



ASSESSMENT OF PSYCHOEMOTIONAL STRESS IN PATIENTS WITH IRRITABLE BOWEL SYNDROME AND THE IMPACT OF RISK FACTORS

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Irritable bowel syndrome (IBS) is defined as a chronic disorder of gut–brain interaction characterized by recurrent abdominal pain and associated disturbances in bowel habits. The prevalence of IBS in the general population ranges from 1.5% to 10.1%, depending on geographic region and the diagnostic criteria used. The negative impact of IBS on patients' quality of life is widely recognized and is associated with dietary restrictions, limitations in daily and social activities, interpersonal relationships, as well as a significant socioeconomic burden. This burden is largely due to the relatively low effectiveness of existing therapeutic strategies.

Aim of the study: To assess the level of psychoemotional stress in patients with irritable bowel syndrome and to determine the influence of risk factors on the course of the disease.

Materials and methods: Psychoemotional status and stress levels were assessed using psychometric anxiety and stress scales (HADS, PSS). Risk factors, socio-demographic characteristics, lifestyle features, presence of chronic stress, and comorbid psychoemotional disorders were analyzed.

The study included 26 patients. The mean year of birth was 1978. There were 10 men (38.5%) and 16 women (61.5%). Male participants were born between 1947 and 1994, and female participants between 1967 and 2005. Higher scores corresponded to greater symptom severity. Clinical and statistical methods of analysis were applied.

Results and discussion: At the time of the study, 17 patients (65.4%) had been suffering from IBS for more than 3 years, 4 patients (15.4%) for less than 3 years, and 5 patients (19.2%) for less than one year. Most patients demonstrated a pronounced association between emotional distress and abdominal pain, insufficient physical activity, and anxiety related to the possible occurrence of symptoms outside the home.

Patients with a longer disease duration and more severe symptoms tended to have higher total scores on psychoemotional stress questionnaires, including the HADS (**Hospital Anxiety and Depression Scale**) and the PSS (**Perceived Stress Scale**), indicating a significant impact on disease course and quality of life.



Conclusions: 1. The use of HADS and PSS questionnaires allows effective assessment of psychoemotional stress levels and their impact on the course of the disease. 2. The examined patients demonstrated a moderate level of stress, confirming the significant influence of emotional state on disease progression. 3. Risk factors such as chronic stress, sleep and dietary disturbances, and low physical activity were identified in a significant proportion of patients and were associated with increased psychoemotional tension.

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