

Contribution to the study of irritable bowel syndrome in medical students at the University of Parakou in Republic of Benin

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Introduction

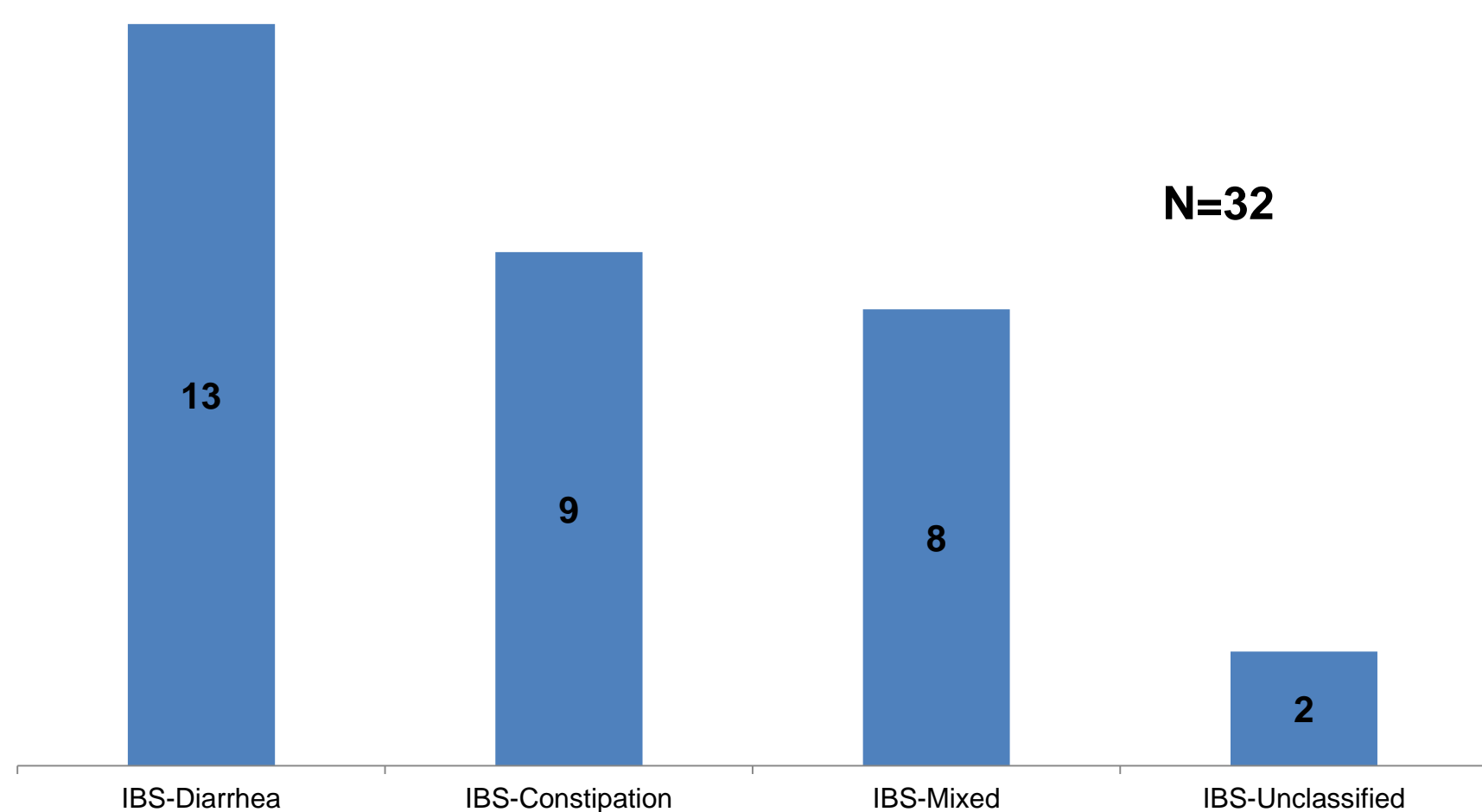
- ❖ Irritable bowel syndrome (IBS) is the most common functional gastrointestinal disorder.
- ❖ The aim of this study was to contribute to the improvement of the medical follow up of medical students in University of Parakou.

Methods

- ❖ A cross-sectional descriptive and analytical study was carried out among medical students from May to July 2018.
- ❖ Data were collected using a validated, confidential questionnaire.
- ❖ Rome IV criteria, Bristol scale and hospital anxiety and depression scale (HADS) were used for diagnosis.
- ❖ Data analysis was performed using Epi Info 7.1.3.14. CDC software.

Results

- ❖ Among 424 students who completed the study questionnaire, 32 (7.55%) had IBS.
- ❖ The 32 students with a IBS had an average age of 21.38 ± 2.39 years and 75% were female.
- ❖ IBS with diarrhea was noted in 40.62% of students.
- ❖ Of the IBS students, 22 (68.75%) had a normal BMI, 8 (25%) were overweight and 2 (6.25%) were obese.
- ❖ Stress was present in 96.88% of students with a IBS.
- ❖ Among students with IBS, symptoms occurred concomitantly with exam preparation in 66.67%.
- ❖ Of the 32 students with IBS, 11 (34.38%) are not physically active and 20 (62.50%) are practicing irregularly
- ❖ sleep duration is greater than 8 hours in 18 students (56.25%) with IBS. But 17 (53.13%) reported sleep disturbances
- ❖ IBS was associated with sex ($p=0.022$), sleep disturbance ($p=0.008$) and borderline depression ($p=0.021$).
- ❖ Absenteeism due to IBS was common among students (56.25%).



Distribution of students with IBS according to the IBS subtype (Bristol scale)

Sociodemographic characteristics of students with IBS

	Number (n=32)	Percentage
Sex		
Male	8	25
Female	24	75
Age (years)		
≤ 18	5	15.62
[19-21]	11	34.38
[22-24]	14	43.75
[25-27]	2	6.25
Marital status		
Single	31	96.87
Married	1	3.13
Place of residence		
live alone	27	84.37
live with family	5	15.63

Conclusion

- ❖ Irritable bowel syndrome (IBS) is a common condition among medical students at Parakou University. In fact, about 8 out of 100 students had it.
- ❖ Students who fulfilled the Rome IV criteria were mostly female, not living with their family, with a particular psychological profile: stress, anxiety, depression, sleep disorders
- ❖ The most common form of IBS was that with predominant diarrhea.
- ❖ Among these students, the factors associated with IBS were: female gender, depression, and sleep disorders
- ❖ The impact of this syndrome on school attendance was mainly absenteeism.
- ❖ Better management of psychological disorders (anxiety, depression and sleep disorder) could improve the quality of life of these students.