



HAL
open science

Prevalence and determinants of fatigue in patients with IBD: a cross-sectional survey from the GETAID.

Aurelien Amiot, Sayma Chaibi, Yoram Bouhnik, Melanie Serrero, Jerome Filippi, Xavier Roblin, Anne Bourrier, Guillaume Bouguen, Denis Franchimont, Guillaume Savoye, et al.

► To cite this version:

Aurelien Amiot, Sayma Chaibi, Yoram Bouhnik, Melanie Serrero, Jerome Filippi, et al.. Prevalence and determinants of fatigue in patients with IBD: a cross-sectional survey from the GETAID.. Journal of Crohn's and Colitis, 2023, 17 (9), pp.1418-1425. 10.1093/ecco-jcc/jjad060 . hal-04052487

HAL Id: hal-04052487

<https://u-picardie.hal.science/hal-04052487v1>

Submitted on 16 May 2023

HAL is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.



Distributed under a Creative Commons Attribution - NonCommercial 4.0 International License

Prevalence and determinants of fatigue in patients with IBD: a cross-sectional survey from the**GETAID**

Aurelien Amiot¹, Sayma Chaibi², Yoram Bouhnik³, Melanie Serrero⁴, Jerome Filippi⁵, Xavier Roblin⁶, Anne Bourrier⁷, Guillaume Bouguen⁸, Denis Franchimont⁹, Guillaume Savoye¹⁰, Anthony Buisson¹¹, Edouard Louis¹², Stephane Nancey¹³, Vered Abitbol¹⁴, Jean-Marie Reimund¹⁵, Olivier DeWit¹⁶, Lucine Vuitton¹⁷, Nicolas Mathieu¹⁸, Laurent Peyrin-Biroulet¹⁹, Cyrielle Gilletta²⁰, Matthieu Allez²¹, Stephanie Viennot²², Catherine Le Berre²³, Nina Dib²⁴, Hedia Brixi²⁵, Claire Painchart²⁶, Laurianne Plastaras²⁷, Romain Altwegg²⁸, Mathurin Fumery²⁹, Ludovic Caillou³⁰, David Laharie³¹, Maria Nachury³², on behalf of the GETAID-patient experience study group

1 Department of Gastroenterology, Hopitaux Universitaires Bicêtre, AP-HP, Université Paris Saclay, INSERM, Centre for Research in Epidemiology and Population Health, Le Kremlin Bicêtre, France.

2 Department of Gastroenterology, Henri Mondor Hospital, Paris Est-Créteil Val de Marne University, Creteil, France

3 Department of Gastroenterology, IBD and Nutrition Support, Beaujon Hospital, University Paris 7 Denis Diderot, Clichy, France.

4 Hôpital Nord, Centre d'investigation Clinique Marseille Nord, Université Méditerranée, Marseille, France.

5 Department of Gastroenterology and Clinical Nutrition, CHU of Nice, University Côte d'Azur, Nice, France.

6 Department of Gastroenterology, Saint-Etienne University Hospital, Saint-Etienne, France.

7 Department of Gastroenterology, AP-HP, Hôpital Saint-Antoine, , UPMC Université Paris 6, Paris, France.

8 Department of Gastroenterology, CHU Rennes and University of Rennes, NUMECAN Institute, Rennes, France.

9 Department of Gastroenterology, Hôpital Erasme, Laboratoire de Gastroenterologie experimentale, ULB, Brussels, Belgium.

10 Department of Gastroenterology, Rouen University Hospital, Rouen, France.

11 Department of Hepato-Gastroenterology, University Hospital Estaing of Clermont Ferrand, Université d'Auvergne, Clermont-Ferrand, France.

12 Department of Gastroenterology, Liège University Hospital, CHU Liège, Belgium.

13 Department of Gastroenterology, Lyon-Sud Hospital, Hospices Civils de Lyon and INSERM U1111, University Claude Bernard Lyon 1, Lyon, France.

14 Department of Gastroenterology, Cochin University Hospital, Paris, France.

15 Service d'Hépatogastroentérologie et d'Assistance Nutritive, Hôpitaux Universitaires de Strasbourg et INSERM U1113, Université de Strasbourg, Strasbourg, France.

16 Cliniques Universitaires Saint-Luc, UCL, Brussels, Belgium.

17 Department of Gastroenterology, Besancon University Hospital, Besancon, France.

18 Department of Hepato-Gastroenterology and Digestive Oncology, Grenoble Alpes University Hospital, Grenoble, France.

19 Department of Gastroenterology, Nancy University Hospital, Inserm U1256 NGERE, Lorraine University, Vandoeuvre-les-Nancy, France.

20 Department of Gastroenterology, Toulouse University Hospital, Toulouse, France.

- 21 Department of Gastroenterology, Saint-Louis University Hospital, Paris, France.
- 22 Department of Gastroenterology, Caen University Hospital, Caen, France.
- 23 Hépatogastro-entérologie et Assistance Nutritionnelle, Inserm CIC 1413, Inserm UMR 1235, Institut des Maladies de l'Appareil Digestif (IMAD), Nantes Université, CHU Nantes, Nantes, France
- 24 Department of Hepatogastroenterology, Angers University Hospital, Angers, France.
- 25 Department of Gastroenterology, Reims University Hospital, Reims, France.
- 26 Department of Gastroenterology, Valenciennes General Hospital, Valenciennes, France.
- 27 Department of Hepatogastroenterology, Hospital Pasteur, Colmar, France.
- 28 Department of Gastroenterology, Hôpital Saint-Eloi, University Hospital of 28 Montpellier, Montpellier, France.
- 29 Service d'hépatogastroentérologie, Centre Hospitalier Universitaire Amiens-Picardie Site Sud, Amiens, Hauts-de-France, France.
- 30 Department of Gastroenterology, Nimes University Hospital, Nimes, France.
- 31 CHU de Bordeaux, Hôpital Haut-Lévêque, Service d'hépatogastroentérologie et oncologie digestive – Université de Bordeaux, F-33000 Bordeaux, France
- 32 Univ. Lille, INSERM, CHU Lille, U1286 - INFINITE - Institute for Translational Research in Inflammation, F-59000 Lille, France

The data underlying this article will be shared on reasonable request to the corresponding author.

Please address correspondence and reprint requests to:

Professeur Aurelien AMIOT

Bicetre University Hospital – Universite Paris Est Creteil

78, rue du Général Leclerc LE KREMLIN-BICETRE F-94270 – FRANCE

Tel: +33-1 45 21 37 26

Fax: +33-1 45 21 20 42

E-mail: aurelien.amiot@aphp.fr

Abbreviations: Crohn's disease: CD; ulcerative colitis: UC; inflammatory bowel disease: IBD;

Groupe d'Etude Therapeutique des Affections du tube Digestif: GETAID.

Conflicts of interest:

Aurelien Amiot has received consulting fees from Abbvie, Hospira, Takeda, Gilead and Biocodex as well as lecture fees and travel accommodations from Abbvie, Janssen, Biocodex, Hospira, Ferring, Takeda and MSD. This author has also received advisory board fees from Gilead, Takeda and Abbvie.

Yoram Bouhnik received lecture and consulting fees from Abbvie, Biogaran, Boehringer-Ingelheim, CTMA, Ferring, Gilead, Hospira, ICON, Inception IBD, Janssen, Lilly, Mayoli Spindler, Merck, MSD, Norgine, Pfizer, Roberts Clinical Trials, Roche, Sanofi, Shire, Takeda, UCB and Vifor Pharma. This author has also stock ownership of Inception IBD, San Diego, CA, USA.

Melanie Serrero has received lecture or consulting fees from Abbvie, Ferring, Amgen, Celltrion, Janssen, Ferring, Takeda and Tillotts.

Jerome Filippi has received lecture and consulting fees from Abbvie, Amgen, Biogen, Ferring, HAC Pharma, Janssen, MSD, Pfizer, Sandoz and Takeda.

Xavier Roblin reported a relationship with MSD, Abbvie, Amgen, Sandoz, Pfizer, Takeda and Janssen.

Guillaume Bouguen received lecture fees from Abbvie, Ferring, MSD, Takeda and Pfizer and consultant fees from Takeda, Janssen.

Denis Franchimont is research director of FNRS; he has received educational grants from Abbvie, Takeda, MSD, and has received honoraria fees for lectures or consultancy from Ferring, Falk, Chiesi, Abbvie, MSD, Centocor, Pfizer, Amgen, Janssen, Mundipharma, Takeda and Hospira.

Guillaume Savoye has received lecture fees from Vifor Pharma, Takeda, Pfizer, HAC Pharma, Abbvie, MSD, and Ferring France. This author has also received travel accommodations from Ferring, Abbvie, and MSD France as well as a research grant from Ferring.

Anthony Buisson has received research funding from Pfizer, lecture fees from Abbvie, Ferring, Hospira, MSD, Janssen, Sanofi-Aventis, Takeda and Vifor Pharma and consulting fees from Abbvie, Biogen, Janssen, Pfizer and Takeda.

Edouard Louis has received fees for: Research Grant: Takeda, Pfizer; Educational Grant: Abbvie, Takeda, Janssen; Speaker Fees: Abbvie, Ferring, MSD, Falk, Takeda, Hospira, Janssen, Pfizer, Celgene; Advisory Board: Abbvie, Ferring, MSD, Takeda, Celgene, Hospira, Janssen ; Consultant: Abbvie

Stephane Nancey has received consulting fees from Merck, Abbvie, Takeda, Ferring, Norgine, Vifor Pharma, Novartis, Janssen Cilag, Hospira, Takeda and HAC Pharma

Vered Abitbol has received lecture fees from Amgen, Biogen, Mylan, Sandoz, Pfizer, Takeda, Janssen, Tillots, Gilead, Ferring

Jean-Marie Reimund has received consulting fees from Hospira and Pfizer. This author has also received lectures fees from Abbvie, Biocodex, Ferring, Janssen Cilag, Pfizer and Takeda,

as well as travel accommodations from Ferring, Abbvie, MSD, Janssen Cilag, Pfizer, Hospira and Takeda

Olivier DeWit declares counseling, boards, transport or personal fees from Abbvie, BMS, Celltrion, Ferring, Galapagos, Janssen, Mylan, Pfizer, and Takeda

Lucine Vuitton has received lecture fees from Abbvie, MSD, Takeda, Ferring, Janssen and Pfizer, and research grants from MSD, Takeda and Pfizer.

Nicolas Mathieu has received consulting fees from Celltrion, Mylan, MSD, Gilead, Sandoz and lecture fees from Abbvie, Amgen, Biogen, Janssen, MSD, Pfizer, Takeda

Laurent Peyrin-Biroulet has received consulting fees from Merck, Abbvie, Janssen, Genentech, Ferring, Norgine, Tillots, Vifor, Shire, Therakos, Pharmacosmos, Pilège, BMS, UCB-Pharma, Hospira, Celltrion, Takeda, Biogaran, Boehringer-Ingelheim, Lilly, Pfizer, and HAC-Pharma. This author has also received lecture fees from Merck, Abbvie, Takeda, Janssen Cilag, Ferring, Norgine, Tillots, Vifor, Therakos, HAC-Pharma, and Mitsubishi.

Cyrielle Gilletta received lecture fees from Abbvie, Takeda, Pfizer and Janssen and consulting fees from Abbvie, Janssen and Takeda.

Matthieu Allez has received honoraria from Novo Nordisk, MSD, Abbvie, Ferring, Genentech, Janssen, Pfizer, GSK, Hospira, UCB, Novartis, Takeda, Mayolo-Spindler.

Stephanie Viennot has received consulting fees from Abbvie, MSD, Takeda, Vifor Pharma and Ferring.

Catherine Le Berre has served as a consultant for Abbvie, Janssen and Gilead; reports receiving payment for lectures from AbbVie, Celltrion, Ferring, Fresenius Kabi, Galapagos, Janssen, MSD, Pfizer and Takeda.

Claire Painchart has received travel accommodation from Abbvie, Janssen, Biogene, Fresenius Kabi, Takeda and Pfizer Romain Altwegg received board or lectures fees from Abbvie, Janssen, Pfizer, Takeda.

Mathurin Fumery has received lecture and consulting fees from Abbvie, MSD, Boehringer, Pfizer, Takeda, Janssen and Ferring.

Ludovic Caillo received board and lecture fees from Abbvie, Janssen, Pfizer, Takeda, Amgen

David Laharie has received counseling, boards, transports and/or fees from Abbvie, Biogaran, Biogen, Ferring, HAC-pharma, Janssen, MSD, Novartis, Pfizer, Prometheus, Roche, Takeda, Theradiag, Tillots.

Maria Nachury has received lecture and consulting fees from Abbvie, Adacyte, Amgen, Arena, Biogen, CTMA, Ferring, Gilead, Janssen, Mayoli Spindler, MSD, Pfizer, Takeda, Viatrix

No conflicts of interest are claimed by the remaining authors.

Study funding: This study was supported by Abbvie

Author contributions:

Conception and design of the study: AM, SC, MN, DL, LPB

Manuscript Doi: 10.1093/ecco-jcc/jjad060

Generation, Collection, Assembly, Analysis and/or Interpretation of data: SC, JT, MN, YB, MS, JF, XR, AB, GB, DF, GS, AB, EL, SN, VA, JMR, OdW, LV, NM, LPB, CG, MA, SV, CLB, ND, HB, MB, LP, RA, MF, LC, DL, AA

Drafting or revision of the manuscript: JT, SC, MN, YB, MS, JF, XR, AB, GB, DF, GS, AB, EL, SN, VA, JMR, OdW, LV, NM, LPB, CG, MA, SV, CLB, ND, HB, MB, LP, RA, MF, LC, DL, AA

Approval of the final version of the manuscript: JT, SC, MN, YB, MS, JF, XR, AB, GB, DF, GS, AB, EL, SN, VA, JMR, OdW, LV, NM, LPB, CG, MA, SV, CLB, ND, HB, MB, LP, RA, MF, LC, DL, AA

SUMMARY

Background: Fatigue is commonly reported by patients with inflammatory bowel disease (IBD), but the determinants of IBD-related fatigue have yet to be determined.

Aims: To identify the factors associated with fatigue in a large population of patients with IBD.

Patients and methods: Fatigue and nine other IBD-related disability dimensions were assessed in a cohort of 1704 consecutive patients with IBD using the IBD-disk questionnaire in a cross-sectional survey of 42 French and Belgian centers. Fatigue and severe fatigue were defined as energy subscores >5 and >7 , respectively. Determinants of fatigue were assessed using univariate and multivariate analyses (odds ratios (ORs) are provided with 95% confidence intervals).

Results: The prevalence rates of fatigue and severe fatigue were 54.1% and 37.1%, respectively. Both fatigue and severe fatigue were significantly higher in patients with active disease than in patients with inactive disease (64.9% vs. 44.7% and 47.4% vs. 28.6%, respectively; $p < 0.001$ for both comparisons). In the multivariate analysis stratified by age, sex, type of IBD and IBD activity, fatigue was associated with age >40 years (OR=0.71 [0.54-0.93]), female sex (OR=1.48 [1.13-1.93]), IBD-related sick leave (OR=1.61 [1.19-2.16]), and joint pain (OR=1.60 [1.17-2.18]), abdominal pain (OR=1.78 [1.29-2.45]), regulating defecation (OR=1.67 [1.20-2.32]), education and work (OR=1.96 [1.40-2.75]), body image (OR=1.38 [1.02-1.86]), sleep (OR=3.60 [2.66-4.88]) and emotions (OR=3.60 [2.66-4.88]) subscores > 5 .

Conclusion: Determinants of fatigue are not restricted to IBD-related factors but also include social factors, sleep, and emotional disturbances, thus supporting a holistic approach to IBD patient care.

Keywords: Crohn's disease; ulcerative colitis; inflammatory bowel disease; disability; fatigue.

INTRODUCTION

Inflammatory bowel diseases (IBDs), including Crohn's disease (CD) and ulcerative colitis (UC), are chronic relapsing and remitting inflammatory diseases affecting the gastrointestinal tract^{1,2}. IBD is responsible for significant disability³⁻⁵. Disability is an umbrella term encompassing impairments, activity limitations and participation restrictions, thus summarizing the functional dimension of the handicap^{6,7}. Disability could be studied using two validated tools (the IBD-disability index and the IBD-disk) that assess ten dimensions of disability, including joint pain, abdominal pain, regulation of defecation, interpersonal interactions, education and work, sleep, energy, emotions, body image, and sexual functions³⁻⁵.

Fatigue is one of the most prevalent and burdensome symptoms reported by patients with IBD⁸. Recently, a systematic review with meta-analysis estimated the prevalence of fatigue in 12 025 patients with IBD to be 47%, with no difference between CD and UC⁹. Active IBD, anxiety and depression, sleep disturbances and anemia were the most commonly reported fatigue-associated factors. That study found high heterogeneity depending on the definition of fatigue and on the various datasets of patient characteristics. Indeed, fatigue is a multifactorial and multimodal symptom that could be linked not only to inflammation and micronutrient deficits but also to psychosocial and sleep disturbances as well as to exercise deconditioning^{10,11}.

The aim of the present study was to identify the determinants of fatigue in a large population of patients with IBD.

PATIENTS AND METHODS

Study population

Between 26 and 30 November 2018, all consecutive outpatients with IBD who were seen at the outpatient clinic or infusion unit were asked to participate in a cross-sectional multicenter survey^{4,12}. Participating centers were all affiliated with the Groupe d'Etude Therapeutique des Affections Inflammatoires du tube Digestif (GETAID) in France or Belgium. This study was conducted in accordance with French ethical and legal principles through reference methodology MR-004 (Institut National des Donnees de Sante registration number 2210131).

Survey instrument

All patients completed the IBD-disk assessing ten dimensions of IBD-related disability: joint pain, abdominal pain, regulation of defecation, interpersonal interactions, education and work, sleep, energy, emotions, body image, and sexual functions (Table S1 and Figure S1). For each dimension of disability, patients had to score their level of agreement with a specific statement on a 0-10 visual analog scale (VAS; 0 = no burden; 10 = maximal burden). Fatigue was assessed according to the energy statement of the IBD-disk ('I have not felt rested and refreshed during the day and have felt tired and without energy'). According to the original instructions, any subscore > 5 represents a significant disability for each IBD-disk component¹³. Fatigue was defined as an IBD-disk energy subscore > 5, and severe fatigue was defined as > 7.

The recorded data included patient demographics, occupational status, weight and height, type of IBD, age at diagnosis of IBD, duration of IBD, history of surgical treatment of

IBD, current treatment, patient-global assessment of clinical remission, IBD-related sick leave rate, IBD daily life burden (0-10 visual analog scale), frequency of appointments with a gastroenterologist, perceived need for other health care professionals such as a dietician, a psychotherapist, a sexologist, a sports coach, an IBD nurse or a social worker. Current treatments included 5-aminosalicylates, conventional immunosuppressants (namely thiopurine or methotrexate), anti-TNF agents (namely adalimumab, infliximab, certolizumab pegol or golimumab), vedolizumab, ustekinumab, tofacitinib or any other treatment.

Study objectives

The aim of the present study was to assess the prevalence of fatigue and severe fatigue among a large cohort of outpatients with IBD and to identify factors associated with fatigue and severe fatigue.

Statistical analysis

The data are expressed as numbers (%) for qualitative data and as the mean \pm standard deviation (SD) or median [interquartile range] for quantitative data. In the case of a partially incomplete IBD-disk questionnaire (≥ 6 out of 10 completed items), missing data were generated using multiple imputations based on sociodemographic data and available IBD-disk subscores. Multiple imputations consisted of the generation of 50 different complete datasets finally combined in a pooled dataset. Patients with five or more IBD-disk missing items were excluded from the present study. Spearman's rho correlation coefficient[®] was determined to identify correlations between fatigue and other variables. To identify predictors of fatigue and severe fatigue, univariate analysis using the chi²-test was performed. Subsequent multivariate analysis using binary logistic regression models was

performed and adjusted for using the abovementioned variables. Variables with $p < 0.10$ in the univariate analysis were considered potential adjustment variables for the multivariate analysis. Multivariate analysis was stratified by age, sex, type of IBD and IBD activity. All analyses were two-tailed, and p values less than 0.05 were considered significant. All statistics were calculated using SPSS statistical software (SPSS Inc., v23, Chicago, IL, USA).

RESULTS

Study population

We included 1704 patients in 42 tertiary care centers in the present study (802 (47.1%) males, median age of 39.0 [interquartile range (IQR) 29.0–51.0] years; 67.7% of Crohn's disease). Table 1 summarizes the main characteristics of the study population. The median duration of IBD was 10.5 [IQR 5.5-18.5] years. Current treatment included 5-aminosalicylates in 8.6% of the cases, conventional immunosuppressants alone in 10.4%, anti-TNF agents in 54.8%, vedolizumab in 13.8% and ustekinumab in 6.5%, and for 6.3% of the cases, no treatment was currently prescribed.

Prevalence of fatigue and severe fatigue in the study population

The mean overall fatigue VAS was 5.7 ± 3.2 (Table 1). The prevalence of fatigue was 54.1%, and the prevalence of severe fatigue was 37.1%. The patient global assessment of clinical remission was missing in 205 out of 1704 patients. The prevalence of fatigue was significantly higher in patients with active disease according to the patient global assessment (64.9% vs. 44.7%, $p < 0.001$). The prevalence of severe fatigue was significantly higher in patients with active disease according to the patient global assessment (47.4% vs. 28.6%, $p < 0.001$).

Correlations between fatigue and other variables

Significant correlations were observed between fatigue and all the other dimensions of IBD-related disability assessed by the IBD-disk (Table 2). The strongest correlations were observed between fatigue and sleep disturbances ($R^2 = 0.624$) and between fatigue and emotional disturbances ($R^2 = 0.633$). In patients with fatigue, sleep and emotional disturbances were significantly higher compared with those without fatigue (69.7% vs. 20.1% and 61.5% vs. 14.0%, respectively, $P < 0.001$ for both comparisons).

Predictors of fatigue and severe fatigue in the study population

In the multivariate analysis stratified by age, gender type of IBD and IBD activity, fatigue was significantly increased in female patients (OR=1.48, 95% CI [1.13-1.93], $p=0.004$), age > 40 years (OR=0.71, 95% CI [0.54-0.93], $p=0.01$), IBD-related sick leave (OR=1.61 95% CI [1.19-2.16], $p=0.002$), joint pain subscore > 5 (OR=1.52, 95% CI [1.12-2.07], $p<0.001$), abdominal pain subscore > 5 (OR = 1.78, 95% CI [1.29-2.45], $p < 0.001$), regulating defecation subscore > 5 (OR 1.67, 95% CI [1.20-2.3], $p=0.002$), education and work subscore > 5 (OR=1.96, 95% CI [1.40-2.75], $p<0.001$), sleep subscore > 5 (OR=3.77, 95% CI [2.86-4.88], $p<0.001$), emotions subscore > 5 (OR=3.60, 95% CI [2.66-4.88], $p<0.001$) and body image subscore > 5 (OR=1.38, 95% CI [1.02-1.86], $p=0.04$) (Table 4).

In the multivariate analysis stratified by age, sex, type of IBD and IBD activity, severe fatigue was significantly increased in female patients (OR=1.37, 95% CI [1.04-1.79], $p=0.02$), and in patients with joint pain subscore > 5 (OR=1.45, 95% CI [1.09-1.93], $p=0.01$), abdominal pain subscore > 5 (OR=1.79, 95% CI [1.30-2.47], $p<0.001$), regulating defecation subscore > 5 (OR=1.43, 95% CI [1.06-1.94], $p<0.001$), education and work subscore > 5

(OR=2.21, 95% CI [1.63-3.01], $p < 0.001$), sleep subscore > 5 (OR=3.73, 95% CI [2.82-4.95], $p < 0.001$) and emotions subscore > 5 (OR=3.65, 95% CI [2.75-4.83], $p < 0.001$) (Table 5).

DISCUSSION

Fatigue is a burdensome, multidimensional, and multifactorial symptom implying a lack of energy or exhaustion that is out of proportion to physical exertion, that limits daily activities, and that is not relieved by rest¹⁴. In this large multicenter study, we showed that fatigue was influenced by age, sex, and many impaired dimensions assessed by the IBD-disk, mostly emotional and sleep disturbances. In parallel, fatigue was associated with IBD-related sick leave and clinical symptoms, such as joint and abdominal pain, and difficulties in regulating defecation.

Sleep disturbances are commonly reported in the general population and are linked with worsening of health-related quality of life¹⁵. Sleep disturbances have also been widely reported in patients with IBD, mostly with questionnaire-based tools rather than with polysomnography. In a recent meta-analysis, patients with IBD had poorer sleep quality than controls¹⁶. Sleep disturbances and IBD activity are mutually impacted through the brain-gut axis. Indeed, in another meta-analysis, poor sleep quality was associated with an increased risk for disease activity without any clue of a potential causal relationship¹⁷. In the present study, we also observed a high prevalence of sleep disturbances (sleep subscore > 5) and severe sleep disturbances (emotion subscore > 7) in 47.0% and 30.9% of patients, respectively. Patients with active IBD had more sleep disturbances than those without active IBD (56.0% vs. 38.6%, $p < 0.001$).

Many patients with IBD may experience symptoms of common mental disorders such as anxiety or depression^{18,19}. Such an association may be either fortuitous or induced by systemic inflammation, chronicity of symptoms and reduced social functioning. In a recent meta-analysis, the pooled prevalence of anxiety and depression in patients with IBD was 32.1% [28.3%-36.0%] and 25.2% [22.0%-28.5%], respectively, without any difference between CD and UC and with a higher prevalence in women. In the present study, emotional disturbances, including anxiety and depression, were observed in 39.7% of patients with IBD (emotion subscore >5).

The association of fatigue, sleep disorders and anxiety and depression has been previously reported in the general population as well as in patients with IBD^{15,20,21}. Indeed, sleep disturbances have often been linked to most mental health conditions, including anxiety and depression¹⁵. In a large randomized controlled trial including 3755 patients, improving sleep using digital cognitive behavioral therapy was associated with the improvement of psychiatric symptoms²². However, this triple association is not easy to manage and is much more a multidirectional association between fatigue, sleep and emotional disturbances. Although not specific to IBD, those symptoms should be prospectively evaluated to lower the IBD-related burden irrespective of the specific management of IBD.

In the present study, the presence of IBD-related sick leave was associated with a higher rate of fatigue. Similarly, active workers and students had lower rates of fatigue than unemployed workers, remote workers and retired patients, but only in the univariate

analysis. Many studies have evaluated the impact of IBD on work productivity. Recently, a pan-European study estimated that the mean annual cost of absenteeism ranges from €1253 to €7915²³. Patients in clinical remission had a lower annual indirect cost than those with active IBD. The authors suggest that the cost of absenteeism should be prospectively screened as an indirect marker of IBD-related disability.

Our study has several limitations. First, this cross-sectional study was not designed to specifically study fatigue and its determinants but to more broadly study IBD-related disability. Thus, we did not use a specific questionnaire and indices of fatigue but a 0-10 VAS included in the IBD-disk questionnaire. Second, being an anonymous study, our dataset did not include an objective assessment of systemic inflammation, such as C-reactive protein or fecal calprotectin, or nutritional status, such as hemoglobin or albumin. It is conceivable that malnutrition, anaemia and systemic inflammation may have an impact on perceived fatigue. Third, such a cross-sectional study provides limited evidence concerning changes over time and the opportunity to lower fatigue through the management of IBD. As such, it is conceivable that we underestimate the impact of clinical symptoms on the emergence of IBD-related fatigue. Last, looking at outpatients, we did not ask specifically for current use of prednisone and/or prednisolone in the treatment list. However, very few patients reported taking steroids as "other treatment". The absence of a specific box for steroids in our questionnaire may have underestimate the proportion of patients with ongoing steroids.

In conclusion, fatigue is a highly common symptom in patients with IBD that contributes to disability even in patients who report being in clinical remission. We identified a vicious cycle implicating fatigue, sleep disorders and emotional disturbances such as anxiety and depression. The management of IBD must involve a multidisciplinary team, including psychotherapists and sleep specialists. Further studies are needed to better assess ways of dealing with fatigue in patients with IBD to improve the health-related quality of life of our patients with IBD.

TABLE AND FIGURE LEGENDS

TABLE LEGENDS

Table 1: Demographic, disease and medication characteristics of the study population

Table 2: Pearson's correlation coefficient R^2 assessing the convergent validity of Fatigue and other IBD-disk subscores evaluating other dimensions of IBD-related disability

Table 3: Proportion of patients with IBD-disk subscore >5 according to the presence of fatigue and severe fatigue

Table 4: Predictors of fatigue in our study population of 1704 patients

Table 5: Predictors of severe fatigue in our study population of 1704 patients

REFERENCES

1. Torres J., Mehandru S., Colombel J-F., Peyrin-Biroulet L. Crohn's disease. *Lancet* 2017;**389**(10080):1741–55. Doi: 10.1016/S0140-6736(16)31711-1.
2. Ungaro R., Mehandru S., Allen PB., Peyrin-Biroulet L., Colombel J-F. Ulcerative colitis. *Lancet* 2017;**389**(10080):1756–70. Doi: 10.1016/S0140-6736(16)32126-2.
3. Le Berre C., Flamant M., Bouguen G., Siproudhis L., Dewitte M., Dib N., et al. VALIDation of the IBD-Disk Instrument for Assessing Disability in Inflammatory Bowel Diseases in a French Cohort: The VALIDate Study. *J Crohns Colitis* 2020;**14**(11):1512–23. Doi: 10.1093/ecco-jcc/jjaa100.
4. Tadbiri S., Nachury M., Bouhnik Y., Serrero M., Hébuterne X., Roblin X., et al. The IBD-disk is a reliable tool to assess the daily-life burden of patients with inflammatory bowel disease. *J Crohns Colitis* 2020. Doi: 10.1093/ecco-jcc/jjaa244.
5. Gower-Rousseau C., Sarter H., Savoye G., Tavernier N., Fumery M., Sandborn WJ., et al. Validation of the Inflammatory Bowel Disease Disability Index in a population-based cohort. *Gut* 2017;**66**(4):588–96. Doi: 10.1136/gutjnl-2015-310151.
6. Peyrin-Biroulet L., Cieza A., Sandborn WJ., Kostanjsek N., Kamm MA., Hibi T., et al. Disability in inflammatory bowel diseases: developing ICF Core Sets for patients with inflammatory bowel diseases based on the International Classification of Functioning, Disability, and Health. *Inflamm Bowel Dis* 2010;**16**(1):15–22. Doi: 10.1002/ibd.21010.
7. *International Classification of Functioning, Disability and Health (ICF)*. Geneva: WHO; 2001.
8. Farrell D., McCarthy G., Savage E. Self-reported Symptom Burden in Individuals with Inflammatory Bowel Disease. *J Crohns Colitis* 2016;**10**(3):315–22. Doi: 10.1093/ecco-jcc/jjv218.
9. D'Silva A., Fox DE., Nasser Y., Vallance JK., Quinn RR., Ronksley PE., et al. Prevalence and Risk Factors for Fatigue in Adults With Inflammatory Bowel Disease: A Systematic Review With Meta-Analysis. *Clin Gastroenterol Hepatol* 2022;**20**(5):995-1009.e7. Doi: 10.1016/j.cgh.2021.06.034.
10. McGing JJ., Radford SJ., Francis ST., Serres S., Greenhaff PL., Moran GW. Review article: The aetiology of fatigue in inflammatory bowel disease and potential therapeutic management strategies. *Aliment Pharmacol Ther* 2021;**54**(4):368–87. Doi: 10.1111/apt.16465.

11. Christensen KR., Ainsworth MA., Steenholdt C., Buhl S., Skougaard M., Brynskov J., et al. Fatigue is a systemic extraintestinal disease manifestation largely independent of disease activity, chronicity, and nutritional deficiencies in inflammatory bowel disease on biologics. *Scand J Gastroenterol* 2022;1–7. Doi: 10.1080/00365521.2022.2060049.
12. Tannoury J., Nachury M., Martins C., Serrero M., Filippi J., Roblin X., et al. Determinants of IBD-related disability: a cross-sectional survey from the GETAID. *Aliment Pharmacol Ther* 2021. Doi: 10.1111/apt.16353.
13. Ghosh S., Louis E., Beaugier L., Bossuyt P., Bouguen G., Bourreille A., et al. Development of the IBD Disk: A Visual Self-administered Tool for Assessing Disability in Inflammatory Bowel Diseases. *Inflamm Bowel Dis* 2017;**23**(3):333–40. Doi: 10.1097/MIB.0000000000001033.
14. Barsevick AM., Cleeland CS., Manning DC., O’Mara AM., Reeve BB., Scott JA., et al. ASCPRO recommendations for the assessment of fatigue as an outcome in clinical trials. *J Pain Symptom Manage* 2010;**39**(6):1086–99. Doi: 10.1016/j.jpainsymman.2010.02.006.
15. Freeman D., Sheaves B., Waite F., Harvey AG., Harrison PJ. Sleep disturbance and psychiatric disorders. *Lancet Psychiatry* 2020;**7**(7):628–37. Doi: 10.1016/S2215-0366(20)30136-X.
16. Ballesio A., Zagaria A., Baccini F., Micheli F., Di Nardo G., Lombardo C. A meta-analysis on sleep quality in inflammatory bowel disease. *Sleep Med Rev* 2021;**60**:101518. Doi: 10.1016/j.smrv.2021.101518.
17. Hao G., Zhu B., Li Y., Wang P., Li L., Hou L. Sleep quality and disease activity in patients with inflammatory bowel disease: a systematic review and meta-analysis. *Sleep Med* 2020;**75**:301–8. Doi: 10.1016/j.sleep.2020.08.032.
18. Barberio B., Zamani M., Black CJ., Savarino EV., Ford AC. Prevalence of symptoms of anxiety and depression in patients with inflammatory bowel disease: a systematic review and meta-analysis. *Lancet Gastroenterol Hepatol* 2021;**6**(5):359–70. Doi: 10.1016/S2468-1253(21)00014-5.
19. Umar N., King D., Chandan JS., Bhala N., Nirantharakumar K., Adderley N., et al. The association between inflammatory bowel disease and mental ill health: a retrospective cohort study using data from UK primary care. *Aliment Pharmacol Ther* 2022;**56**(5):814–22. Doi: 10.1111/apt.17110.
20. Borren NZ., van der Woude CJ., Ananthakrishnan AN. Fatigue in IBD: epidemiology, pathophysiology and management. *Nat Rev Gastroenterol Hepatol* 2019;**16**(4):247–59. Doi: 10.1038/s41575-018-0091-9.

21. Canakis A., Qazi T. Sleep and Fatigue in IBD: an Unrecognized but Important Extra-intestinal Manifestation. *Curr Gastroenterol Rep* 2020;**22**(2):8. Doi: 10.1007/s11894-020-0746-x.
22. Freeman D., Sheaves B., Goodwin GM., Yu L-M., Nickless A., Harrison PJ., et al. The effects of improving sleep on mental health (OASIS): a randomised controlled trial with mediation analysis. *Lancet Psychiatry* 2017;**4**(10):749–58. Doi: 10.1016/S2215-0366(17)30328-0.
23. Holko P., Kawalec P., Sajak-Szczerba M., Avedano L., Mossakowska M. Indirect Costs of Inflammatory Bowel Diseases: A Comparison of Patient-Reported Outcomes Across 12 European Countries. *Inflamm Bowel Dis* 2022:izac144. Doi: 10.1093/ibd/izac144.

Table 1: Demographic, disease and medication characteristics of the study population

Characteristic	Overall population (n = 1704)
Age, years (median [IQR])	39.0 [29.0-51.0]
Male gender, no (%)	802 (47.1%)
BMI, kg/m² (mean ± sd)	24.3 ± 5.1
Duration of IBD, years (median [IQR])	10.5 [5.5-18.5]
Age at diagnosis, years (median [IQR])	24.6 [18.6-34.6]
Type of inflammatory bowel disease, (%)	
Crohn's disease	1109 (67.7%)
Ulcerative colitis	595 (32.3%)
History of intestinal resection, no (%)	763 (44.8%)
Occupational status, %	
Employed	1070 (62.8%)
Homemaker	145 (8.5%)
Unemployed	154 (9.0%)
Student	137 (8.0%)
Retired	198 (11.6%)

Perceived need for health care	
professionals	423 (24.8%)
Dietician	240 (14.1%)
Psychologist	150 (8.8%)
Sexologist	363 (21.3%)
Sports coach	107 (6.3%)
IBD nurse	141 (8.3%)
Social worker	
Current treatment	
None	108 (6.3%)
5-ASA	147 (8.6%)
Immunomodulator alone	178 (10.4%)
Anti-TNF	933 (54.8%)
Vedolizumab	235 (13.8%)
Ustekinumab	111 (6.5%)
Fatigue	922 (54.1%)
Severe fatigue	633 (37.1%)
IBD-disk subscores	
Joint pain	3.9 ± 3.2
Abdominal pain	4.2 ± 3.1

Regulating defecation	3.8 ± 3.4
Interpersonal interactions	2.5 ± 3.0
Education and work	4.0 ± 3.4
Sleep	4.9 ± 3.4
Energy	5.7 ± 3.2
Emotions	4.5 ± 3.3
Body image	3.9 ± 3.4
Sexual functions	2.9 ± 3.2

5-ASA: 5-aminosalicylic acid; BMI: body mass index; IBD: inflammatory bowel disease.

Table 2: Pearson’s correlation coefficient R^2 assessing the convergent validity of Fatigue and other IBD-disk subscores evaluating other dimensions of IBD-related disability

	Fatigue
Joint pain	0.381
Abdominal pain	0.504
Regulating defecation	0.456
interpersonal interactions	0.407
Education and work	0.593
Sleep	0.624
Emotions	0.633
Body image	0.416
Sexual functions	0.393
Overall IBD-disk score	0.758
IBD daily life burden	0.453

P values for each Pearson’s correlation coefficient were < 0.001.

IBD: inflammatory bowel disease

Table 3: Proportion of patients with IBD-disk subscore >5 according to the presence of fatigue and severe fatigue

Proportions of patients with IBD-disk subscores > 5	Fatigue (n = 924)	Absence of fatigue (n = 780)	P	Severe fatigue (n = 633)	Absence of severe fatigue (n = 1071)	P
Joint pain > 5	43.4%	17.6%	<0.001	48.0%	21.8%	<0.001
Abdominal pain > 5	52.1%	16.0%	<0.001	59.4%	21.5%	<0.001
Regulating defecation > 5	47.1%	15.6%	<0.001	52.3%	21.1%	<0.001
interpersonal interactions > 5	26.8%	8.8%	<0.001	30.6%	11.5%	<0.001
Education and work > 5	53.2%	12.3%	<0.001	61.8%	18.4%	<0.001
Sleep > 5	69.7%	20.1%	<0.001	77.3%	29.1%	<0.001
Emotions > 5	61.5%	14.0%	<0.001	70.5%	21.6%	<0.001
Body image > 5	47.1%	19.2%	<0.001	50.4%	24.8%	<0.001
Sexual functions > 5	36.6%	13.1%	<0.001	40.9%	16.9%	<0.001

IBD: inflammatory bowel disease.

Table 4: Predictors of fatigue in our study population of 1704 patients

	OR [95%CI] on univariable analysis	p	OR [95%CI] on multivariable analysis	p
Age >40 years	0.90 [0.74-1.08]	0.26	0.71 [0.54-0.93]	0.01
Female gender	2.17 [1.79-2.64]	< 0.001	1.48 [1.13-1.93]	0.004
Clinical remission assessed by patient global assessment	0.44 [0.35-0.54]	< 0.001	-	NS
IBD related sick leave	1.89 [1.52-2.34]	< 0.001	1.61 [1.19-2.16]	0.002
Perceived need for health care professionals				
Psychotherapist	2.00 [1.49-2.67]	< 0.001	-	NS
Sexologist	2.09 [1.44-2.79]	< 0.001	-	NS
Sports coach	1.48 [1.16-1.87]	0.001	-	NS
Social worker	1.54 [1.08-2.21]	0.02	-	NS

IBD-disk subscores				
Joint pain > 5	3.60 [2.87-4.50]	< 0.001	1.60 [1.17-2.18]	0.003
Abdominal pain > 5	5.68 [4.52-7.14]	< 0.001	1.78 [1.29-2.45]	< 0.001
Regulating defecation > 5	4.81 [3.80-6.06]	< 0.001	1.67 [1.20-2.32]	0.002
Interpersonal interactions > 5	3.77 [2.84-5.03]	< 0.001	-	NS
Sleep > 5	8.13 [6.33-10.42]	< 0.001	1.96 [1.40-2.75]	< 0.001
Emotions > 5	9.09 [7.30-11.36]	< 0.001	3.77 [2.86-4.88]	< 0.001
Body image > 5	9.80 [7.69-12.50]	< 0.001	3.60 [2.66-4.88]	< 0.001
Sexual functions > 5	3.73 [2.99-4.65]	< 0.001	1.38 [1.02-1.86]	0.04
	3.83 [2.99-4.90]	< 0.001	-	NS

OR: odds ratio; CI: confidence interval; NS: not significant. Odds ratios (ORs) with 95% confidence intervals (CIs) were estimated using binary logistic regression.

Table 5: Predictors of severe fatigue in our study population of 1704 patients

	OR [95%CI] on univariable analysis	p	OR [95%CI] on multivariable analysis	p
Female gender	2.05 [1.68-2.51]	< 0.001	1.37 [1.04-1.79]	0.02
Active worker and student	0.76 [0.62-0.94]	0.01	-	NS
Clinical remission assessed by patient global assessment	0.45 [0.36-0.55]	< 0.001	-	NS
IBD related sick leave	1.51 [1.20-1.90]	< 0.001	-	NS
Perceived need for health care professionals				
Psychotherapist	1.86 [1.41-2.44]	< 0.001	-	NS
Sexologist	1.73 [1.24-2.43]	0.001	-	NS
Sports coach	1.65 [1.12-2.45]	0.01	-	NS
Social worker	1.55 [1.09-2.19]	0.01	-	NS

IBD-disk subscores				
Joint pain > 5	3.30 [2.67-4.08]	< 0.001	1.45 [1.09-1.93]	0.01
Abdominal pain > 5	5.35 [4.31-6.62]	< 0.001	1.85 [1.38-2.49]	< 0.001
Regulating defecation > 5	4.10 [3.31-5.08]	< 0.001	1.43 [1.06-1.94]	0.02
Interpersonal interactions > 5	3.40 [2.65-4.39]	< 0.001	1.43 [1.01-2.04]	< 0.001
Sleep > 5	7.14 [5.75-8.93]	< 0.001	2.21 [1.63-3.01]	< 0.001
Emotions > 5	8.26 [6.58-10.42]	< 0.001	3.73 [2.82-4.95]	< 0.001
Body image > 5	8.70 [6.94-10.87]	< 0.001	3.65 [2.75-4.83]	< 0.001
Sexual functions > 5	3.08 [2.49-3.79]	< 0.001	-	NS
	3.40 [2.72-4.27]	< 0.001	-	NS

OR: odds ratio; CI: confidence interval; NS: not significant. Odds ratios (ORs) with 95% confidence intervals (CIs) were estimated using binary logistic regression.