

IRREGULAR BOWEL HABIT INCREASES THE RISK OF ANXIETY AND DEPRESSION

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Poster

Colorectal

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A study of 66 cardiological patients with metabolic syndrome found that irregular bowel habit was associated with progressively higher rates of subclinical anxiety and depression and lower quality of life compared to regular bowel habit.

KEY POINTS

- Irregular bowel habit (fewer than 7 bowel movements per week) was detected in 65% of the 66 hospitalized cardiology patients examined using weekly monitoring.
- Patients with regular bowel habit showed no anxiety or depression, while subclinical anxiety increased progressively with irregular bowel habit severity: 12% in mild stage, 33% in moderate stage, and 57% in severe stage.
- Subclinical depression also increased with irregular bowel habit severity: 12% in mild stage, 17% in moderate stage, and 43% in severe stage.
- Excellent quality of life was found in 55% of patients with regular bowel habit compared to only 10% of those with irregular bowel habit, representing a 5-fold difference.
- This material may interest clinicians managing cardiometabolic patients who wish to understand associations between bowel regularity and mental health indicators.

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