

# Differences in self-reported impact on health related quality of life and symptoms in patients with Crohn's disease and Ulcerative Colitis

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## CONCLUSION

Despite experiencing significantly fewer IBD-related symptoms and less impact on social function UC patients report equal levels of IBD-related anxiety and impact on general well-being compared to CD. This indicates that interventions aiming to improve HRQL in patients with CD and UC are equally important but should be tailored with respect to differences.

## RESULTS

In total, 952 patients (55% men; CD 57%) were included, median age was 46 (inter quartile range 30-61). No significant difference in age between men and women (mean 46; mean 45,  $p=0.839$ ) were found, but patients with UC were significantly older than patients with CD (mean 48; mean 44,  $p=0.01$ ). Results for HRQL and IBD related symptoms is shown in the table.

**Table. Self-reported impact on health related quality of life and symptoms in patients with inflammatory bowel disease**

	CD, n (%)	UC, n (%)	p-value <sup>a</sup>
<b>the Short Health Scale</b>			
IBD related symptoms, n=946 (CD, n=540; UC, n=406)	392 (41)	247(26)	<0.001**
IBD impact on social function, n=950 (CD, n=544; UC, n=406)	380 (40)	244 (26)	0.002**
IBD related anxiety, n=949 (CD, n=543; UC, n=406)	443 (47)	321 (34)	0.332
Impact on general well-being, n=948 (CD, n=545; UC, n=403)	253 (27)	181 (19)	0.645
<b>IBD-related single items, n=952 (CD, n=546; UC, n=406)</b>			
urgency	331 (35)	213 (22)	0.012*
melaena	146 (15)	128 (13)	0.107
abdominal pain	305 (32)	182 (19)	0.001**
Impact on general well-being	275 (29)	183 (19)	0.106
IBD impact on general well-being, n=458	146 (32)	95 (21)	0.241

<sup>a</sup>Chi-square test: \* $p<0.05$ ; \*\* $p<0.01$

## AIM

The aim was to evaluate HRQL and symptoms in patients with Inflammatory Bowel Disease at Karolinska University Hospital registered in SWIBREG during 2016



## BACKGROUND

The National Swedish Inflammatory Bowel Disease Registry – SWIBREG includes clinical and patient reported outcome measures for patients with Crohn's disease (CD) and Ulcerative Colitis (UC), equally important for health related quality of life (HRQL).

## METHODS

The Short Health Scale (SHS) was used to measure the impact of IBD on HRQL and IBD-related single items to measure symptoms. Group differences were tested with Chi-square test.

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