Analysis of Actual Psychological Condition in Patients with Functional Intestinal Disorders

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Background: Phenomenon of psychological mechanisms specific gravity/significance determination in the pathologic behavior of functional intestinal disorders of various forms has claimed attention from physicians and psychologists for the more than 40 years.

Methods: The study enrolled 114 patients (26 male and 88 female) with irritable bowel syndrome (IBS-D, IBS-C, IBS-M and IBS-U), functional constipation (FC) and functional diarrhea (FD). The average subject age was $43,6 \pm 11$ years. In order to achieve the study objective, MMPI method was used, where the range between 30 and 70 T-scores indicated normal psychological condition, while increased score by one or several clinical scales were deemed to signal the pathological profile.

Results: Analysis of averaged subject profiles showed that in most subjects the average profile score exceeded 80 T-scores, and namely in 64% FC patients, 60% IBS-M patients and 56% IBS-C patients vs. 44% IBS-U patients, 43% IBS-D patients and 33% FD patients, $p < 0,01$. The average profile above 70 T-scores, but below 80 T-scores by one or several clinical scales was observed in 50% for FD vs. 32% for IBS-D; $p < 0,01$; and twice as often for IBS-C: 33% vs. 16% for FC. In the lower part of continuum, where the psychological factor influence is relatively low, the profile distribution was as follows: 25% for IBS-D, 20% for FC and IBS-M, 17% for FD and IBS-M, 11% for IBS-C.

Conclusion: The data obtained demonstrate the significant specific gravity of psychosomatic component in disease development, progression and chronization in patients with FC, IBS-M.