

Review article

**Mental status of patients with irritable bowel syndrome**

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**ABSTRACT**

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**Background:** Irritable bowel syndrome (IBS) is a chronic functional gastrointestinal disorder characterized by abdominal pain, altered bowel habits, and bloating. While the physical symptoms of IBS are well-documented, the mental status of patients with IBS is gaining increasing recognition. This original article examines the mental status of patients with IBS, focusing on the prevalence of psychiatric comorbidities, the role of stress and psychological factors, and the impact on quality of life.

**Methods:** A comprehensive review of published literature and clinical data was conducted to investigate the mental status of patients with IBS. Key aspects considered include the prevalence of psychiatric comorbidities, such as anxiety and depression, the role of stress and psychological factors in symptom exacerbation, and the impact of mental health on quality of life in patients with IBS. Various assessment tools and diagnostic criteria used to evaluate mental status in IBS were also examined.

**Results:** The findings of this original article reveal that patients with IBS frequently experience psychiatric comorbidities, with anxiety and depression being the most common. Psychological factors, such as stress, anxiety, and negative affect, have been shown to influence symptom severity and exacerbation in IBS. Furthermore, the mental status of patients with IBS significantly affects their quality of life and functional impairment. Assessment tools, including questionnaires and interviews, have been utilized to evaluate mental status in IBS, aiding in diagnosis and management.

**Conclusions:** This original article highlights the importance of assessing the mental status of patients with IBS. The high prevalence of psychiatric comorbidities and the impact of stress and psychological factors on symptomatology emphasize the need for a multidisciplinary approach to IBS management. Addressing mental health issues, providing psychological support, and implementing stress management techniques may improve patient outcomes and enhance their quality of life.

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**Keywords:** irritable bowel syndrome, mental status, psychiatric comorbidities, stress, quality of life, psychological factors

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