

Question 31 – March 9

Behavioral treatment of IBS has its major effect in terms of improving which of the following?

- A. Decreased visceral hypersensitivity
- B. GI symptoms of IBS (pain, diarrhea, constipation)
- C. Extraintestinal symptoms of IBS
- D. Patient's sense of global well being
- E. Effects on GI Motility

Answer: D

Numerous studies have shown that both medical treatment such as the new serotonergic agents as well as antidepressant treatment and behavioral treatment have their most powerful effect not on the basis of GI symptom improvement (which is important) but rather on improvement in a patient's sense of well-being. Changes in GI motility and visceral hypersensitivity do not seem to be key to a patient improvement.

Reference:

1. van Zanten SJOV, Talley NJ, Bytzer P, et al. Design of treatment trials for the functional gastrointestinal disorders. Rome II. The functional gastrointestinal disorders. Diagnosis, pathophysiology and treatment: A multinational consensus. 2nd ed, McLean, VA: Degnon Associates, 2000. Pg. 577-609.