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Crohn's and Colitis
Organisation

Factors associated with life satisfaction in people with Crohn's Disease and Ulcerative Colitis: results from the national 2018 Crohn's and Colitis UK Inflammatory Bowel Disease Quality of Life Survey

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Disclosures:

Conflict of interest: None

Background

- Crohn's Disease and Ulcerative Colitis have a negative impact on health-related quality of life (HRQoL)
- HRQoL is valued by patients as an outcome
- Life satisfaction is a vital component of subjective HRQoL
- The aim of this study was to identify the key factors associated with life satisfaction in a large sample of people with IBD.

Methods

- The Crohns and Colitis survey was designed to assess HRQoL
- The hallmarks included understanding IBD, maintaining wellbeing, feeling in control, overcoming stigma and reducing isolation.
- Participants were invited to complete the survey
- Analyses were conducted to examine the factors associated with life satisfaction

Results

- 8,061 participants with IBD were included (response rate 22.2%, mean age 45.3years, SD 16.4)
- Female, 69.2%; Crohn's Disease, 78.5%
- Low satisfaction with life, 11.9%
- Significant relationships identified between low life satisfaction and...
 - Low perception of control over disease ($p<0.001$)
 - Reduced sense of coping ($p<0.001$)
 - Feeling left out ($p<0.001$)
 - Not feeling involved in care ($p<0.001$)
 - Poor perceived understanding of one's own disease ($p<0.001$)
 - And experiencing stigma ($p<0.001$)

Discussion

- In a large sample of participants with IBD, low life satisfaction was associated with disease characteristics and key psychological constructs
- The psychological constructs may be amenable to intervention and support
- There is the need to improve public understanding of IBD
- Modelling of the current data and longitudinal data collection is needed