

## Abstract

**Background:** Inflammatory bowel disease (IBD) is a chronic inflammatory disease affecting the gastrointestinal tract. Various international studies showed that there is a high prevalence of mood and anxiety disorders in IBD patients, which impact negatively on the IBD course and health related quality of life (HRQoL). The incidence of IBD is rising in Chinese population. However, there is no local study in these aspects.

**Objective:** To examine the point prevalence of mood and anxiety disorders, their HRQoL and clinical correlates in a group of Chinese outpatients with IBD.

**Method:** This study adopted a cross-sectional design. A total of 126 subjects were recruited from a local specialist IBD clinic from the period of 13<sup>th</sup> July 2009 to 21<sup>st</sup> June 2010. Psychiatric diagnoses were made according to the Chinese-bilingual Structured Clinical Interview for the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, Axis I Disorder, Patient version (CB-SCID-I/P). Clinical and socio-demographic data were collected. The severity of depression was assessed by the Beck Depression Inventory and the severity of anxiety was assessed by the Beck Anxiety Inventory.

HRQoL was assessed by the Chinese version of Inflammatory Bowel Disease

Questionnaire.

**Result:** The point prevalence of ‘any current mood disorders’ (MD) was 17.5% and the point prevalence of ‘any current anxiety disorders’ (AD) was 29.4%. Major depressive disorder was the commonest mood disorder and generalized anxiety disorder was the commonest anxiety disorder. History of psychiatric illness, lower monthly household income, in relapse of IBD and UC were found to be independent predictors of mood disorder while current symptom of diarrhea and past history of psychiatric illness were found to be independent predictors of anxiety disorders. Mood and anxiety disorders had significant negative impact on HRQoL. Only 10 % of patients who had psychiatric morbidity were under psychiatric care.

**Conclusion:** Mood and anxiety disorders are common in Chinese IBD patients in IBD clinic. It has significant impact to the HRQoL of IBD patients. It is important to recognize mood and anxiety disorders in these patients and treat appropriately.