



158 - IRRITABLE BOWEL SYNDROME PREVALENCE AND ASSOCIATED RISK FACTORS AMONG MEDICAL STUDENTS AND INTERN DOCTORS IN SUDAN

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Resumen

Introduction: IBS is a gastrointestinal disorder characterized by various symptoms that occur concurrently. It is very common and is associated with high levels of psychiatric comorbidities, all of which have a negative impact on the patient's quality of life.

Objectives: The purpose of this study is to determine the prevalence of IBS among medical students and intern doctors in Sudan, as well as the risk factors associated with it.

Methods: This cross-sectional study was carried out in Sudan from April to July 2022. All participants completed a six-part online questionnaire. ROME IV criteria were used to make an IBS diagnosis. Participants completed the HADS questionnaire in order to be diagnosed with anxiety and depression.

Results: 600 participants filled out the questionnaire. The overall prevalence of IBS was 42%, Intern doctors had higher IBS rates (30.0%) than medical students, but this was not statistically significant. Single status ($p = 0.079$), good GPAs ($p = 0.00$) had significant association with IBS. Other significantly associated habits were sleeping less than 8 hours ($p = 0.013$), two cups or less of coffee per day ($p = 0.109$), No smoking ($p = 0.001$), and No exercise ($p = 0.00$), IBS participants also had a significant relationship with abnormal anxiety ($p = 0.00$) and borderline depression ($p = 0.0156$).

Conclusions: The main IBS predictors in this study were suffering from anxiety or depression, having an insufficient income, sleeping less than 8 hours per day, working/studying more than 8 hours per day, and not performing any type of exercise.