IMPACT OF DISEASE SEVERITY ON HEALTH-RELATED QUALITY OF LIFE AMONG PATIENTS WITH IRRITABLE BOWEL SYNDROME WITH DIARRHEA

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Background: Irritable bowel syndrome with diarrhea (IBS-D) is a chronic gastrointestinal disorder shown to significantly impact patients’ health-related quality of life (HRQoL). The relationship between IBS-D disease severity and HRQoL impact is not well understood.

Aims: To examine if greater IBS-D disease severity is associated with increased impairment in HRQoL, using baseline data from clinical trials of eluxadoline.

Methods: HRQoL was assessed using the disease-specific Irritable Bowel Syndrome Quality of Life (IBS-QoL) and the EuroQol 5-dimensional (EQ-5D) questionnaires. The IBS-QoL includes a total score and eight subscale scores, each calculated on a 0–100 scale with higher scores indicating better IBS-specific QoL. The EQ-5D evaluates five dimensions of health and incorporates these into an overall index score ranging from 0 (worst possible health state) to 1 (best possible health state). IBS-QoL scores were mapped to EQ-5D scores using a validated algorithm. Symptom severity, based on the global symptom score (GSS; on a scale of 0–4 where 0=none and 4=very severe symptoms), was assessed at baseline. IBS-QoL and EQ-5D scores were summarized based on GSS (<3 or ≥3), age (<65 or ≥65 years), sex, and for patients with a GSS ≥3 who reported inadequate relief of symptoms with loperamide.

Results: Patients with GSS ≥3 had a lower mean total IBS-QoL score compared to those with GSS <3 and lower scores across all subscales (Table). Patients with GSS ≥3 also had a lower mean EQ-5D index score compared to those with GSS <3 (0.5 vs. 0.6). Patients with a GSS ≥3 who reported inadequate relief with loperamide treatment (n=249) had greater reductions in HRQoL compared to those with a GSS ≥3 who did not, as indicated by lower IBS-QoL mean scores, overall (36.6 vs. 41.7) and across all subscales. Women generally reported lower IBS-QoL scores than men; no notable differences were observed based on age (Table).

Conclusions: Patients with IBS-D with greater disease severity reported increased impairments in HRQoL. IBS-D disease severity may be an important consideration for effective management of IBS-D, highlighting the need for treatments that reduce symptom burden and improve HRQoL.
<table>
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<th>IBS-QoL</th>
<th>Total</th>
<th>Female</th>
<th>Male</th>
<th>&lt;65 years</th>
<th>≥65 years</th>
<th>GSS &lt;3</th>
<th>GSS ≥3</th>
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