DISORDERS OF GUT-BRAIN INTERACTION AND PSYCHOLOGICAL DISTRESS AFFECT DIETARY BEHAVIOR. ITALIAN DATA FROM THE WORLDWIDE ROME FOUNDATION GLOBAL EPIDEMIOLOGY STUDY

Shrikant I. Bangdiwala

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In a population-based Italian study, psychological distress was more strongly associated with reduced fruit and vegetable consumption than disorders of gut-brain interaction alone, while intake of high-FODMAP cereals and dairy remained unchanged across groups.

KEY POINTS

- Among 1,540 Italian adults, individuals with high psychological distress consumed significantly less high- and low-FODMAP fruits and vegetables compared to those with low distress, regardless of DGBI status.
- DGBI was associated with nearly four-fold higher prevalence of psychological distress (aRR=3.90; 95% CI: 2.83–5.38) compared to controls without GI symptoms.
- Consumption of high-FODMAP staple foods such as pasta, bread, and dairy did not differ significantly between groups, suggesting culturally selective dietary modifications.
- DGBI subjects with low psychological distress showed minimal dietary restriction, with only slightly reduced low-FODMAP vegetable intake (aRR=0.91; 95% CI: 0.86–0.97).
- The authors suggest these findings support routine psychological distress screening and targeted nutrition counselling in DGBI management.

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