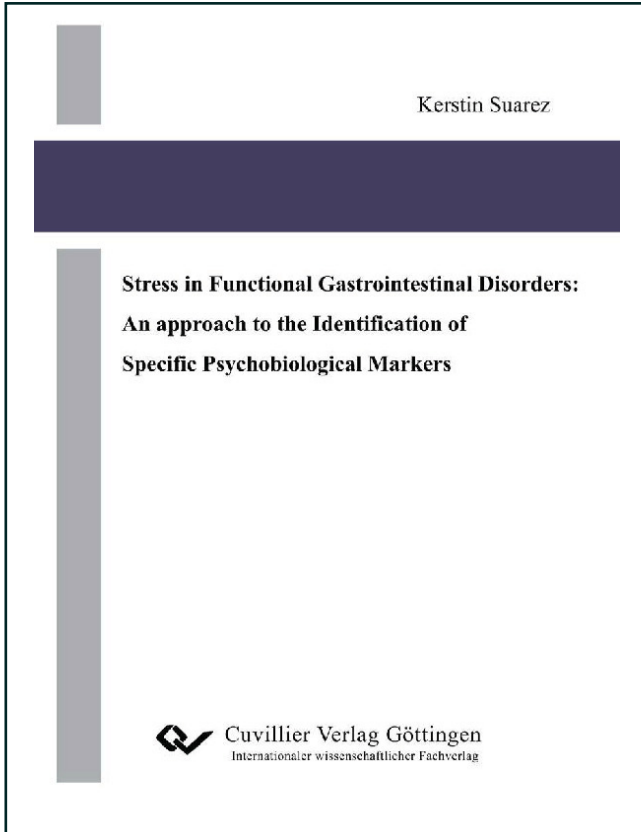




Kerstin Suarez (Autor)

Stress in Functional Gastrointestinal Disorders: An approach to the Identification of Specific Psychobiological Markers



Kerstin Suarez

**Stress in Functional Gastrointestinal Disorders:
An approach to the Identification of
Specific Psychobiological Markers**



Cuvillier Verlag Göttingen
Internationaler wissenschaftlicher Fachverlag

<https://cuvillier.de/de/shop/publications/954>

Copyright:

Cuvillier Verlag, Inhaberin Annette Jentsch-Cuvillier, Nonnenstieg 8, 37075 Göttingen, Germany
Telefon: +49 (0)551 54724-0, E-Mail: info@cuvillier.de, Website: <https://cuvillier.de>

CONTENTS:

ACKNOWLEDGEMENTS	4
ABSTRACT.....	6
TABLES.....	8
FIGURES.....	9
ACRONYMS.....	10
1. INTRODUCTION	11
2. FUNCTIONAL GASTROINTESTINAL DISORDERS (FGID).....	13
2.1. DEFINITION AND DIAGNOSTIC CRITERIA OF FGID.....	13
2.1.1. <i>A prevalent FGID: The Irritable Bowel Syndrome (IBS)</i>	16
2.2. DIFFERENTIATION BETWEEN FGID AND OTHER FUNCTIONAL SOMATIC SYNDROMES.....	22
2.3. EPIDEMIOLOGY AND COURSE OF ILLNESS IN FGID.....	23
2.4. SEX AND GENDER DIFFERENCES IN FGID.....	24
2.5. VALIDATED CHARACTERISTICS OF INDIVIDUALS WITH FGID.....	25
2.5.1. <i>Health Care Seeking and Illness Behavior</i>	25
2.5.2. <i>Personal impact and quality of life</i>	26
2.5.3. <i>Personality traits</i>	27
2.5.4. <i>Comorbidity in FGID</i>	27
2.5.4.1. Psychiatric comorbidity.....	27
2.5.4.2. Somatic comorbidity	28
3. ETIOLOGICAL FACTORS OF FGID.....	31
3.1. GASTROINTESTINAL (DYS-) MOTILITY.....	31
3.2. INFLAMMATION AND POSTINFECTIOUS IBS (PI-IBS)	32
3.3. VISCERAL HYPERSENSITIVITY	33
3.3.1. <i>Pain perception</i>	34
3.3.2. <i>Visceral perception in FGID</i>	34
3.4. GENETICS.....	36
3.5. LIFESTYLE FACTORS	38

3.6.	STRESS.....	38
3.6.1.	<i>Digression: Theoretical stress concepts</i>	39
3.6.2.	<i>Effects of acute stress on the gastrointestinal tract</i>	42
3.6.3.	<i>Chronic stress and daily life stress in patients with FGID</i>	45
3.6.4.	<i>Life events in patients with FGID</i>	46
3.6.5.	<i>Abuse experience in patients with FGID</i>	46
3.6.6.	<i>Coping in patients with FGID</i>	47
3.7.	THE BRAIN-GUT AXIS	48
3.7.1.	<i>The enteric nervous system (ENS)</i>	48
3.7.2.	<i>The brain-gut (CNS-ENS) connection</i>	48
3.7.3.	<i>An important mediator of the brain-gut axis: The hypothalamus-pituitary-adrenal (HPA) axis</i>	51
3.7.3.1.	<i>Structures and function of the HPA axis</i>	51
3.7.3.2.	<i>HPA axis dysregulation in IBS</i>	53
3.8.	INTEGRATION: A BIO-PSYCHO-SOCIAL MODEL.....	56
4.	HPA AXIS DYSREGULATION IN STRESS-RELATED DISORDERS	58
5.	STUDY IDEA AND HYPOTHESIS.....	60
6.	EMPIRICAL STUDY I: “PSYCHOLOGICAL STRESS AND SELF-REPORTED FUNCTIONAL GASTROINTESTINAL DISORDERS”.....	62
6.1.	INTRODUCTION	62
6.2.	METHODS	64
6.2.1.	<i>Subjects and data collection procedure</i>	64
6.2.2.	<i>Psychological measurement instruments</i>	65
6.2.3.	<i>Statistical analyses</i>	66
6.3.	RESULTS	66
6.3.1.	<i>Subjects’ characteristics</i>	66
6.3.2.	<i>Prevalence of FGID</i>	66
6.3.3.	<i>Subjective stress and inter-individual stress reactivity</i>	68
6.4.	DISCUSSION	69

7. EMPIRICAL STUDY II: “ALTERED PSYCHOBIOLOGICAL STRESS RESPONSIVENESS IN WOMEN WITH IRRITABLE BOWEL SYNDROME”	73
7.1. INTRODUCTION	73
7.2. METHODS	76
7.2.1. <i>Subject Recruitment and Screening</i>	76
7.2.2. <i>Study Protocol</i>	77
7.2.3. <i>The Trier Social Stress Test (TSST)</i>	78
7.2.4. <i>Sampling Methods and Biochemical Analyses</i>	79
7.2.5. <i>Assessment of psychometric data, (extra-) gastrointestinal symptoms and trauma</i>	79
7.2.6. <i>Statistical Analyses</i>	80
7.3. RESULTS	81
7.3.1. <i>Sample characteristics and psychometric results</i>	81
7.3.2. <i>Morning and diurnal free salivary cortisol profiles</i>	83
7.3.3. <i>Stress response to the TSST</i>	85
7.3.3.1. <i>Biological stress reaction</i>	86
7.3.3.2. <i>Anticipatory stress appraisal and psychological stress response</i>	88
7.4. DISCUSSION	89
8. GENERAL DISCUSSION	95
8.1. SUMMARY OF THE RESULTS OF STUDY I AND STUDY II.....	95
8.1.1. <i>Psychological Stress and Self-Reported FGID</i>	95
8.1.2. <i>Altered psychobiological stress responsiveness to psychosocial stress in women with irritable bowel syndrome</i>	96
8.2. INTEGRATION OF CURRENT FINDINGS.....	96
8.3. SUMMARY OF LIMITATIONS.....	101
8.4. CLINICAL IMPLICATIONS AND DIRECTIONS OF FUTURE RESEARCH	103
9. REFERENCES	106