

Title: Rising burden of Psychiatric Illness among pediatric Inflammatory Bowel Disease patients and its impact on hospitalization outcomes.

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"Background: Prevalence of inflammatory bowel disease (IBD) is increasing worldwide along with its co-morbid conditions like psychiatric and behavioral illnesses, which are independent predictors of quality of life.

Methodology: Non-overlapping years of National Inpatient Sample (NIS) and Kids Inpatient Database (KID) were analyzed to include all pediatric patients between 2003 and 2016 with IBD diagnosis. Patients having at least one of the following :depression, anxiety, adjustment disorder, bipolar disorder (BPD), post-traumatic stress disorder (PTSD), stress reaction, personality disorders, ADHD, pervasive developmental disorder, eating disorder, obsessive compulsive disorder (OCD), Schizophrenia and substance abuse were compared with IBD patients without these diagnoses (control group) for various demographic factors, comorbidities/surgeries and for outcomes of severity of IBD and health care resource utilization.

Results: Of the total 161,294 IBD related hospitalizations, the overall prevalence rate of psychiatric/behavioral illnesses was 15.7% and it increased from 11.3% (2003) to 20.6%(2016), $p<0.001$. Depression, substance use, and anxiety were the predominant psychiatric illnesses. Multivariate regression analysis showed patients with severe IBD (aOR: 1.57, CI:1.47 to 1.67, $P<0.001$) and intermediate IBD (aOR:1.14, CI: 1.10 to 1.28, $P<0.001$) had increased risk of associated psychiatric/behavioral illnesses than patients with a low severity IBD. Multivariate linear regression analysis showed psychiatric/behavioral illnesses was independently associated with 1.17 (CI:1.07 to 1.28, $P<0.001$) additional hospitalization days and additional \$ 8473 (CI: 7520 to 9425, $P<0.001$) hospitalization charges.

Conclusion: Prevalence of psychiatric/behavioral illnesses is steadily increasing, imposing considerable strain on healthcare utilization. This warrants multidisciplinary approach to address comorbidities, improve clinical outcomes and quality of life in IBD patients."