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Summary

RISK OF EATING DISORDERS AND DISORDERED EATING IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE: FOCUS ON ORTHOREXIA NERVOSA

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IBD

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A prospective study of 113 IBD patients and 45 controls found a 77% risk of orthorexia nervosa in IBD patients compared to 47% in controls, with higher risk associated with previous IBD surgery.

KEY POINTS

- 158 subjects (113 IBD patients, 45 healthy controls) were prospectively recruited and assessed using the ORTO-15 test with a cut-off score below 40.
- IBD patients showed significantly higher risk of orthorexia compared to controls (77% vs 47%, p less than 0.001).
- Risk of orthorexia was significantly associated with history of previous IBD surgery (19.5% vs 3.8%, p equals 0.05) but not with disease type, duration, activity, therapy type, age, gender, or ostomy presence.
- The authors state this is the first study demonstrating elevated orthorexia risk in IBD and suggest the presence of expert dietitians in IBD centers is warranted to prevent inappropriate eating behaviors and nutritional deficiencies.

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