

PSYCHOLOGICAL PREDICTORS OF SYMPTOM AND QUALITY OF LIFE RESPONSE TO THE LOW FERMENTABLE OLIGOSACCHARIDE, DISACCHARIDE, MONOSACCHARIDE AND POLYOL DIET IN IRRITABLE BOWEL SYNDROME

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Poster

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A prospective study of 112 adults with IBS undergoing a low FODMAP diet found that baseline psychological factors, particularly illness perceptions and treatment beliefs, predicted symptom and quality of life responses over 25 weeks.

KEY POINTS

- Higher treatment beliefs at baseline predicted stronger initial symptom response ($p=0.036$), while lower emotional representations predicted better quality of life response (linear $p=0.006$, quadratic $p=0.049$).
- Lower gastrointestinal-specific anxiety and positive illness perceptions relating to higher personal and treatment control predicted greater symptom reduction from baseline to week 25.
- Negative illness perceptions, including increased cyclical time beliefs, were associated with poorer quality of life response (linear $p=0.015$, quadratic $p=0.029$).
- The authors conclude that illness perceptions and treatment beliefs should be considered when determining suitability for the low FODMAP diet and may serve as targets to enhance treatment response.

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