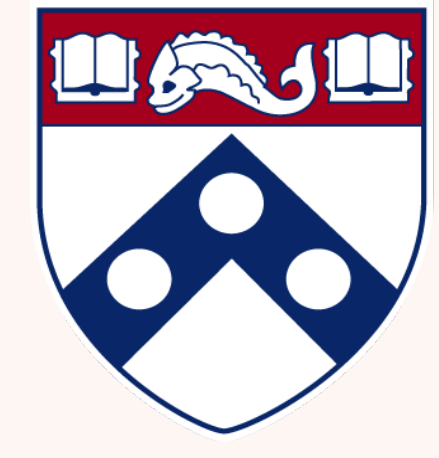


Acceptability and Efficacy of Zedy App versus an Educational and Relaxation Training App for IBS



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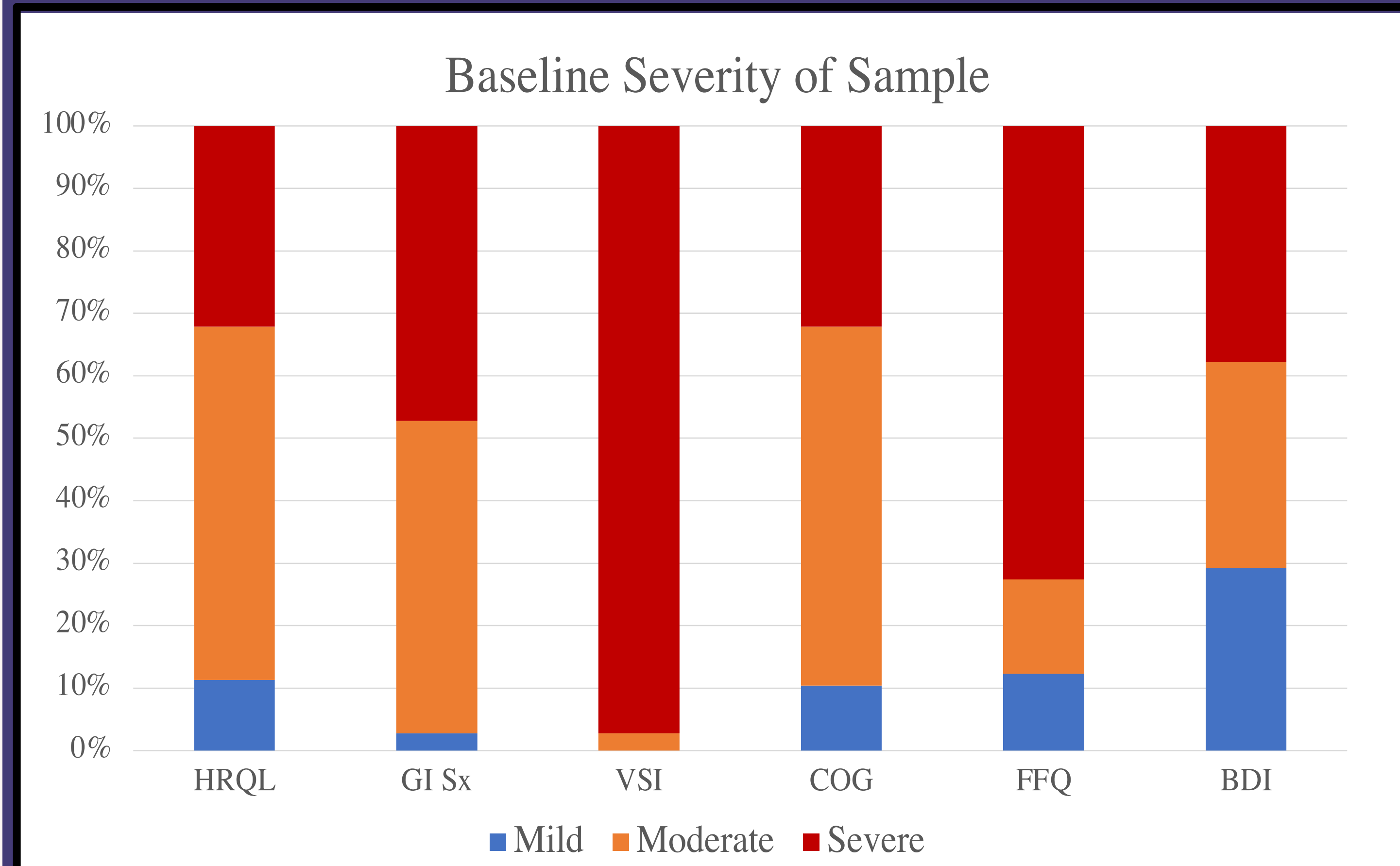
BACKGROUND

- **Irritable Bowel Syndrome (IBS)** is a chronic GI disorder of centralized pain processing
- **Prevalence** = up to 10% of US population
- **Psychiatric comorbidity with IBS** = up to 90% in treatment seeking patients
- **Impact on Quality of Life** includes social and occupational impairments
- **Treatment of Choice** = GI informed Cognitive-Behavioral Therapy (CBT)
- **Limited Access to Care because**
 - GI knowledgeable CBT therapists are limited
 - Geographical and financial constraints of patients

ZEDY VERSION 1.0 vs. 2.0

- Zedy V 1.0 was proven to be an effective treatment for IBS. Users showed significant improvements on primary (HRQL, GI symptom severity) and secondary outcome measures (depression, fear of food, etc.).
- Significant limitations to V 1.0 included low user engagement, with participants being somewhat unsatisfied with app flow and overall usability.
- V 2.0 is meant to address these problems with better flow and fewer modules, with entertaining animations and patient stories.
- The RCT for V 1.0 utilized a waitlist control group, which is not as robust as an active control group with a sham app.

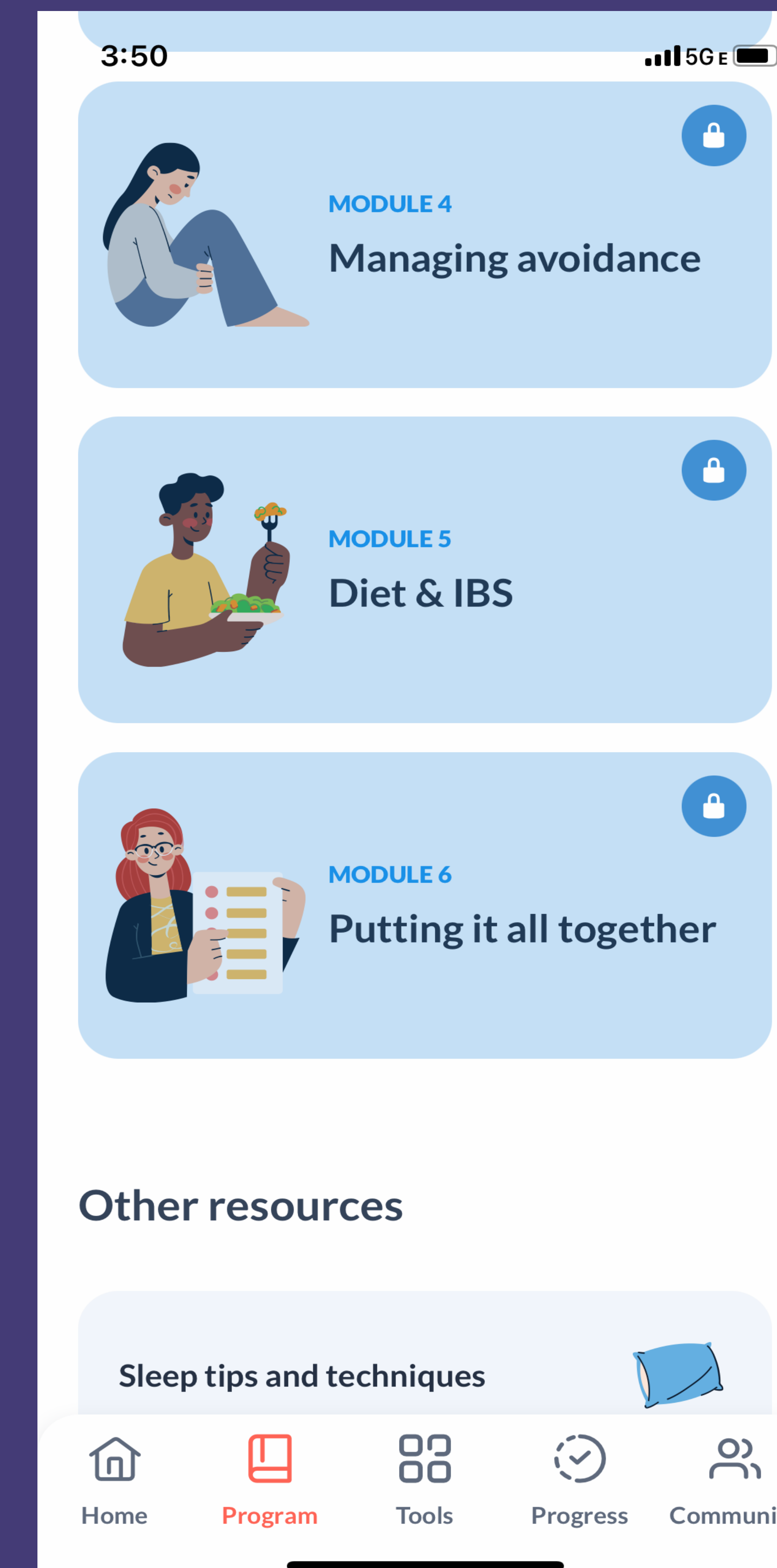
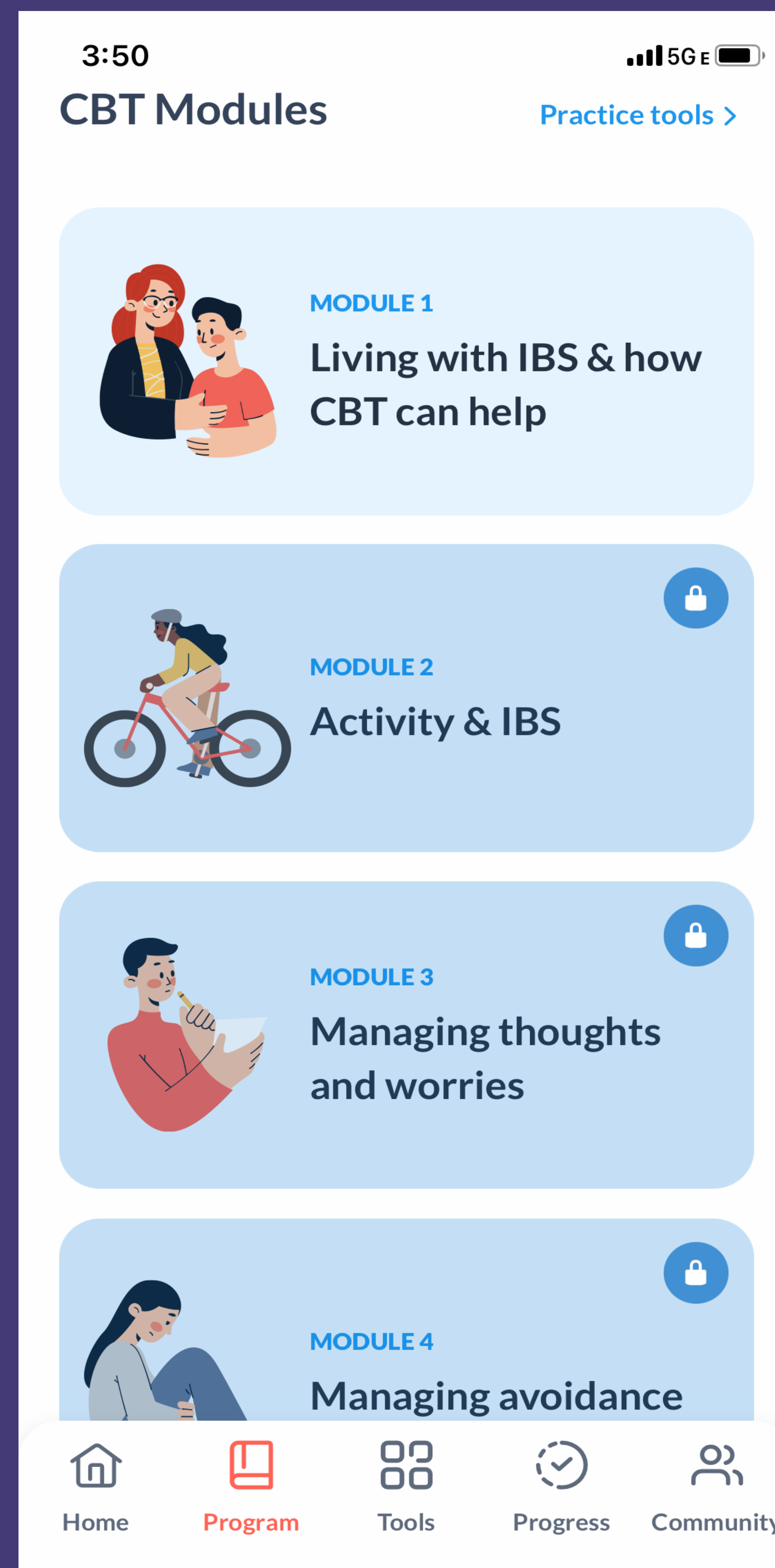
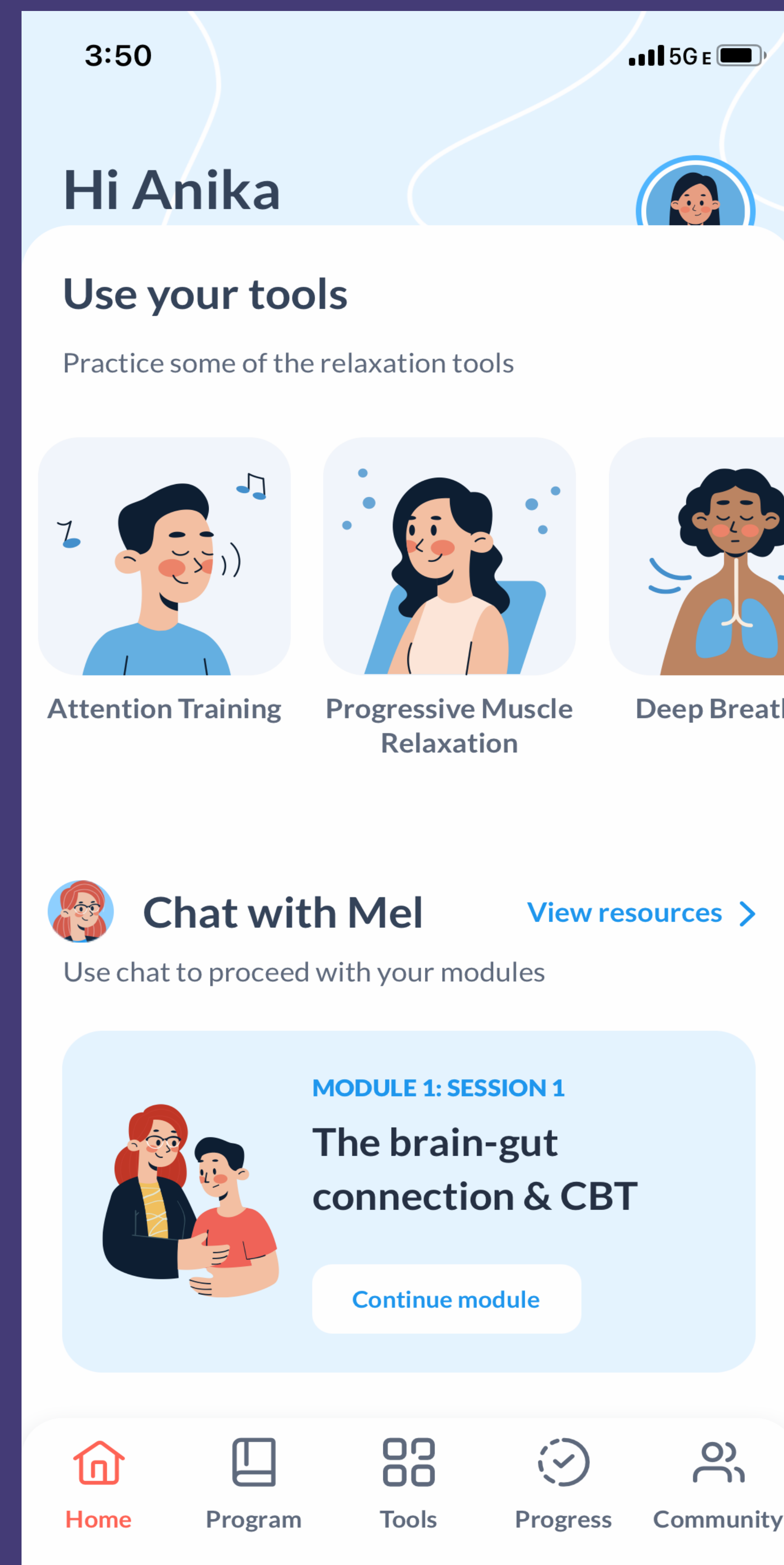
Will a CBT Smartphone App Perform Better than a Sham App in Improving Quality of Life for people with IBS?



N = 107

Measure	TX	AC	TX	AC	TX	AC
VSI	R ² = .60					
GI-COG	+12%	R ² = .72				
BDI		+2.2%	R ² = .75			
FFQ			+1.3%	R ² = .76		
GI Sx				+0%	R ² = .76	

Clinical Trial Registration #: NCT04665271



METHODS

- Participants are being recruited from a variety of online platforms (Ex. Reddit, HealingWell, Facebook)
- After completion of baseline surveys, participants are **randomly assigned to either** Immediate Treatment (**TX**) or Active Control (**AC**) group.
- TX group uses the Zedy app for 8-weeks, while the AC group uses an educational and relaxation training app for 8 weeks.
- At 8-weeks following the baseline survey, both groups will be surveyed again, and AC will be crossed over to the Zedy app.
- At 3, 6, and 12 months, following the 8-week Zedy programme, all participants will be surveyed again.

EDUCATION AND RELAXATION TRAINING APP

- Meant to simulate treatment as usual for patients with IBS.
- Consists of readily available educational materials and links to a number of relaxation videos.
- **Does not** include any of the specific education or treatment strategies that the CBT approach utilizes, which are central to the Zedy App.
- Therefore, we hypothesize that Zedy will prove to be more effective in treating IBS symptom severity and improving HRQL for IBS-sufferers, than the active control app.

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