depression, fatigue, and reduced quality of life.

KEY POINTS

- In three cohorts of UC patients, 20-39% with active disease and 7-20% in remission reported at least mild abdominal pain.
- Patients with abdominal pain had significantly higher rates of anxiety (40-83% vs 7-42%) and depression (33-40% vs 9-13%) compared to those without pain.
- Abdominal pain was associated with lower disease-specific quality of life in both active disease and remission, with median IBDQ scores significantly reduced in patients experiencing pain.
- In UC patients in remission, abdominal pain was associated with greater impact of fatigue on daily life, with Fatigue Impact Scale scores of 81 versus 29 in those without pain.
- The findings suggest that attention to abdominal pain and associated psychological and functional factors may be important for optimizing clinical management of UC patients.

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