The **Communicating Needs and Features of IBD Experiences (CONFIDE)** Study: Key results for US patients with ulcerative colitis

**Background**
The CONFIDE study was designed to better understand the burden, barriers, and care experience of those living with moderate-to-severe UC and CD and how these patients communicate with their HCPs.

**US patient demographics**
- 62% male, 39% female
- Mean age: 40.4 years
- Mean time since UC diagnosis: 7.9 years

**Key findings**
Initial results offer valuable insights to understand the burden and barriers for patients and highlight a conversation gap between patients and HCPs that may contribute to suboptimal outcomes.

**Bowel urgency**
- 47% of patients reported currently suffering from bowel urgency and 62% reported ever suffering from it.

**Sexual activity**
- 63% of patients indicated that they had avoided or decreased sexual activity in the last 3 months due to their UC.
- Most frequently reported reasons for avoidance included:
  - 41% Bowel urgency
  - 34% Fear of bowel urgency-related accidents
  - 37% Decreased sexual desire

**Daily life events**
- More than 1/3 of patients reported that bowel urgency led to declining participation in daily life events such as work and school (37%), social events (43%), and sports/physical exercise (38%).

**Use of protection**
- 76% of patients reported wearing diapers, pads, or other protection due to fear/anticipation of a UC-related accident in the past 3 months.

**Patient-provider communication**
- Bowel urgency was the second most commonly reported symptom experienced by people with moderately-to-severely active UC, but many patients do not feel comfortable reporting it to HCPs.
- Only 38% feel completely comfortable (defined as 7 on a 7-point scale) reporting bowel urgency to their HCP.
- 62% of patients who feel uncomfortable reporting bowel urgency to their HCP cite embarrassment as the main reason.

**Conclusions**
These insights not only pave the way toward solutions to help those who live with and treat UC but also paint a clearer picture of the real-world impact and challenges of this disease.

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CD=Crohn’s disease; HCP=health care professional; UC=ulcerative colitis


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