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Quality of Life and Anxiety in Inflammatory Bowel Disease Patients

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Introduction. Health of a person is defined as a physical, mental and social well-being. Chronic diseases threaten people's quality of life, decrease physical and emotional health, functional activity in society and self-esteem. One of such diseases is inflammatory bowel disease (IBD). It tends to develop 50,000–68,000 pf new cases of Ulcerative Colitis (UC) and 23,000–41,000 of new cases of Crohn's disease (CD) per year in Latvia. The diagnosis of IBD is mainly determined at the age of 33–45.

Aim, Material and Methods. The aim of this study was to define a quality of life and anxiety for patients with IBD receiving treatment in hospital or in outpatients department, and to distinguish quality of life and anxiety of CD and UC. The study was conducted by quantitative method in inpatient and outpatient departments. We screened adult patients aged between 18 and 40 years, who had had IBD diagnosis over one year. We used the protocol of analysis of medical documentation, IBD Questionnaire, State-Trait Anxiety Inventory (STAI) self-evaluation questionnaire, Demographic Survey questionnaire.

Results. 82 patients participated in the research: inpatients (n = 41) and outpatients (n = 41). The mean age was 26.25 years (SD = 5.91). The results of the quality of life of patients with IBD dispalyed average rates. STAI measure anxiety at both poles of the normal affect curve (state vs. trait). State anxiety (A-State) can be defined as fear, nervousness, discomfort, and the arousal of the autonomic nervous systeminduced temporarily by situations perceived as dangerous (i.e., how a person is feeling at the time of a perceived threat). Trait anxiety (A-Trait) can be defined as a relatively enduring disposition to feel stress, worry, and discomfort. Patients with IBD have high level of trait and state anxiety. There are no differences of anxiety rates (p = 0.085) and quality of life (p > 0.05) between Crohn's disease and Ulcerative Colitis. The higher level of A-state was in women (40.5%) than in men (13.3%), p = 0.011. Low level of state anxiety was for outpatients in 60% and for inpatients in 3.5% of all cases (p = 0.000). Moderate state anxiety level for inpatients was 61.4% and 36% for outpatients. Low level of trait anxiety was for outpatients in 52% and for inpatients in 15.8% of all cases (p = 0.003). The quality of life was higher for outpatients than for inpatients (p = 0.000).

Conclusions. Anxiety level is higher for women than for men and quality of life is lower for women with inflammatory bowel disease. The inpatients with IBD have a higher level of anxiety and lower level of quality of life, than outpatients with IBD.