

## Irritable Bowel Syndrome Prevalence and Associated Risk Factors Among Medical Students And Intern Doctors in Sudan

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**Abstract :** Background : IBS is a gastrointestinal disorder characterized by a variety of symptoms that occur concurrently. It is very common and is associated with high levels of psychiatric comorbidities, all of which have a negative impact on the patient's quality of life. Abdominal pain, diarrhea, constipation, excess gas, and bloating are common symptoms of IBS. Objectives : The purpose of this study is to determine the prevalence of IBS among medical students and intern doctors in Sudan, as well as the risk factors associated with it. Study design: This cross-sectional study was carried out in Sudan from April to July 2022. All participants completed a six-part online questionnaire. The ROME IV criteria questionnaire was used to make an IBS diagnosis. Participants completed the hospital anxiety and depression questionnaire in order to be diagnosed with anxiety and depression. Results : 600 participants filled out the questionnaire. The overall prevalence of IBS was found to be 42%, with females being the most affected. Intern doctors had higher IBS rates (30.0%) than medical students, but this was not statistically significant. Single status ( $p = 0.079$ ), good GPAs ( $p = 0.00$ ), had significant associations with IBS occurrence. Other significantly associated habits were sleeping less than 8 hours ( $p = 0.013$ ), two cups or less of coffee per day ( $p = 0.109$ ), No smoking ( $p = 0.001$ ), and No exercise ( $p = 0.00$ , IBS participants were also found to have a significant relationship with abnormal anxiety ( $p = 0.00$ ) and borderline depression ( $p = 0.0156$ ). Conclusion : The high prevalence of IBS in this study suggests that medical students and interns are unable to recognize their symptoms. The main IBS predictors in this study were suffering from anxiety or depression, having an insufficient income, sleeping less than 8 hours per day, working/ studying more than 8 hours per day, and not performing any type of exercise.

**Keywords :** irritable bowel syndrome, sudan, HADS, rome IV, medical students

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