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Summary

FACTORS ASSOCIATED WITH REDUCED QUALITY OF LIFE IN COELIAC DISEASE PATIENTS AT DIAGNOSIS AND IMPROVEMENT ON A GLUTEN-FREE DIET

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A prospective study of 178 adult coeliac disease patients identified female sex, psychiatric comorbidities, severe gastrointestinal symptoms, and clinically detected presentation as factors associated with reduced quality of life at diagnosis and on gluten-free diet, while patients with severe symptoms and reduced quality of life at baseline showed the greatest improvement.

KEY POINTS

- At diagnosis, decreased quality of life (PGWB score below 25th percentile) was associated with female sex (OR 2.83), severe gastrointestinal symptoms (OR 4.02), psychiatric comorbidities (OR 17.7), and clinically versus screen-detected presentation (OR 2.54).
- The same factors associated with reduced quality of life at diagnosis also increased risk for decreased quality of life after one year on gluten-free diet.
- Significant improvement in quality of life (PGWB change above 75th percentile) was associated with reduced quality of life at diagnosis (OR 5.98), severe gastrointestinal symptoms at diagnosis (OR 4.92), autoimmune comorbidities (OR 2.65), and clinically detected presentation (OR 4.54).
- The authors suggest that patients with female sex, psychiatric comorbidities, and severe gastrointestinal symptoms may need additional support in health care, and that good response to gluten-free diet should be documented in these groups.

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