

Irritable Bowel Syndrome: Prevalence, Risk Factor among Saudi Population

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ABSTRACT

Study Design: Cross sectional.

Background: Irritable bowel syndrome (IBS) is a typical constant useful gastrointestinal (GI) jumble. The point of this study is to survey the commonness of IBS and its risk factors among everyone of Saudi Arabia, as there is no past review has done as such.

Techniques: A cross-sectional review was completed to assess the predominance of IBS, IBS subtypes and IBS risk factors among everyone of Saudi Arabia from June 2022 to November 2022. A planned survey that depends on ROME IV models and authorized from Rome Foundation was utilized. The regularity of irritable inside issue (IBS) generally speaking leftover parts heterogeneous. In Saudi Arabia, there are lacking assessments on the transcendence of IBS among everybody, yet the ordinariness of IBS in unambiguous master social affairs has been represented. This study was directed to conclude the power of IBS and its connected bet factors in the Abha Region of Saudi Arabia.

Methods: In this cross-sectional study, data were collected by the purposely constructed questionnaire. The study was conducted in the Aseer region of Saudi Arabia. After collection of data, data were coded and entered in the SPSS ver.20 software for analyses

Results: 71.4% were working 6-8 hours per day, 30.2% were students and 26.7% were housewives, 71.4% were living in cities while rest in villages ,61.9% were married,26.1% had diabetes ,23.2% had hypertension,28.6% were current smokers while 47.6% were non smokers otyhers left smoking .

Conclusion: The current study uncovered an IBS pervasiveness pace of 23.81% in the south-west area of Saudi Arabia. IBS was essentially connected with female sex, tobacco smoking, and emotional well-being problems, chiefly stress and tension. Our discoveries will give knowledge with respect to the effect of IBS on our local area.

Keywords: Irritable bowel syndrome, Sleep, Risk actors, Awareness

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