EXPLORING THE ASSOCIATION OF ANXIETY AND DEPRESSION WITH GASTROINTESTINAL DISEASES IN THE CONTEXT OF BEHAVIORAL TRAITS AND SOCIOECONOMIC STATUS

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An observational study of 4791 patients undergoing screening endoscopy found associations between depression and higher rates of gastric and colorectal polyps, and between anxiety and reflux esophagitis, with socioeconomic factors also linked to colorectal polyp incidence.

KEY POINTS

- Patients with depression showed higher incidence of gastric polyps (18.88% vs. 23.58%, p=0.030) and colorectal polyps (52.78% vs. 65.79%, p=0.027) compared to those without depression, and had higher body mass index.
- Patients with anxiety disorder had higher incidence of reflux esophagitis (16.20% vs. 27.78%, p=0.023) compared to those without anxiety.
- Colorectal polyps were more common in males, patients with higher BMI, and those with lower income, suggesting socioeconomic factors play a role.
- The study recruited 4791 patients from September 2022 to March 2023 who underwent upper or lower GI endoscopy and completed PHQ-9 and GAD-7 questionnaires.
- This material is relevant for gastroenterologists and psychiatrists interested in the relationship between mental health disorders and gastrointestinal pathology in screening populations.

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