

Irritable bowel self-management strategies sustainable

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(HealthDay)—Comprehensive self-management (CSM) strategies are

sustainable for patients with irritable bowel syndrome (IBS), according to a study published in the February issue of *Clinical Gastroenterology and Hepatology*.

Jasmine K. Zia, M.D., from the University of Washington in Seattle, and colleagues categorized CSM strategies from a previous clinical trial as diet (composition, trigger foods, meal size or timing, and eating behaviors), [relaxation](#) (specific relaxation strategies and [lifestyle behaviors](#)), and alternative thoughts (identifying thought distortions, challenging underlying beliefs, and other strategies).

The researchers continued to follow 81 adults with IBS (87 percent female; mean age 45 years) after the previous intervention trial. At the last CSM session of the trial, 95 percent of the patients selected the subthemes of specific relaxation strategies, 90 percent selected diet composition, and 90 percent identified thought distortions for continued use. At 12 months after the CSM program, 94 percent of the participants (76 of 81) were still using at least six strategies and adherence was greater than 79 percent for all subthemes of CMS strategies.

"We developed a CSM program to reduce symptoms and increase quality of life in patients with IBS that produced sustainable behavioral changes in almost all patients (94 percent) after one year of follow-up," the authors write.

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