THE EFFECT OF INTENSIVE PHYSICAL EXERCISE ON FATIGUE AND QUALITY OF LIFE IN PATIENTS WITH QUIESCENT INFLAMMATORY BOWEL DISEASE: FOLLOW-UP RESULTS OF A MULTICENTRE RANDOMISED CONTROLLED TRIAL (ENERGIZE-IBD TRIAL)

Marcel J.M. Groenen

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A 12-week supervised intensive exercise programme (three sessions per week, combining aerobic and resistance training) significantly reduced fatigue and improved quality of life in adults with quiescent IBD and chronic fatigue compared to standard care.

KEY POINTS

- Fatigue decreased significantly in the intervention group versus controls (adjusted mean IBD-F 36.5 vs 45.3, p = 0.014) and quality of life improved (adjusted mean IBDQ 175.6 vs 166.6, p = 0.024), with both results remaining significant after Bonferroni correction.
- Anxiety symptoms decreased (p = 0.030) and cardiorespiratory fitness improved significantly (VO_2max and maximum power both p < 0.001), while body fat decreased by 1% (p = 0.024).
- Depression and sleep quality showed no significant group differences.
- Benefits persisted during 12-month follow-up but the magnitude of effect attenuated over time, with differences no longer reaching statistical significance at 12 months.
- This was the first randomised controlled trial of intensive personalised exercise for IBD-related fatigue, conducted in 95 adults (mean age 43 years, 74% female, 62% Crohn's disease) with quiescent disease and chronic fatigue lasting at least 3 months.

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