

Impact of Irritable Bowel Syndrome (IBS) on Health-related Quality of Life in South East Asia: a systematic review

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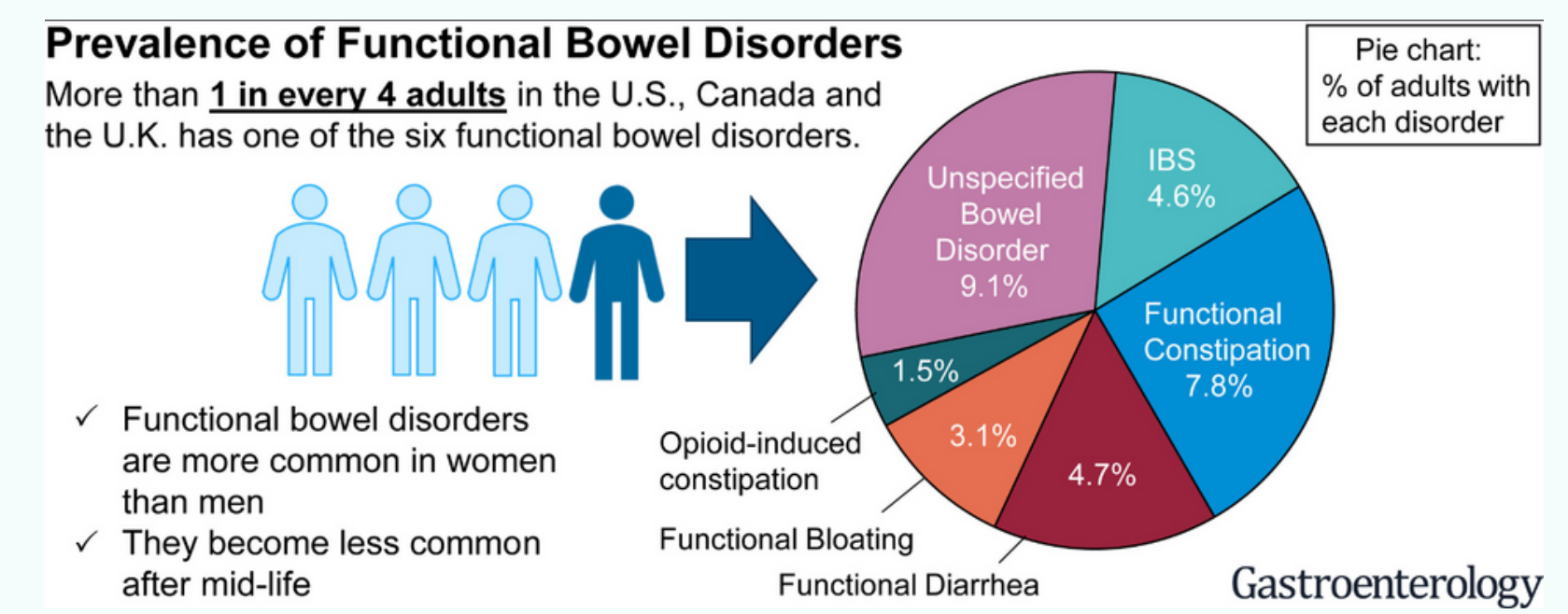
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1 INTRODUCTION

Irritable Bowel Syndrome (IBS) is a chronic, functional gastrointestinal disorder with altered bowel habits associated with abdominal discomfort without structural and biochemical abnormalities. Most common symptoms associated with this debilitating disease are GI-related which involve abdominal pain, bloating, discomfort, diarrhea (IBS-D), and constipation (IBS-C) or both diarrhea and constipation, i.e., mixed (IBS-M). Non-gastrointestinal symptoms include fatigue, insomnia, anxiety, and depression

2 OBJECTIVE

The purpose of this systematic review is to compare and contrast the symptoms and the Quality of Life experienced by patients with Irritable Bowel Syndrome (IBS) in Southeast Asia.



3 LITERATURE GAP

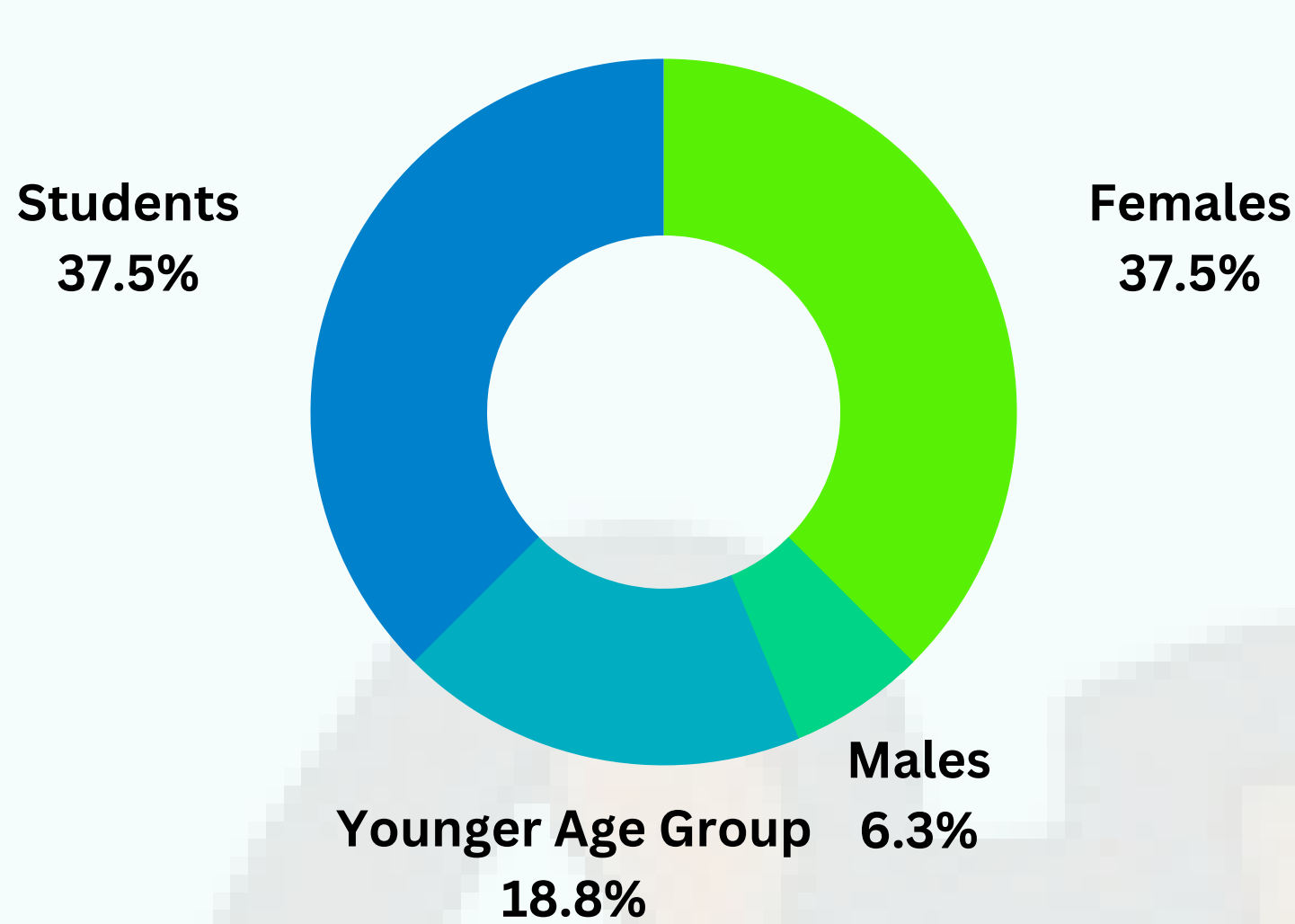
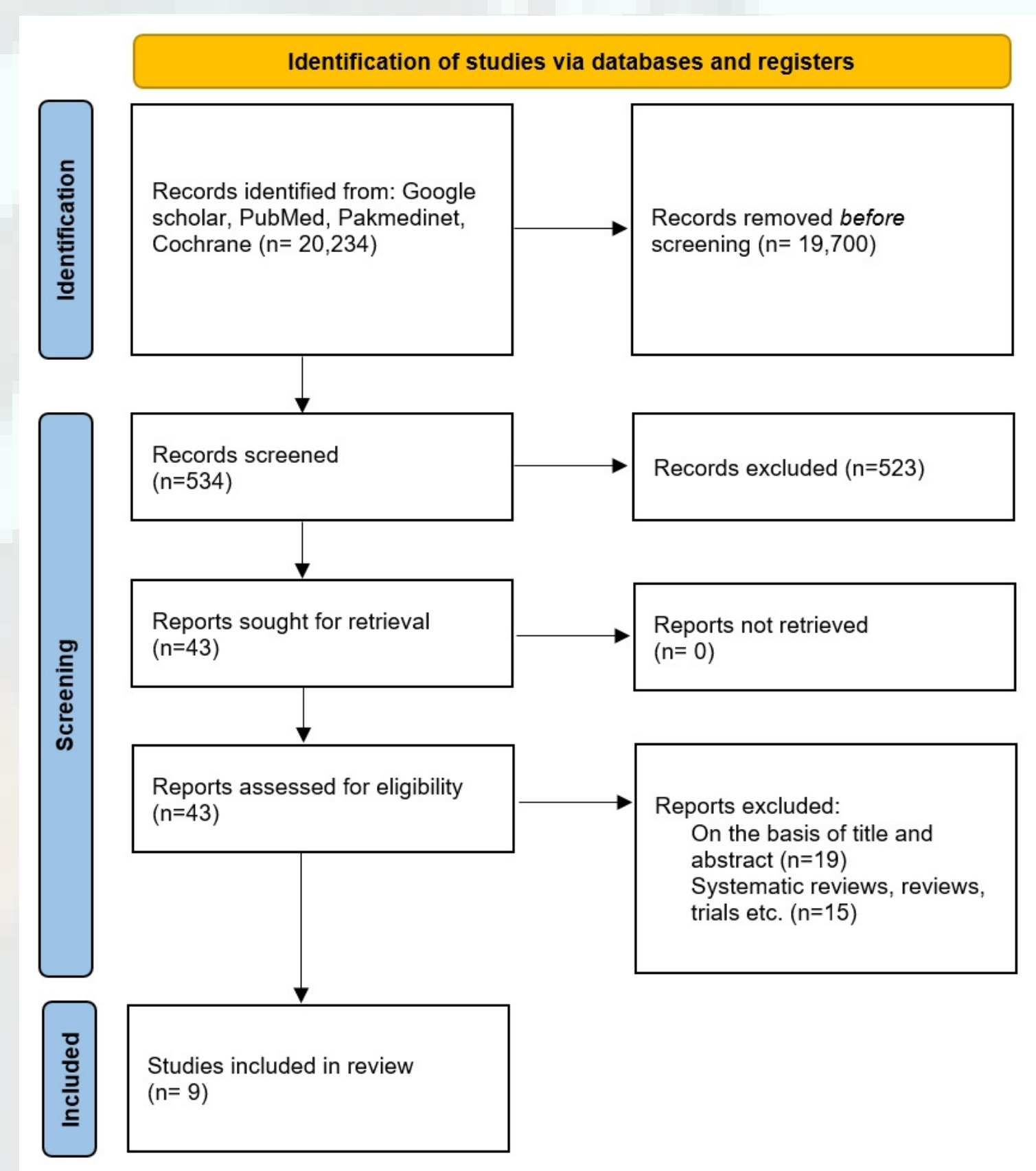
Articles comparing different populations and age groups on this topic are scarce, so this review aims to fill that gap. Literature has shown that IBS affects more than 90% of adults aged 18 or more, and the predominant symptom in the older age group is constipation. Our systematic review aims to compare existing studies and research articles on Inflammatory Bowel Syndrome and review the effect it has on the diverse populations of Southeast Asia

4 METHODOLOGY

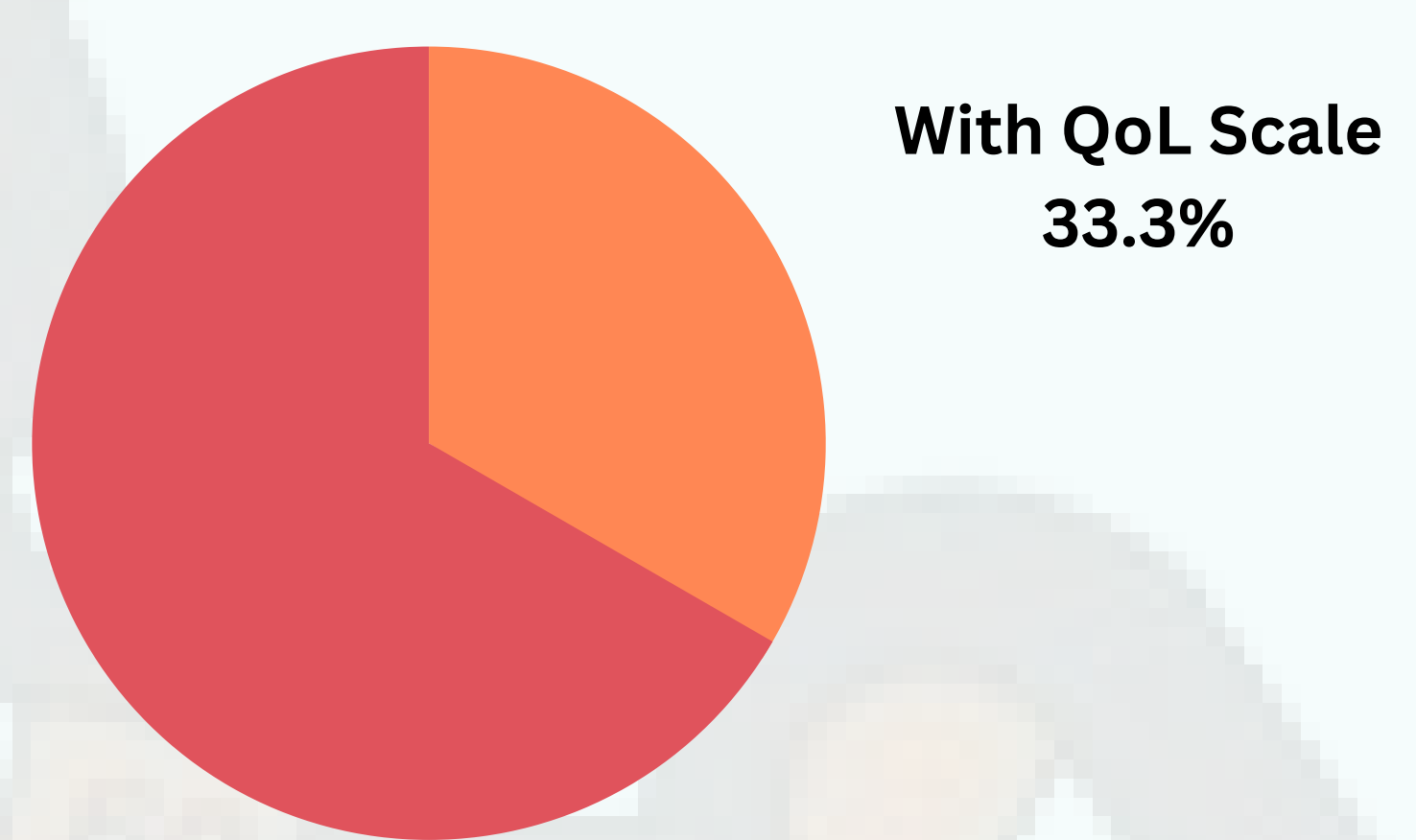
This systematic review was performed in compliance with the PRISMA 2020 guidelines. PUBMED, Google Scholar, and PakMediNet were searched to retrieve studies published in each database from inception up till 22nd October 2022. No language restrictions were put forth. All articles related to Irritable Bowel Syndrome in South East Asia were screened without applying any filters. The following keywords were used to screen studies:
(irritable bowel syndrome OR IBS OR Irritable bowel) AND (Brunei OR Burma OR Myanmar OR Cambodia OR Timor-Leste OR Indonesia OR Laos OR Malaysia OR Philippines OR Singapore OR Thailand, OR Vietnam) The studies comprising the general population on which the diagnostic criterion of IBS could be applied were included. The outcome was considered to be the effect of IBS on Health-related Quality of Life in Southeast Asia.

5 RESULTS

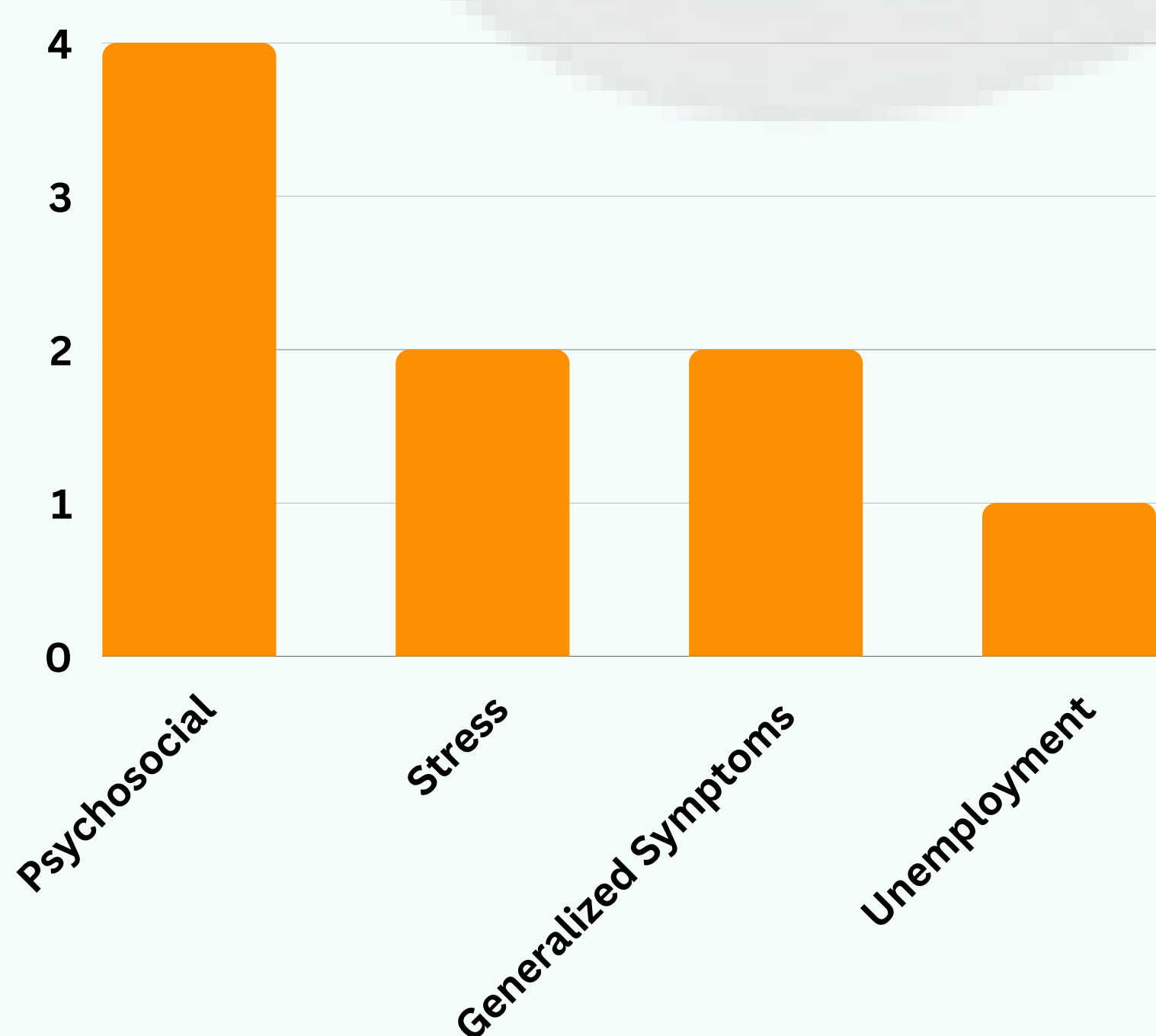
Our systematic review is the first of its kind to evaluate the impact of Irritable bowel syndrome (IBS) on the Health-related quality of life (HrQoL) in Southeast Asia. We included 9 studies in our systematic review after a comprehensive search through various databases, which met our inclusion criteria and studied the repercussions of IBS and the influence of IBS on patients' quality of life in Southeast Asia. Our data proposed that IBS constitutes a tremendous burden on the healthcare system of Southeast Asia and has deleterious effects on the Health-related quality of life (HrQoL) of patients in Southeast Asia.



Prevalence of IBS among different population groups



Study distribution of our systematic review



Factors associated with IBS

Three of our studies directly used the quality of life index scale to investigate the relationship of IBS with quality of life, while four of our studies revealed the association between IBS and psychosocial symptoms, which ultimately affect the Health-related quality of life (HrQoL). Two of our studies showed a significant association of IBS with generalized symptoms of menstrual pain, bloating, belching, and vomiting. Six studies found a higher incidence among females, while one study found IBS to be significantly associated with males. According to three studies, the younger age group has been revealed to be significantly associated with IBS, and six of our studies were carried out on students. Stress was established as a correlative of IBS in two studies, while a study also discovered the association of employment with IBS and found IBS to be significantly higher among employed personnel.

6 CONCLUSION

This review is the first systematic review assessing the impact of IBS on the quality of life in Southeast Asia. This evidence displays that Irritable Bowel Syndrome (IBS) significantly affects the quality of life due to its psychosocial and other gastrointestinal symptoms and thus constitutes a tremendous burden on the healthcare system of Southeast Asia. IBS affects certain aspects of quality of life more because it has deleterious effects on the patient's psychological and physical health and social life. IBS was found to have significant relation with anxiety, depression, and psychosocial illnesses, thus providing evidence for the disastrous effects of IBS on mental health. Moreover, it was found to be more common among the female gender, students, and unemployed personnel, thus highlighting the strong relationship of IBS with stress.

