

SMOKING HABITS IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE

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Presentation

Nurses

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Cross-sectional study of 116 IBD patients in Madrid found 24% active smoking prevalence and a statistically significant association between smoking and both anxiety and depression.

KEY POINTS

- Among active smokers, 85.7% had anxiety and 52.7% had depression, and bilateral analysis confirmed smoking was associated with anxiety and depression but not with other sociodemographic or disease variables.
- Active smoking prevalence (24%) was higher than the 21.9% rate in the general Madrid population, and 60% were ex-smokers, a much higher proportion than in non-IBD populations.
- Among active smokers, 64% were women, 57% had Crohn's disease, 46% were in remission, 64.3% consumed alcohol regularly, and 57.1% did not exercise.
- The presenter emphasised that smoking is a risk factor for more severe Crohn's disease course and that nurses should routinely ask about smoking habits and advise cessation, taking psychological factors into account.

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