
View Abstract

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ABSTRACT

TITLE: GUT-BRAIN AXIS AND IRRITABLE BOWEL SYNDROME DURING SARS COV-2 PANDEMIC. A SURVEY BASED STUDY.

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ABSTRACT BODY:

Abstract Body: INTRODUCTION: Irritable bowel syndrome (IBS) is a functional disorder with high prevalence impacting on patient's quality of life. IBS is considered a multifactorial entity, in which socioemotional factors and social stress might play a central role in the generation and worsening of symptoms. The mandatory lockdown in response to SARS CoV-2 pandemic, represents a unique scenario of reduced social interaction and complexity, potentially impacting the IBS-patients' symptoms evolution.

OBJECTIVE: To evaluate the impact of the mandatory lockdown due to the SARS CoV-2 pandemic on the brain-gut axis symptomatology in IBS patients.

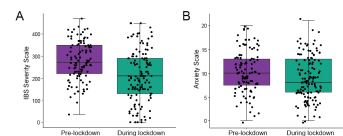
MATERIAL AND METHODS: All IBS-diarrhea and mixed bowel habits pattern subtype patients, from an existing Rome IV-defined cohort database, were invited to participate (n = 129, mean age 54 [+/-16], 78% female). Patients were assessed via an online survey or phone interview. The survey included Irritable Bowel Syndrome Severity Scale (IBS-SS), Likert scale, as well as measures of Bristol scale, anxiety and depression and somatization. Further, patients were asked about comorbidities (pyrosis and/or regurgitation, dyspepsia, chronic fatigue, fibromyalgia, non-migraine headache, weight and eating habits). Most of this data was compared with pre-pandemic existing data.

RESULTS: During lockdown, there was a significant decrease in severe IBS patients' proportion (50.39 % vs 30 %, p=0.000) compared to the pre pandemic state. Before pandemic, this cohort of patients had a mean IBS-SS of 278.54 (+/- 88.64) compared to 212.36 (+/-117.50) during lockdown (difference -65.9 [95% CI: -89.4 to -42.4]; p = 0.000). Likewise, there was a decrease of one average point on the Likert Scale on global IBS symptoms, pain, and distension, as well as an improvement in stool consistency (2-point average decrease on Bristol Scale). Similarly, anxiety and somatization scores were improved and there was a significant decrease in fibromyalgia and chronic fatigue symptoms during lockdown (in comparison with pre-pandemic times). Conversely, headache and pyrosis and/or regurgitation symptoms increased significantly. These effects remained when adjusted for confounders (age, sex, anxiety, and depression), evidencing that the mandatory lockdown represented an independent protective factor for severe IBS- symptoms (OR 0.39, 95% CI 0.18-0.87; p=0.02).

CONCLUSION: In comparison with a pre-pandemic period, there was a significant improvement in IBS-severity symptoms, anxiety and somatization during the SARS CoV-2 pandemic and mandatory lockdown. Lesser exposure to external stress burden during lockdown could have been involved in a better control of affecting gut-brain axis factors.

Variable	PRE LOCKDOWN (N=129)	DURING LOCKDOWN (N=129)	ABSOLUTE DIFFERENCE (IC 95%)	P
WORLDWIDE ANXIETY SCALE (WAS)	276.94 (1.864)	272.96 (1.1173)	-39.70 (18.45-41.58)	0.000*
WORLDWIDE DEPRESSION SCALE (WDS)	34.11 (0.91)	35.06 (0.91)	0.95 (0.45-1.45)	0.000*
WORLDWIDE STRESS SCALE (WSS)	40.05 (0.91)	39.06 (0.91)	-0.99 (-1.49-0.49)	0.000*
WORLDWIDE SLEEP SCALE (WSS)	7.19 (0.7)	7.18 (0.7)	-0.01 (-0.1-0.07)	0.000*
WORLDWIDE PAIN SCALE (WPS)	4.12 (0.7)	4.14 (0.7)	0.02 (0.0-0.04)	0.000*
WORLDWIDE LIFE SATISFACTION SCALE (WLS)	3.12 (0.6)	3.12 (0.6)	0.00 (-0.1-0.1)	0.000*
WORLDWIDE HAPPINESS SCALE (WHS)	4.12 (0.6)	4.14 (0.6)	0.02 (0.0-0.04)	0.000*
PSYCHOLOGICAL FACTORS				
CORONAVIRUS ANXIETY SCALE (CAS)	2.89 (0.4)	2.89 (0.4)	0.00 (-0.1-0.1)	0.000*
ANXIETY (A)	38.91 (1.427)	42.01 (1.427)	3.10 (2.48-3.72)	0.000*
NO ANXIETY (NA)	28.15 (0.7)	27.06 (0.7)	-1.09 (-1.48-0.70)	0.000*
DEPRESSION (D)	33.29 (0.8)	33.58 (0.8)	0.29 (0.03-0.55)	0.000*
NO DEPRESSION (ND)	71.05 (0.9)	45.04 (0.9)	-26.01 (-26.55-25.48)	0.000*
STRESS (S)	74.11 (1.58)	73.11 (1.48)	-1.00 (-1.53-0.53)	0.000*
NO STRESS (NS)	44.14 (1.1)	39.05 (1.1)	-5.09 (-5.59-4.59)	0.000*
SLEEP (SL)	33.29 (0.8)	33.58 (0.8)	0.29 (0.03-0.55)	0.000*
NO SLEEP (NSL)	47.06 (1.1)	31.05 (1.1)	-16.01 (-16.55-15.51)	0.000*
PAIN (P)	12.97 (0.5)	13.14 (0.5)	0.17 (0.0-0.34)	0.000*
NO PAIN (NP)	28.15 (0.7)	28.15 (0.7)	0.00 (-0.1-0.1)	0.000*

*Fisher's Exact Test, **Mann-Whitney Test, †Sign-Rank Test



DISCLOSURE

The following authors have completed their 2021 DDW disclosure: Maria Piskorz: Disclosure completed | Juan Stefanolo: Disclosure completed | Agustin Ibañez: Disclosure completed | Eugenia Hesse: Disclosure completed | Gladys Bravo Velez: Disclosure completed | Adriana Tevez: Disclosure completed | Cielo Gutierrez: Disclosure completed | Tatiana Uehara: Disclosure completed | HARUMI HASHIMOTO: Disclosure completed | Juan Sorda: Disclosure completed | Jorge Olmos: Disclosure completed

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