RELATIONSHIP BETWEEN DIETARY PATTERNS AND MENTAL HEALTH IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE

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In 30 patients with ulcerative colitis, greater adherence to a Mediterranean diet was inversely correlated with severity of depression and anxiety after controlling for confounders, while no such association was found with a general healthy eating index.

KEY POINTS

- This sub-study of a randomized controlled trial examined baseline data from 30 ulcerative colitis patients (mean age 38.6 years) to assess relationships between dietary patterns and mental health.
- Mediterranean Diet Score and Healthy Eating Index were calculated from validated 24-hour dietary recall questionnaires; depression was assessed using PHQ-8 and anxiety using GAD-7.
- After controlling for age, sex, BMI, disease activity, and corticosteroid use, severity of depression (p=0.03) and anxiety (p=0.02) were inversely correlated with Mediterranean Diet Score.
- No significant association was found between mental health measures and the Healthy Eating Index, suggesting the Mediterranean diet may capture different dietary behaviors relevant to mental health in ulcerative colitis.
- The authors note that future studies are needed to establish causality in the relationship between Mediterranean diet adherence and mental health outcomes in IBD patients.

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