

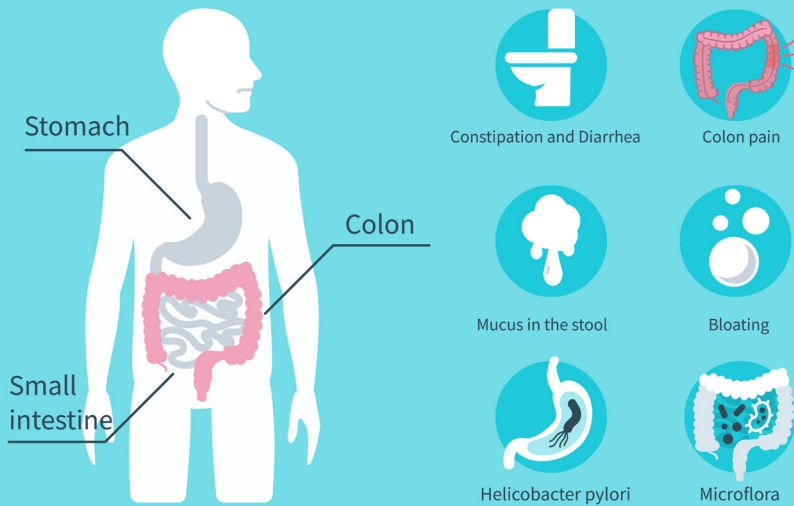
# IBS SIGNS AND SYMPTOMS

Irritable Bowel Syndrome



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POST-TRAUMATIC STRESS DISORDER LIBRARY



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## POST-TRAUMATIC STRESS DISORDER Factsheet

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### How is irritable bowel syndrome related to PTSD?

Irritable bowel syndrome is a common gastrointestinal disorder characterised by chronic abdominal pain and a change in the frequency or form of stool. Its pathophysiology remains poorly understood but is thought to involve dysregulation of the hypothalamic–pituitary–adrenal axis, neuroendocrine alterations, and emotional hypersensitivity. Mechanisms that might underlie any association between PTSD and irritable bowel syndrome include hyperarousal, an exaggerated response to stress, and hypervigilance to bodily sensations.

### What is the evidence for irritable bowel syndrome in people with PTSD?

Moderate quality evidence finds a medium-sized effect of increased rates of irritable bowel syndrome in people with PTSD, and in those exposed to trauma who do not have PTSD, than in people who were not exposed to trauma.



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*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about PTSD and its treatment with your doctor or other health care provider.*

For more information see the technical table

### HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate](http://neura.edu.au/donate)

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