

KNOWLEDGE AND MISCONCEPTIONS OF PATIENTS WITH IRRITABLE BOWEL SYNDROME ENROLLED IN A THERAPEUTIC PATIENT EDUCATION PROGRAM

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UEG Week Berlin 2025

Poster

Colorectal

October 4, 2025

A French study of 43 IBS patients entering a therapeutic education program found widespread misconceptions about diagnosis, complications, and treatments despite prior specialist care.

KEY POINTS

- Among patients with moderate to severe IBS (mean IBS-SSS 331 points), 48% incorrectly believed IBS could be complicated by IBD and 25% believed endoscopy could diagnose IBS.
- Treatment misconceptions were common: 58% believed faecal microbiota transplantation is currently available in routine IBS care, 78% believed hypnotherapy only works if you believe in it, and 68% believed multi-strain probiotics are more effective than single-strain.
- All 43 patients had previously seen a general practitioner and/or gastroenterologist without sufficient improvement before entering the five-session therapeutic education program.
- The baseline knowledge assessment (135 questionnaires from November 2023 to September 2024) revealed highly variable knowledge levels, justifying implementation of structured patient education.
- A follow-up study is underway to assess whether the education program improves patient knowledge, symptom severity, and quality of life.

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