

# Anxiety, depression common with inflammatory bowel disease

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depression symptoms (odds ratio, 1.2; 95 percent confidence interval, 1.1 to 1.4) compared with patients with ulcerative colitis. Women were more likely than men with IBD to have symptoms of anxiety (pooled prevalence: 33.8 percent for women versus 22.8 percent for men; odds ratio, 1.7; 95 percent confidence interval, 1.2 to 2.3). Women were also more likely than men to have symptoms of depression (pooled prevalence: 21.2 percent for [women](#) versus 16.2 percent for men; odds ratio, 1.3; 95 percent confidence interval, 1.0 to 1.8).

"Encouraging gastroenterologists to screen for and treat these disorders might improve outcomes for patients with IBD," the authors write.

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(HealthDay)—There is a high prevalence of symptoms of anxiety and depression in patients with inflammatory bowel disease (IBD), according to a review published online March 12 in *The Lancet Gastroenterology & Hepatology*.

Brigida Barberio, M.D., from the University of Padova in Italy, and colleagues conducted a systematic literature review and meta-analysis of data from studies of ?100 [adult patients](#) with IBD that reported on the prevalence of symptoms of anxiety or depression.

Based on 77 eligible studies (30,118 [patients](#)), the researchers found that overall, the pooled prevalence of anxiety symptoms was 32.1 percent in 58 studies; the pooled prevalence of depression symptoms was 25.2 percent in 75 studies. Among studies that reported prevalence of anxiety or depression in patients with Crohn disease and [ulcerative colitis](#), patients with Crohn disease had higher odds of anxiety symptoms (odds ratio, 1.2; 95 percent confidence interval, 1.1 to 1.4) and

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