

Fecal Incontinence: More Common Than You Think!

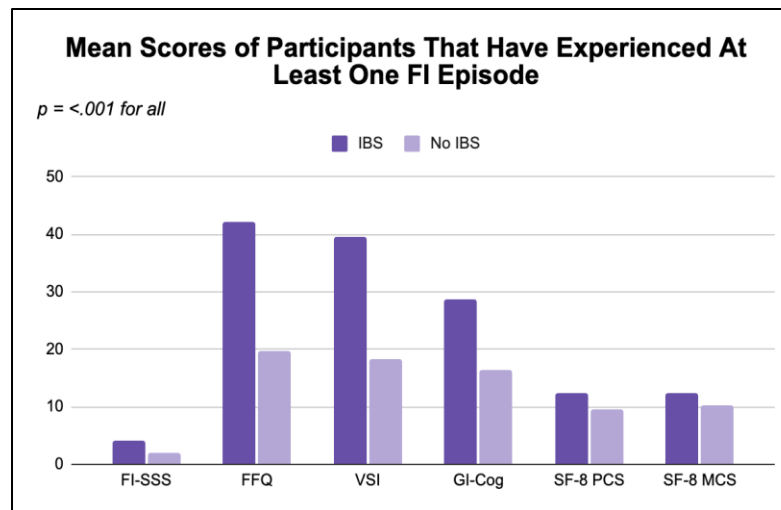
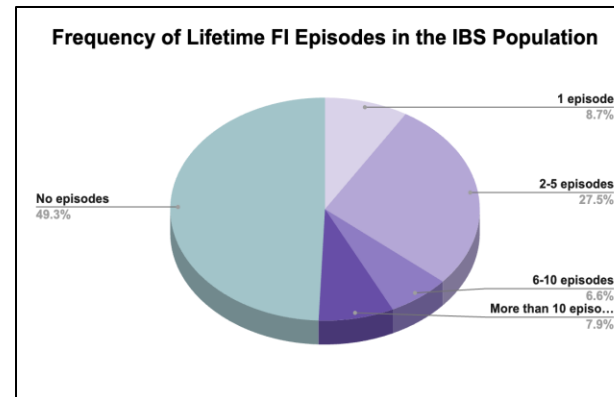
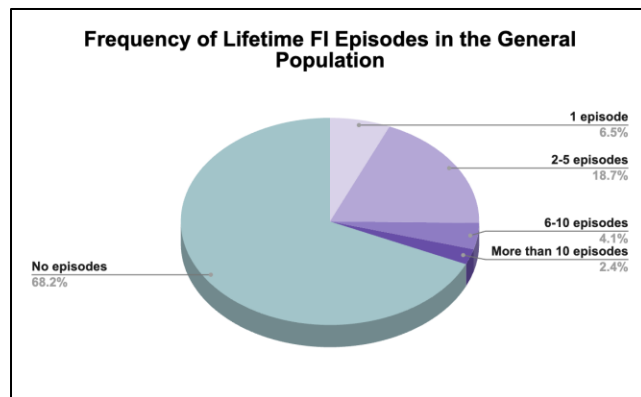
Introduction

- Fecal Incontinence (FI) is the unintentional passage of stool.
- People with Irritable Bowel Syndrome (IBS) are at increased risk of FI and often experience significant bowel control anxiety and impaired quality of life.
- This study aims to determine the prevalence of FI in the general population, while also assessing the relationship between FI and IBS on an individual's HR-QoL.

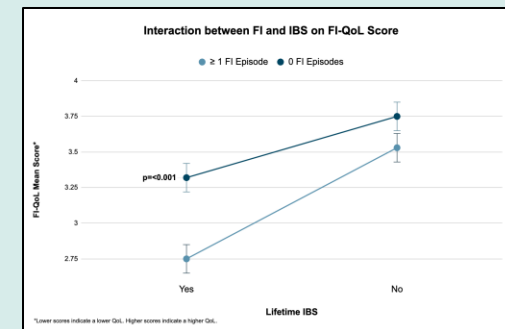
Methods

- Participants (n=765) were recruited via Prolific.
- Participants completed a survey which assessed for demographic information, GI disorder history, HR-QoL, and other psychological variables.
 - Short Form-8 (HR-QoL)
 - Rome IV IBS Questionnaire
 - FI-Symptom Severity Scale
 - FI-Quality of Life Measure
 - Visceral Sensitivity Index
 - Fear of Food Questionnaire
 - GI-Cognitions Questionnaire

But IBS Impairs Health-Related Quality of Life More



Additional Visuals



Conclusions

- A surprising number of people (32%) with no GI disorder have experienced at least one lifetime episode of FI.
- People with IBS experience significantly more lifetime episodes of FI (52%) (Chi Square = 25.131, $p < .001$).
- People with IBS experience significantly more impairment, even if they have not experienced an episode of FI [T(207) = -1.639, $p = .05$].
- The fear of FI may be more impairing than the FI itself.

Future Directions

- Intervention studies should focus specifically on addressing the fear associated with FI, especially within psychotherapy treatments for IBS.

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Thank you to the generosity of the Millstein Family Undergraduate Research Grant

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