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| --- | --- | --- | --- | --- | --- |
| **Identified Risk Factor** | **Study (reference)** | **Country** | **Age (years);**  | **Recruitment Age**  | **Significant Outcomes**  |
|  |  |  | **mean (SD)** | **range (years)** |  |
| Increased IBD  | Clark et al 2014 (27) | USA  | 14.6. (2.6) | 9-17 | Disease severity (PCDAI, ESR) predictor of depressive symptoms (r2=0.152, P <0.001) |
| Disease severity | Reed-Knight et al 2013 (36) | USA  | 14.8 (2.8) | 11-18 | Disease severity in moderate/severe disease associated with increased depressive symptoms and ESR (r= 0.30, *P*< 0.05) |
|   | Schuman et al 2013 (29) | USA  | 14.8 (1.9) | 13-17 | Disease severity was a significant predictor of self-reported depressive symptoms (*B*= 0.122, SE *B* 0.044, *P*<0.01) |
|   | Szigethy et al 2004 (23) | USA  | 14.8 (1.9) | 11-17 | Disease severity correlates with clinically significant CDI scores (F (2.88)=4.171, *P*=0.019*)* |
|   | Väistö et al 2010 (31) | Finland | 15.4 (2.2) | 10-18 | Disease severity associated with increased parent-report depressive symptoms (*P*< 0.01) |
| Socioeconomic  | Clark et al 2014 (27) | USA  | 14.4 (2.6) | 9-17 | Lower socioeconomic status predictor of depressive symptoms in CD ( r2= 0.046, P <0.001) |
| status  | Schuman et al 2013 (29) | USA | 15.7 (1.3) | 13-17 | Lower family income associated with higher depression score (CDI) (*P*= 0.023) |
|   | Gold et al 2000 (28) | USA | 13.3 (+/- 3.0) | 8-18  | Greater depressive symptoms in lower family income (r= -0.028) |
| Use of  | Clark et al 2014 (27) | USA  | 14.6. (2.6) | 9-17 | Depressive symptoms positively associated with steroid dose (*P*<0.01) |
| corticosteroids  | Loftus et al 2011 (34) | USA  | 11.8 (95% CI 11.6-12.0) | NA | Increased risk of developing anxiety disorders in CD (incidence of 3.04 per 100 patient years vs. 1.32 in controls) |
|   | Mrakotsky et al 2013 (43) | USA | 13.6 (2.8) | 8-17 | Parental-report of internalizing symptoms greater in corticosteroid group in CD (*P*<0.001) |
|   | Szigethy et al 2004 (23) | USA  | 14.8 (1.9) | 11-17 | Clinically significant depressive symptoms more likely in corticosteroid group (*P*=0.019) |
| Parental Stress  | Burke et al 1994 (37) | USA  | 14.4. (2.3) | 9-17 | Maternal history of depression resulted in increased depressive symptoms (*P*=0.03) |
|   | Gray et al 2013 (45) | USA  | 15.6 (1.36) | 13-17 | Internalizing symptoms was associated with parenting stress (r=0.35, *P*<0.001)  |
|   | Guilfoyle et al 2014 (46) | USA  | 15.5 (+/- 1.4) | 13-17 | Parenting stress accounted for variance in depressive symptoms at follow-up (r-change=0.53, *P*<0.05)  |
|   | Schuman et al 2013 (29) | USA | 15.7 (1.3) | 13-17 | Family affective involvement (*B*= 4.13, p= 0.05),family problem solving predicted parent-report depressive symptoms(*B*= 5.49, *P*< 0.05) |
| Older age at  | Szigethy et al 2004 (23) | USA  | 14.8 (1.9) | 11-17 | Older age at diagnosis correlated with a greater number of depressive symptoms (r=0.28, *P*=0.0006) |
| IBD diagnosis | Mackner et al 2006 (24) | USA | 14.39 | 11-17 | Older age at diagnosis (adolescence vs childhood onset) increased somatic complaints (*P*<0.05)  |
|   |   |   |   |   |   |
| Abbreviations: Corticosteroids (CS), Crohn’s Disease (CD), Erythrocyte sedimentation rate (ESR), Not Available (NA), Paediatric Crohn’s Disease Activity Index (PCDAI), Standard Deviation (SD), Standard Error (SE) |

**Table 1. Summary of Risk Factors for Psychological Morbidity in Young People with Inflammatory Bowel Disease**