



Psychological Aspects of Inflammatory Bowel Disease: A biopsychosocial approach

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In the Western world around 360 in every 100,000 individuals have inflammatory bowel disease (IBD), a relapsing-remitting autoimmune disease that affects the gastrointestinal tract. Its impact on individual functioning across physical and psychosocial domains is significant and psychological distress is a common feature, with research suggesting that active IBD is associated with one of the highest rates of depression and anxiety of all chronic illnesses.

Despite the high prevalence of mental health co-morbidities in IBD, psychological illness remains largely undertreated, with studies showing that 60% of IBD patients experiencing mental health problems do not receive adequate help. In this book, Knowles and Mikocka-Walus bring together world experts who practice integrated and holistic approach in their care for IBD patients, to provide an overview of research across a range of topics associated with the biopsychosocial treatment of IBD. Each chapter provides an up-to-date comprehensive consolidation and evaluation of the current literature alongside recommendations for practice.

Key themes include:

- current understanding of the interrelationship of the neurological and biological aspects of IBD
- common concerns and issues individuals with IBD face
- exploring challenges across individual life-stages
- current evidence for psychosocial interventions
- recommendations for future directions of biopsychosocial work.

Psychological Aspects of Inflammatory Bowel Disease: A biopsychosocial approach is a key resource for researchers, practitioners and academics considering psychosocial aspects of the disease and psychological interventions. It will also appeal to health psychologists and mental health practitioners working with clients with IBD, as well as gastroenterologists interested in a comprehensive and holistic approach to IBD management.

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