



## 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.