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Letter: risk factors and impacts of
psychological morbidity in young people
with inflammatory bowel disease –
authors' reply

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SIRS, We are grateful to Qin and colleagues for their
Comments on our systematic review examining the risk
factors and impacts of psychological morbidity in young
people with inflammatory bowel disease (IBD). We
agree that a complex inter-relationship is likely to exist
between disease activity and its severity, illness percep-
tions and psychological morbidity. Our systematic review
synthesises the currently available evidence and suggests
that this relationship extends further for young people
with IBD, into other important areas of disease manage-
ment, such as medication non-adherence. A comprehen-
sive synthesis of the findings with statistical analyses,
quoted from all included studies where available, is
provided in our review. Detailed further information,
including sample sizes is available in the supplementary
on-line material.

Our review outlines the possible impacts and risk factors
for psychological morbidity in young people with
IBD. This will aid healthcare professionals, is clinically
important, and also increases understanding regarding
the effect of psychological morbidity on the clinical end-
points widely used in clinical trials to evaluate medical
interventions. Although evaluation of the efficacy of psy-
chological treatments in adults and young people was not
an objective of this review, we agree that further robust
evaluation of psychological interventions, which currently
show promise in young people with IBD, is needed.

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