Communicating **N**eeds and **F**eatures of IB**D** **E**xperiences **(CONFIDE)** Study:

Key Results for US Patients with Ulcerative Colitis

The CONFIDE study aims to better understand the impact of symptoms on patients' lives and elucidate gaps in communication between HCPs and patients[1].

Key Findings: Patients living with UC continue to experience symptoms that have a significant impact on their quality of life. Many patients reported wearing diapers/pads/protection and avoiding participation in social, work, or sports activities because of their UC[1].

Of the patients with moderate-to-severe UC that were surveyed (n=200):



Bowel urgency

47% of patients reported experiencing bowel urgency within the last month[1]

34% of patients need to get to the bathroom in ≤5 minutes[1,2,†]

12% of patients need to get to the bathroom in <2 minutes[1,2,†]

Among patients who ever reported experiencing bowel urgency (n=123):

30% of patients reported they were not comfortable discussing bowel urgency with their HCP[1]

62% of those patients cited embarrassment as the primary reason[1]

HCPs do not consider bowel urgency as one of the top three symptoms reported by patients with UC.

Symptoms of UC negatively impact patients' quality of life

Daily life events[1]

- Over 1/3 declined participating in daily events due to bowel urgency
- More than 40% of patients who suffered from ≥1 bowel urgency event (n=123) reported they stopped working sooner and/or worked fewer hours

⬇ **43%** Social events

⬇ **38%** Sports & exercise

⬇ **37%** Work & school

Use of protection[1,2,†]

76% of patients indicated wearing diapers, pads or other protection at least once in the last 3 months out of fear of urge incontinence



Sexual activity[3]

55% of males and 77% of females avoided or decreased sexual activity due to UC in the last 3 months

Among these patients (n=126):

41% Bowel urgency

34% Fear of bowel urgency related accident

37% Decreased sexual desire

Conclusions: Disparities continue to exist between patient and HCP perceptions on the experience and impact of UC symptoms. Bowel urgency has a significant impact on patient quality of life and is often under-appreciated by HCPs.[1]

†Derived from a post hoc analysis of data from Travis S, et al. *Inflamm Bowel Dis.* 2023;izad142.
HCP=Health Care Professional; IBD=Inflammatory Bowel Disease; UC=Ulcerative Colitis.

1. Travis S, et al. *Inflamm Bowel Dis.* 2023;izad142. 2. Data on file, Eli Lilly and Company. 3. Travis S, et al. *J Crohn's Colitis.* 2023;17(suppl 1):i637-i639.

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