

Key Takeaways for Clinicians Evaluating Mental Health in IBD Patients

25 – 30% of IBD patients experience depression, anxiety, & post-traumatic stress, & this impacts long-term patient outcomes.

It is recommended that HCPs screen all IBD patients for mental well-being, focus on symptoms of anxiety, depression & post-traumatic stress (PTS) & refer to mental health providers proactively.

HCPs can ask open-ended questions such as “How are you feeling? / How have you been coping?” during clinic visits to begin conversations around mental health. Empathy & creating a safe space for patients are important in facilitating these discussions.

Psychoeducation around IBD & clarifying that it is not caused by diet or lifestyle is especially key with South Asian patients given the pervasive blame & stigma in the community.

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Preliminary studies show that South and South East Asian patients are **5 times more likely to develop IBD – PTS** as compared to white, non – Hispanic patients.

Cultural stigma and associated feelings of shame and guilt are likely key drivers of higher rates of PTS in the South Asian community.

Culturally sensitive IBD care must factor in the enormous diversity in religious beliefs, languages, food habits & socio-cultural roles within South Asia & the global South Asian diaspora. **HCPs should adopt a stance of cultural humility** by proactively inquiring about the impact of culture on a patient's healthcare decisions and mental well-being.

Culturally informed multidisciplinary IBD care must be made **equally accessible to all patients with IBD** to truly improve the quality of life of patients.

Additional Mental Health Resources for Clinicians

Find a Mental Health Counsellor:

<https://romegipsych.org/>

<https://www.psychologytoday.com/us>

Rome Foundation's Educational Resources on Mental Health for Clinicians: <https://theromefoundation.org/rome-gastropsych/>

Research on Mental Health and IBD

Bidirectional Pathways between Mental Health and IBD:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5439135/>

Consensus Statement on Managing Depression & Anxiety in IBD Patients: <https://doi.org/10.1093/ibd/izae151>

Prevalence of IBD PTS & its Impact on Patient Outcomes:

<https://doi.org/10.1093/ibd/izab152>

Impact of Hospitalization Experiences on the Development of IBD PTS: <https://doi.org/10.1093/ibd/izac148>

Increased Rate of IBD PTS in South/South East Asian Patients:

<https://link.springer.com/article/10.1007/s12664-023-01424-x>

Increased Risk of Depression & Anxiety in African American and Hispanic IBD Patients:

<https://www.gastroenterologyadvisor.com/features/black-and-hispanic-women-with-ibd-may-have-higher-risk-for-depression/>

<https://doi.org/10.1111/codi.16283>