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Summary

SIMPLE SCORING QUESTIONNAIRE FOR ASSESSMENT OF DISEASE SEVERITY AND QUALITY OF LIFE

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UEG Week Copenhagen 2023 | Poster

IBD

October 15, 2023

A prospective study of 52 IBD patients developed and tested a 22-item questionnaire combining disease activity and quality of life assessment, showing moderate to substantial agreement with established scores.

KEY POINTS

- Researchers reduced an initial 58-item questionnaire to 22 items using principal component analysis and reliability analysis, organized into clinical severity (physical activity, bowel urgency, bloating, abdominal pain, extra-digestive symptoms) and quality of life domains.
- The study included 33 Crohn's disease patients and 19 ulcerative colitis patients with mean age 41.3 years, mean CDAI 99, and mean complete Mayo score 2.88.
- The new questionnaire showed correlation with established measures: quality of life inversely correlated with IBDQ in both Crohn's disease (rho= -0.486, p= 0.004) and ulcerative colitis (rho= -0.467, p= 0.044), while clinical severity correlated with CDAI (rho= 0.712, p < 0.0001) and Mayo score in UC (rho= 0.671, p= 0.002).
- Cohen's kappa values ranged from 0.451 to 0.644 across comparisons, indicating moderate to substantial agreement with standard assessment tools.
- The authors state that larger-scale validation studies are required before the questionnaire can be used more broadly in clinical practice.

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