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Summary

CAN THE IBD DISK ADEQUATELY ASSESS PSYCHOLOGICAL BURDEN IN PATIENTS WITH INFLAMMATORY BOWEL DISEASE?

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A cross-sectional study of 57 IBD patients found 22.8% prevalence of depression and 28.1% anxiety, with IBD-Disk scores correlating significantly with HADS scores for both conditions.

KEY POINTS

- Hospitalization at time of interview and corticosteroid resistance were independent risk factors for depression, with odds ratios of 15.169 and 5.577 respectively.
- Clinical disease activity was the only independent risk factor for anxiety with an odds ratio of 3.437.
- IBD-Disk global scores showed significant correlation with both HADS anxiety scores (r=0.511) and HADS depression scores (r=0.524).
- Depression was associated in univariate analysis with clinical disease activity, hospitalization, anemia, elevated CRP, hypoalbuminemia, and corticosteroid resistance.
- The study suggests IBD-Disk may be a useful tool for holistic assessment of psychosocial burden in IBD patients, particularly those with active disease.

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