



# Biopsychosocial Functioning and Needs of Patients with Irritable Bowel Syndrome in Poland – a Mixed-Methods Survey

## INTRODUCTION

Irritable bowel syndrome (IBS) is a prevalent gut-brain interactions globally characterized by abdominal pain and altered bowel habits,<sup>1</sup> significantly impacting individuals' quality of life (QoL). The economic burden of IBS is substantial due to decreased productivity (absenteeism, presenteeism) and heightened healthcare utilization.<sup>2,3,4</sup> Sense of Coherence (SOC) and health literacy play crucial roles in understanding and managing IBS.<sup>5,6</sup>

## AIM

This study aims to comprehensively assess the biopsychosocial functioning of individuals with IBS, identifying challenges they face to understand factors influencing their well-being.

## MATERIAL AND METHODS

Participants (N=94)		
VARIABLES	N (%)	M±SD
<b>SEX</b>		
Female	83 (88)	
Male	11 (12)	
<b>AGE</b>		
		34.44±9.46
<30	31 (33)	
30-39	34 (36)	
40-49	19 (20)	
50-59	10 (11)	
<b>EDUCATION</b>		
Primary school	2 (2)	
Secondary school	25 (27)	
Higher	67 (71)	
<b>RESIDENCE</b>		
Rural area	31 (33)	
City <100 000	20 (21)	
City 100 000 - 500 000	8 (9)	
City > 500 000	35 (37)	
<b>LIVING STATUS</b>		
Living alone	18 (19)	
Living together	76 (81)	
<b>IBS TYPE</b>		
IBS with diarrhoea	59 (63)	
IBS without diarrhoea	35 (37)	
<b>SYMPTOMS DURATION</b>		
< 1 year	26 (28)	
1-5 years	27 (29)	
> 5 years	41 (44)	

Table 1. Sociodemographic characteristics of the study group

### CLOSED QUESTIONS

- socio-demographic variables
- self-reported IBS
- lifestyle habits
- subjective health condition

### OPEN QUESTIONS

- What do you do to be an active participant in your therapy?
- What do you make of the participation and what expectations do you have of:
  - family, friends and other relatives in IBS treatment process?
  - medical staff in IBS treatment process?

### THE STANDARDIZED QUESTIONNAIRES

- **SOC-13** (Sense of Coherence)
- **PSS-10** (Perceived Stress Scale)
- **PHES** (Psychological Health Empowerment Scale)
- **SWLS** (The Satisfaction With Life Scale)

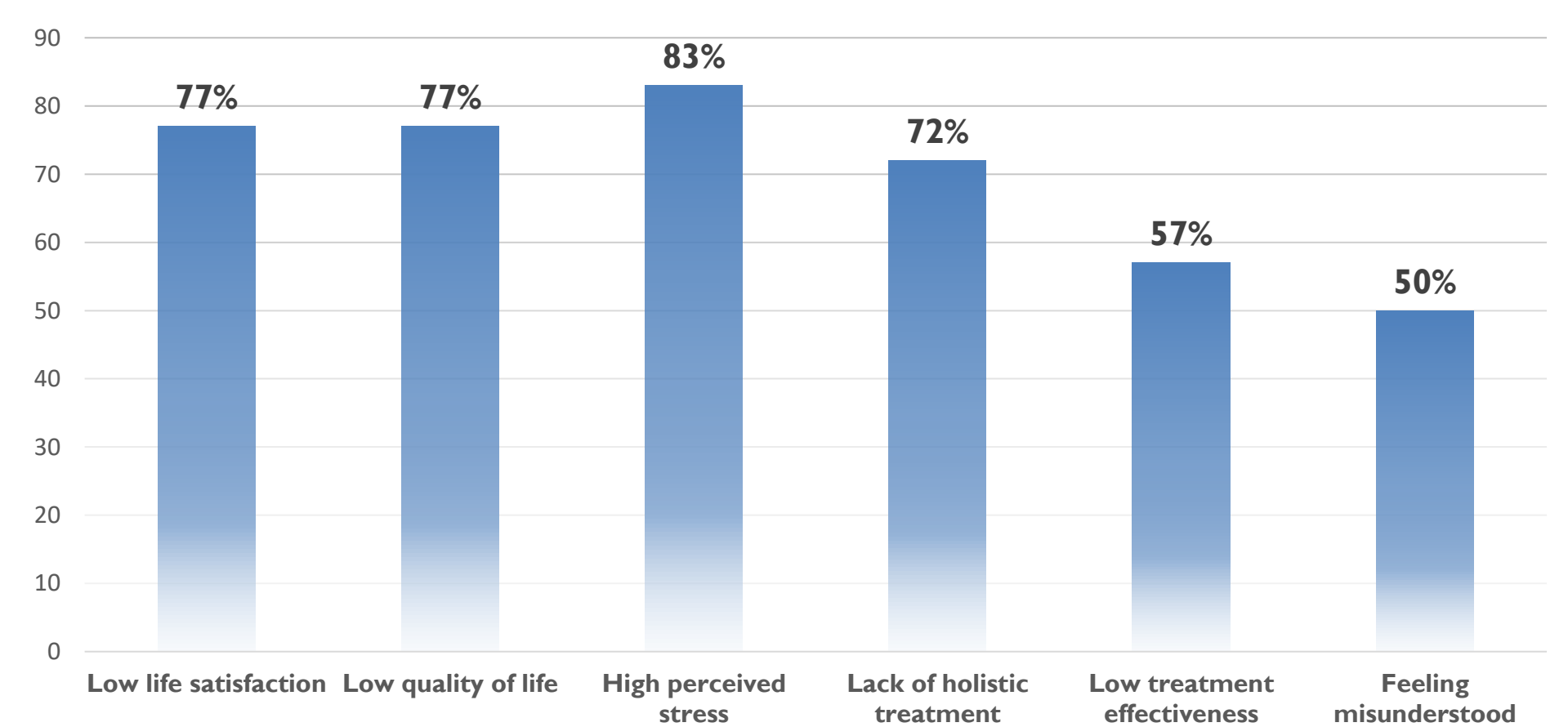
The study protocol was approved by the Bioethics Committee at the Medical University of Lodz, Poland (approval numer RNN/89/23/KE)

## RESULTS

Correlation Analysis	Coefficient	p-value
SOC-13 vs. PHES	0.39	0.00009
HL vs. PHES	0.34	0.00074
SOC-13 vs. HL	0.16	0.11952

Table 2. Correlation Analysis of Psychological Factors in Individuals with IBS

Figure 1. The prevalence of extreme negative results of psychological questionnaires and challenges faced by patients with IBS



Variable	Correlation (R)	p-value
SWLS vs. PSS-10	-0.07	0.5
Quality of Life vs. PSS-10	-0.05	0.6

Table 3. Correlation Analysis of Psychological Factors with Perceived Stress Levels

## CONCLUSIONS

This study highlights the complex interplay of psychological, social, and health factors in IBS. Sense of coherence and health literacy are crucial, advocating for holistic approaches. Understanding patients' experiences emphasizes the importance of tailored interventions and patient-provider collaboration.

## PERSPECTIVES

Future studies in the Italian population are planned in collaboration with the University of Cagliari. Preliminary results of a scoping review on manual therapy's impact on IBS management show positive outcomes, emphasizing a focus on restoring physical function for optimal results.