

Inflammatory bowel disease (IBD) patient & provider needs assessment

My IBD Life: Key survey results

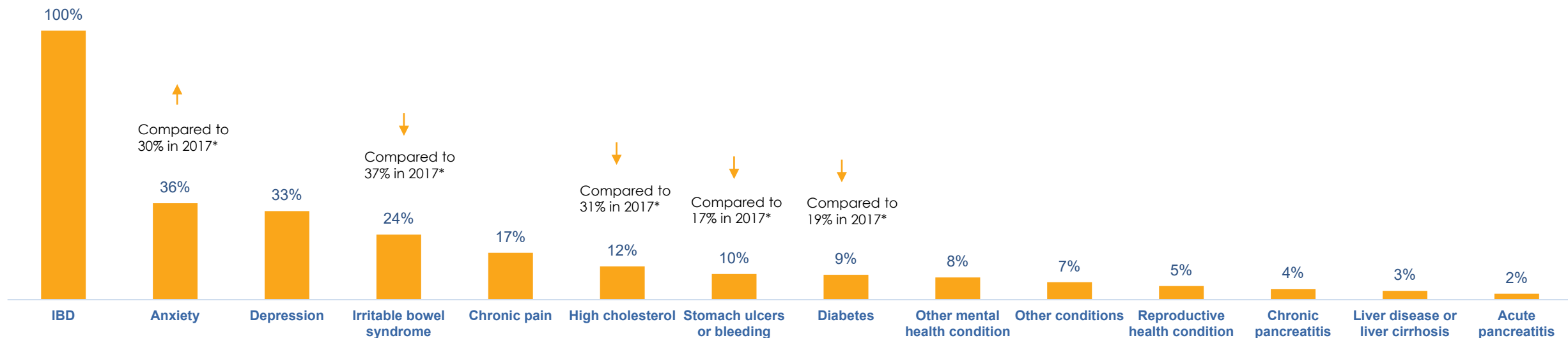
Fielding dates: June 27 - July 5, 2022

n=1,026 patients with IBD and 117 gastroenterologists



63% of patients report comorbid conditions, including anxiety, depression, IBS and chronic pain

- More than one in three people diagnosed with IBD have also been diagnosed with **anxiety (36%)** or **depression (35%)**. The incidence rate of anxiety and depression among patients with IBD is significantly higher than the general U.S. population (19%¹ and 8%² respectively).
- Women have even higher rates of anxiety (47%) and depression (42%) than other patients with IBD.
 - Patients of color report lower rates of diagnosed anxiety (26%) and depression (23%), though the incidence rate of both is still significantly higher than among the general U.S. population.



ASKED OF ALL PATIENT RESPONDENTS (n=1026)

Responses to: "Have you ever been diagnosed by a health care professional with any of the following conditions? Please select all."

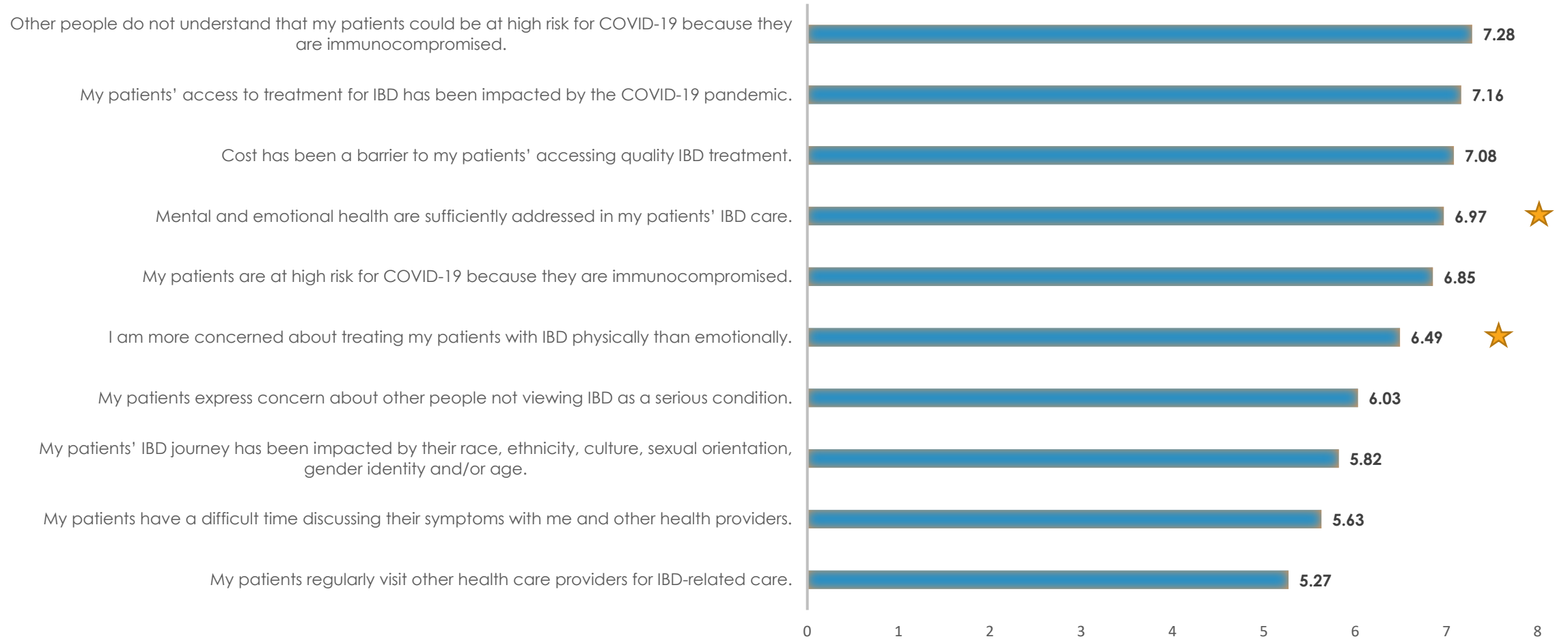
n= the number of respondents who provided an answer to this question.

* Compared to data from AGA IBD Needs Assessment of 2017

1 "Anxiety Disorders." NAMI, 2017, <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Anxiety-Disorders>.

2 "The State of Mental Health in America." Mental Health America, 2022, <https://www.mhanational.org/issues/state-mental-health-america>.

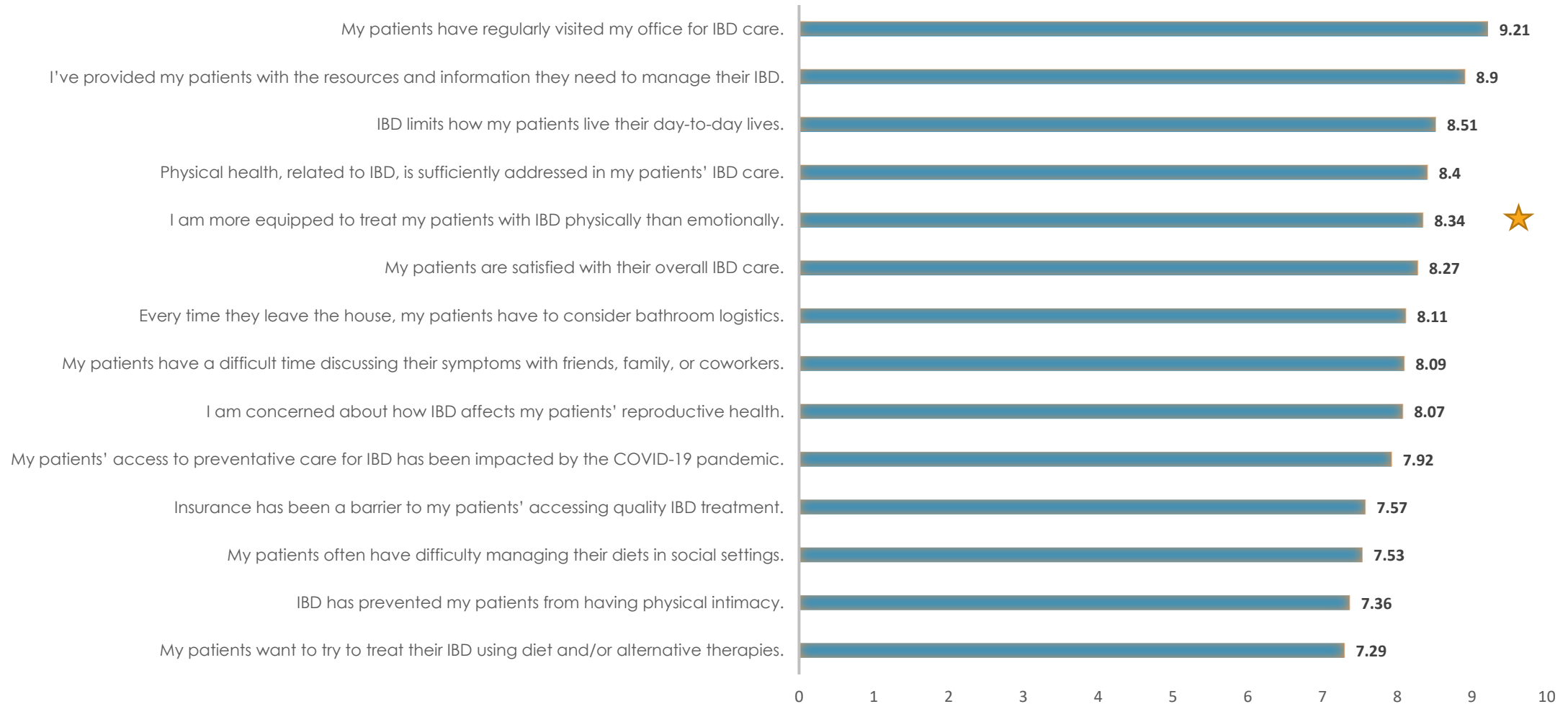
Providers are more concerned about treating patients' physical health than mental/emotional health—and feel mental health is sufficiently addressed in their patients' IBD care



ASKED OF ALL PROVIDER RESPONDENTS (n=117)

Responses to: "Below is a list of statements that may apply to patients with IBD. For each one, please indicate how much you agree, using a scale from 0-10. (0=Strongly Disagree, 10=Strongly Agree)."
n = the number of respondents who provided a response to this question.

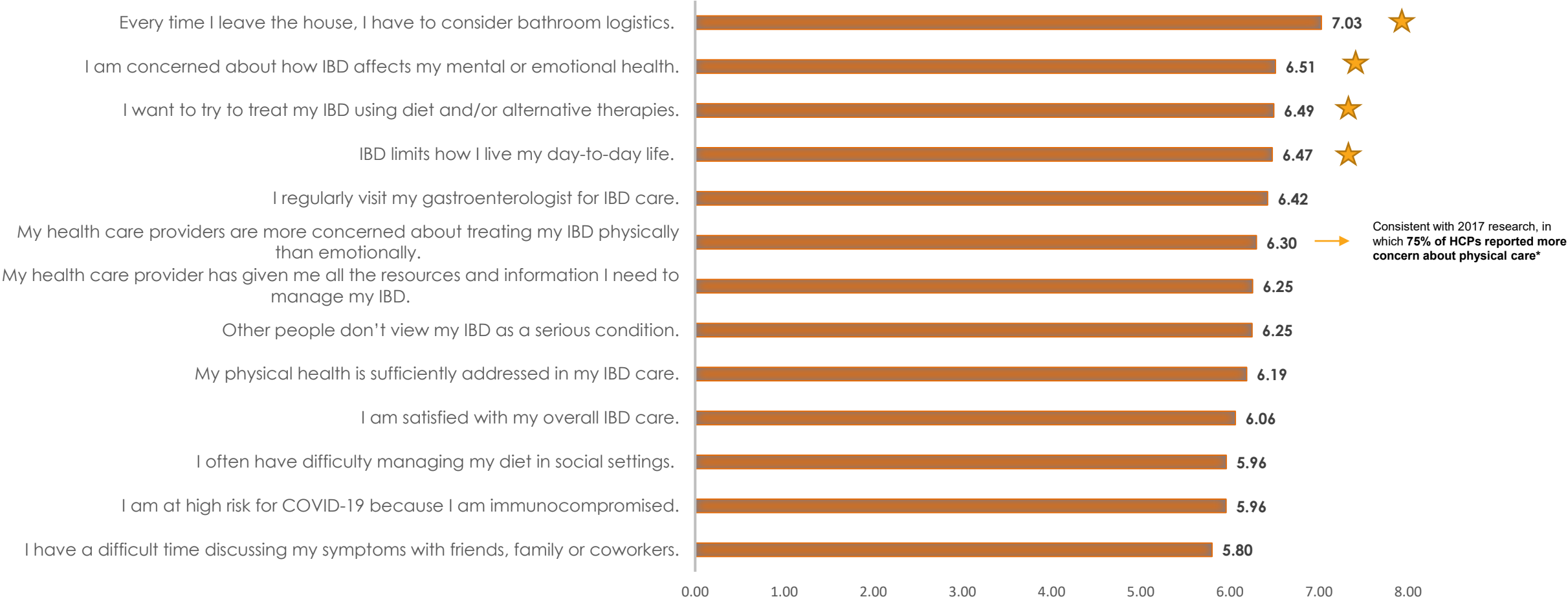
Providers feel more equipped to treat patients physically than emotionally



ASKED OF ALL PROVIDER RESPONDENTS (n=117)

Responses to: "Below is a list of statements that may apply to patients with IBD. For each one, please indicate how much you agree, using a scale from 0-10. (0=Strongly Disagree, 10=Strongly Agree)."
n = the number of respondents who provided a response to this question.

Patients are most concerned about how IBD affects mental or emotional health—and their daily lives

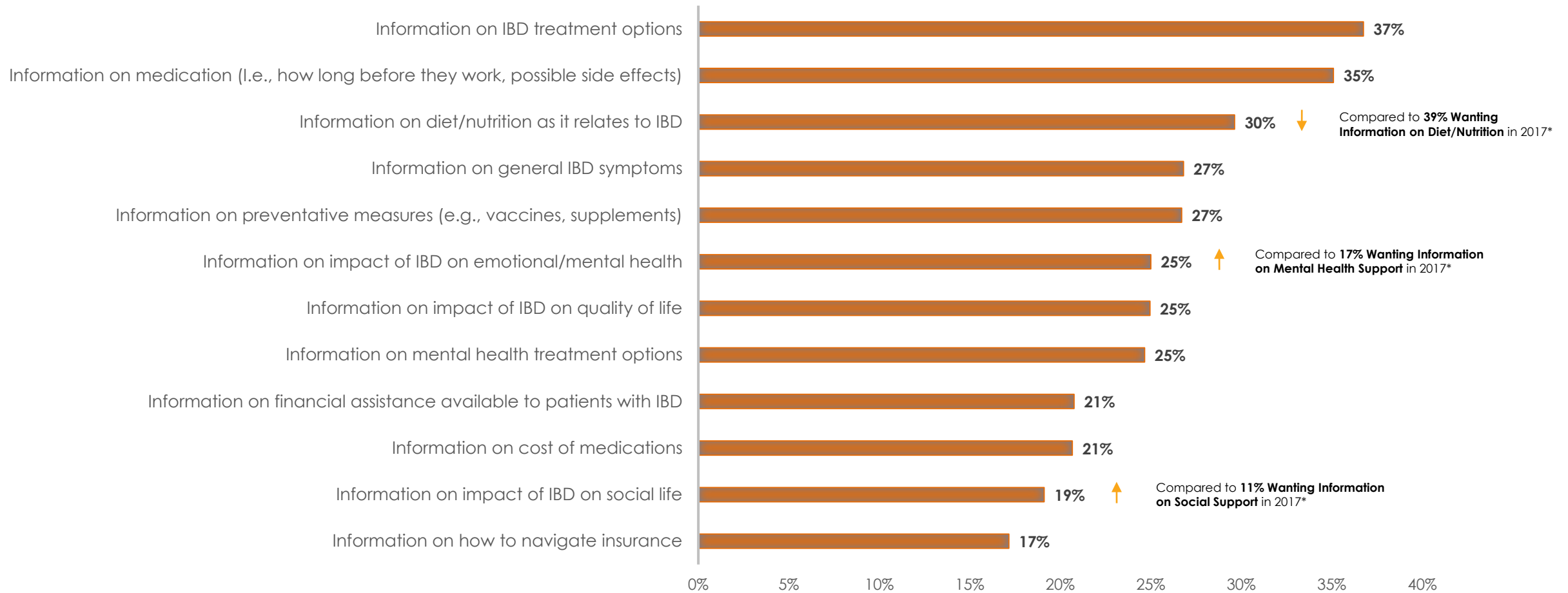


ASKED OF ALL PATIENT RESPONDENTS (n=1026)

Responses to: "Below is a list of statements that may apply to people with IBD. For each one, please indicate how well each applies to your experience living with IBD, using a scale from 0-10. (0=Does not apply to my experience, 5= Applies somewhat well to my experience, 10=Applies very well to my experience)."
 n = the number of respondents who provided a response to this question.

* Compared to data from AGA Shared Decision-Making Report of 2017

Patients still want additional information on IBD treatment options, medications—and now mental/emotional health



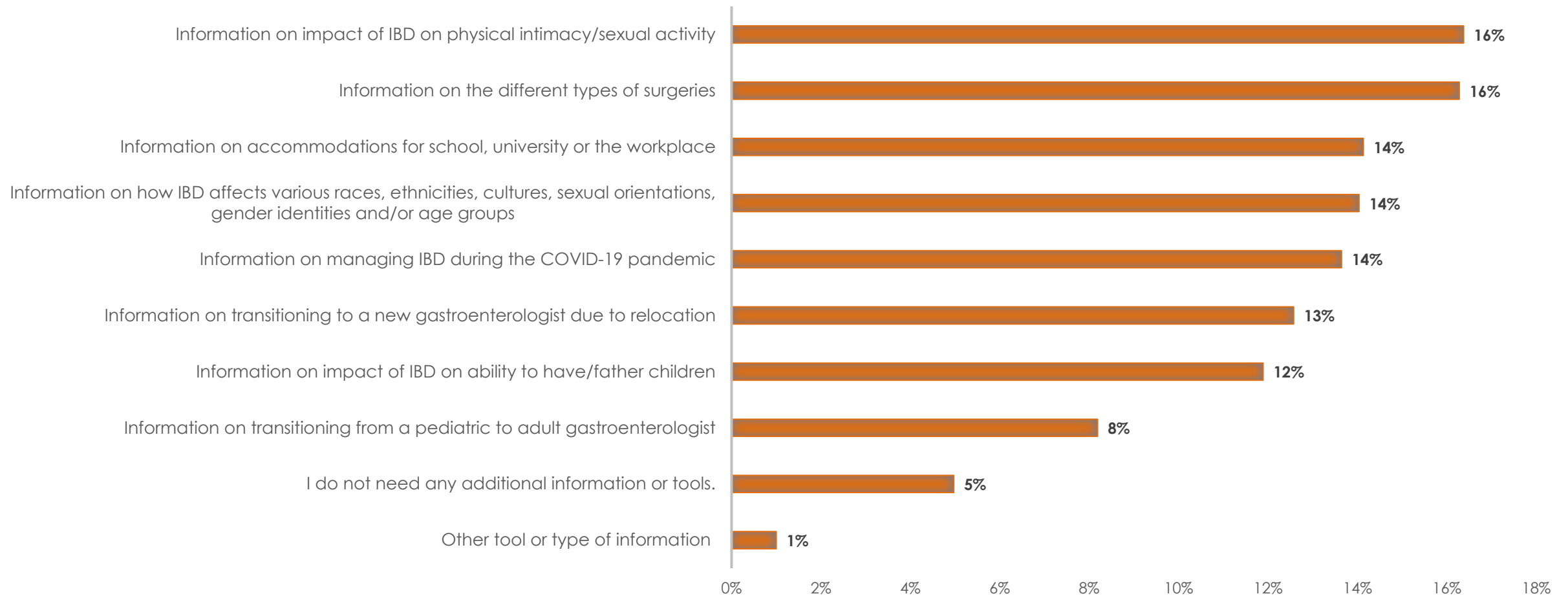
ASKED OF ALL PATIENT RESPONDENTS (n=1026)

Responses to: "What additional tools or types of information, if any, would you find helpful to receive from your IBD care provider?"
 n = the number of respondents who provided a response to this question.

* Compared to data from AGA IBD Needs Assessment of 2017



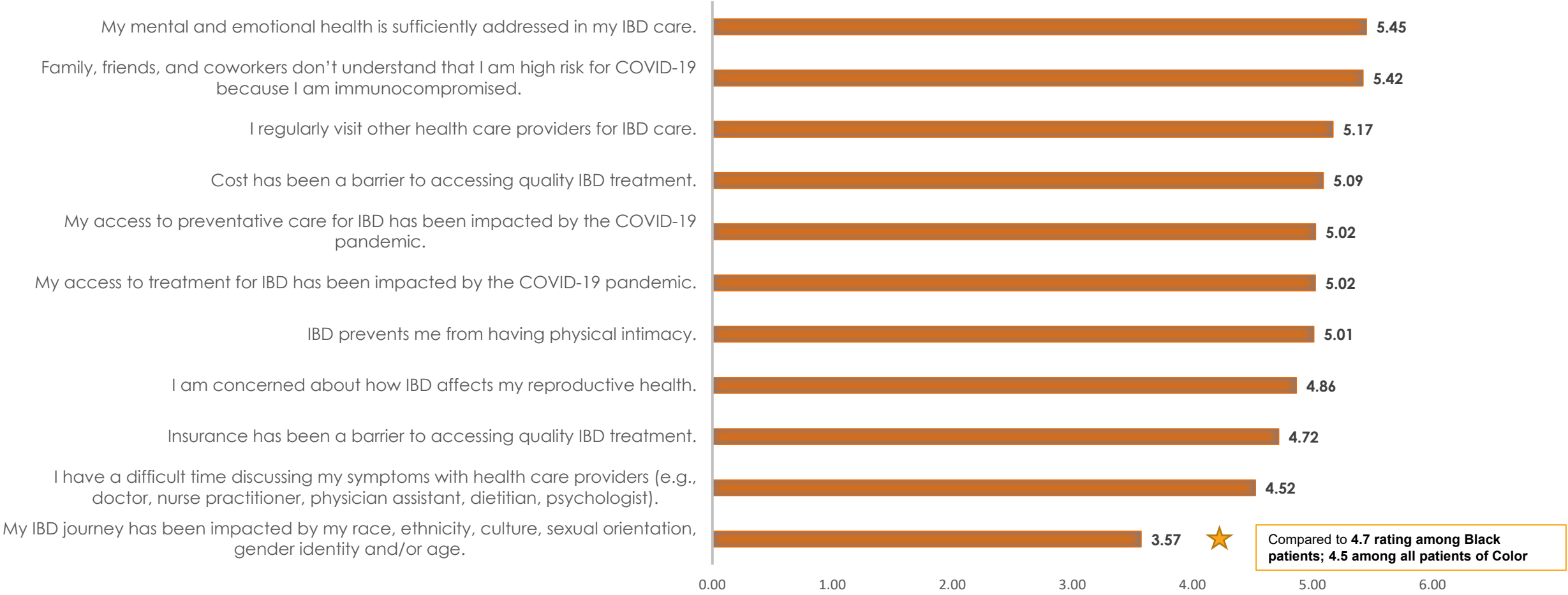
Patients still want additional information on IBD treatment options, medications—and now mental health (*continued*)



ASKED OF ALL PATIENT RESPONDENTS (n=1026)

Responses to: "What additional tools or types of information, if any, would you find helpful to receive from your IBD care provider?"
n = the number of respondents who provided a response to this question.

Black patients more likely to feel IBD journey impacted by their personal identity



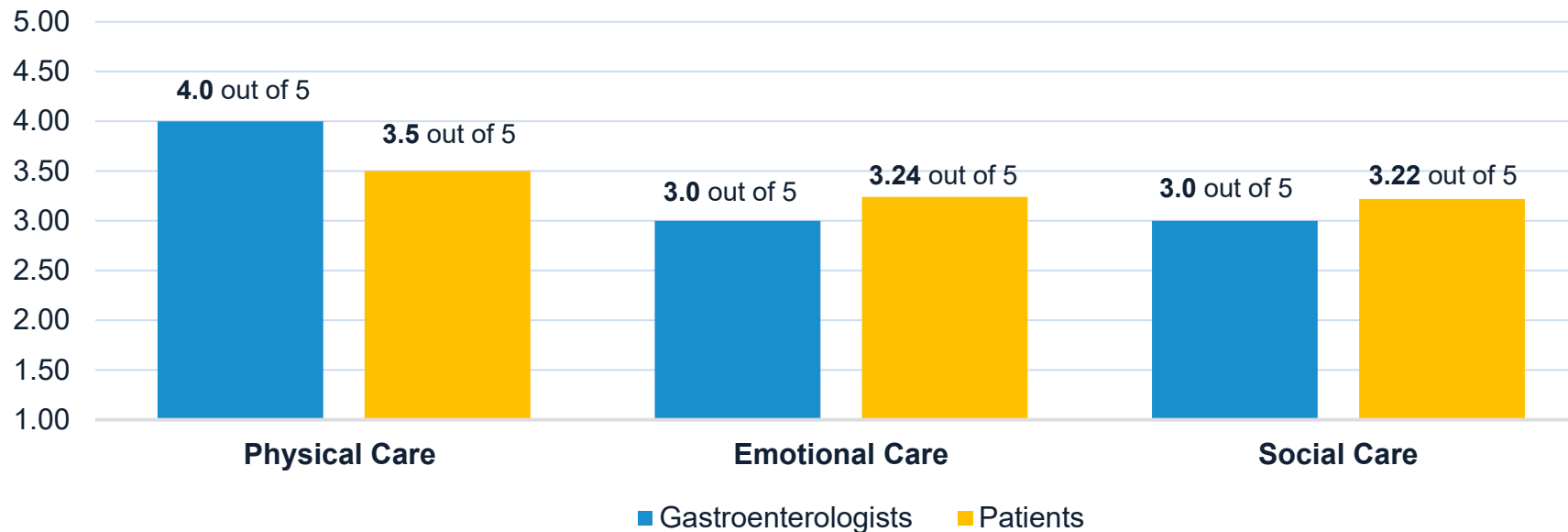
ASKED OF ALL PATIENT RESPONDENTS (n=1026)

Responses to: "Below is a list of statements that may apply to people with IBD. For each one, please indicate how well each applies to your experience living with IBD, using a scale from 0-10. (0=Does not apply to my experience, 5= Applies somewhat well to my experience, 10=Applies very well to my experience) ." n = the number of respondents who provided a response to this question.

* Compared to data from AGA Shared Decision-Making Report of 2017

Patients & providers alike are less satisfied with social and emotional care

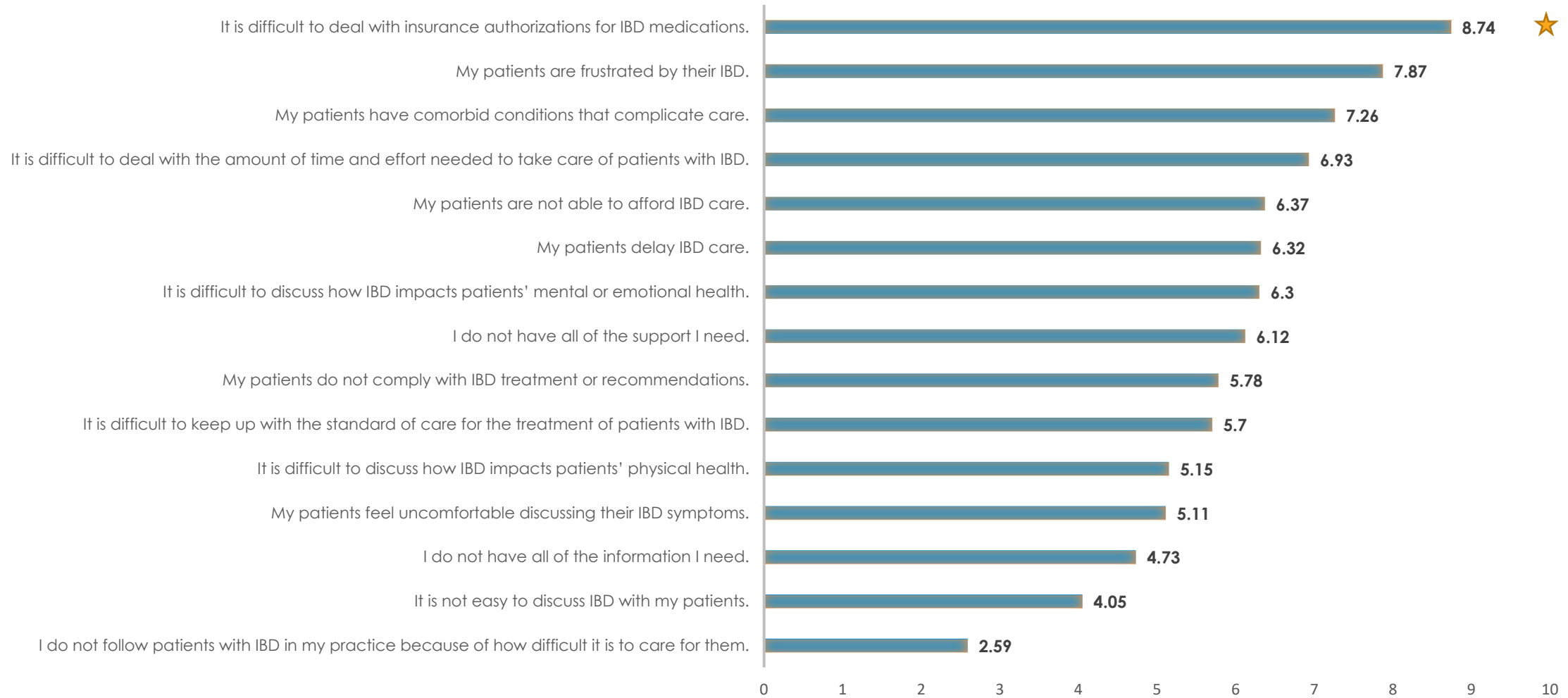
- All patient and provider respondents are less satisfied with emotional and social care than physical care for IBD.
- **Patients aged 18–39** are less satisfied with their care than the overall patient population.
- Overall, **women are the least satisfied** with their physical, emotional and social IBD care.



ASKED OF ALL PATIENT RESPONDENTS (n=1026); ASKED OF ALL PROVIDER RESPONDENTS (n=117)

Patient responses to: "How satisfied are you with your [physical/emotional/social] IBD care? (1=Very dissatisfied, 5=Very satisfied)."
Provider responses to: "How satisfied are your patients with their [physical/emotional/social] IBD care? (1=Very dissatisfied, 5=Very satisfied)."
n = the number of respondents who provided a response to this question.

Providers' biggest challenge is insurance authorizations



ASKED OF ALL PROVIDER RESPONDENTS (n=117)

Responses to: "Below are some challenges providers may face when caring for patients with IBD. Please indicate how much you agree with each one, using a scale from 0-10. (0=Strongly Disagree, 10=Strongly Agree)."
n = the number of respondents who provided a response to this question.

* Compared to data from AGA IBD Needs Assessment of 2017

Research methodology & limitations

The research findings previewed here are the result of online surveys fielded from June 27 to July 5, 2022, among patients with IBD and providers. Patient survey respondents included 1,026 U.S. adults aged 18-59 who reported having been diagnosed IBD (IBD, ulcerative colitis, Crohn's disease or indeterminate colitis). Provider survey respondents included 117 U.S. gastroenterologists who reported treating 5 or more patients with IBD in the past three months. Survey samples were designed to reflect the composition of each respective population, but findings are subject to various sources of error—including sampling error, coverage error, error associated with nonresponse, error associated with question wording and response options, and more. Additional survey data is available upon request.



Learn more about the My IBD Life campaign

This research was conducted as a part of the My IBD Life campaign, which was created to equip patients with the resources and tools they need to take back control of their lives. Campaign materials were developed in partnership with people living with IBD and health care providers to address the unmet needs identified in this survey. Resources were developed in an accessible and health literate format and include personal stories on building emotional resilience, conversation guides and 3D models to help patients visualize IBD in their bodies. Additionally, the site features tools to help patients prepare for different life moments such as medical procedures, vacations, dating and intimacy, and navigating the workplace. Please visit the My IBD Life website, www.MyIBDLife.gastro.org, to view, download and interact with the new resources.

The My IBD Life Campaign is supported by an independent grant from Bristol Myers Squibb.



www.MyIBDLife.gastro.org

