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Summary

UNCONTROLLED DEPRESSION AND FEMALE GENDER INCREASES THE RISK OF SEVERE FATIGUE MORE THAN ACTIVITY DISEASE IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE UNDER INFLIXIMAB THERAPY

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IBD

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A prospective study of 90 IBD patients on maintenance infliximab found that female gender and depression were more strongly associated with severe fatigue than disease activity.

KEY POINTS

- Female gender (B=10.936, P=0.009) and presence of depression (B=11.114, P=0.029) were significantly associated with highest fatigue scores on the Fatigue Impact Scale
- Disease activity nearly but did not quite significantly increase fatigue severity (B=8.995, P=0.063), while antidepressant use showed no significant effect
- Only 2 of 18 patients with current depression received antidepressants, despite depression being a key fatigue predictor
- Patients with fatigue had significantly reduced quality of life (r=-0.638, p<0.001)
- The study included 90 IBD patients (70% Crohn's disease, 30% ulcerative colitis) on maintenance IV infliximab, with 75.6% in clinical remission

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