



Investigation of emotional disturbance in patients with functional gastrointestinal disorders

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Received: June 20, 1998
Revised: August 8, 1998
Accepted: August 29, 1998
Published online: October 15, 1998

Abstract

AIM: To investigate the relation between functional gastrointestinal disorders (FGID) and emotional disturbance.

METHODS: According to the diagnostic criterion of FGID, 118 cases of FGID patients were divided into 5 subgroups; 61 cases of functional dyspepsia; 27 cases of irritable bowel syndrome; 12 cases of functional esophageal motility disorders; 11 cases of chronic constipation; 7 cases of psychogenic vomiting. Each patient gave a self evaluation using Self Rating Anxiety Scale (SAS) and Self-Rating Depression Scale (SDS). The standard scores were calculated

according to self-evaluation. The score levels of SAS above 50 and SDS above 53 were used as diagnostic standard for emotional disturbance. The scores of SAS and SDS of FGID patients were compared with normal model of our country, and among subgroups of patients as well.

RESULTS: The scores of SAS and SDS of FGID patients were obviously higher than the normal model of our country, but no significant difference among subgroups of FGID patients. Every subgroup of FGID patients had one or more items reached or higher than the diagnostic standard of emotional disturbance.

CONCLUSION: Emotional disturbance of anxiety and depression commonly existed among FGID patients. The corresponding measure of therapy should be taken in order to achieve expected results.

Key words: Gastrointestinal diseases/psychology; Gastrointestinal diseases/diagnosis; Affective disorders/diagnosis; Psychiatric status rating scales

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Wu MS, Fu M, Weng HL. Investigation of emotional disturbance in patients with functional gastrointestinal disorders. *World J Gastroenterol* 1998; 4(Suppl2): 75
Available from: URL: <http://www.wjgnet.com/1007-9327/full/v4/iSuppl2/75.htm>
DOI: <http://dx.doi.org/10.3748/wjg.v4.iSuppl2.75>

E- Editor: Li RF



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