

Presenting Author Name

Farah Elawah

Presenting Author Category

Undergraduate Student

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GBD Audio File

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Headshot

farahpicture.jpg

Short Bio (100 words)

Farah Elawah is an incoming third-year medical student at the University of Manitoba and is currently enrolled in the One Summer Research Program. Her research explores resilience in children and young adults with inflammatory bowel disease, with a particular interest in how disease activity may influence psychological adaptation. She is interested in pediatric health and understanding factors that can improve the well-being of children and families living with chronic conditions.

Research Category

Clinical

Abstract Title

Resilience in Children and Young Adults with Inflammatory Bowel Disease: A Pilot Study

Authors

Name	Role	Profession
Farah Elawah	Presenting Author	Graduate
Shamsia Sobhan	Co Author	Graduate
Tracie Afifi	Co Author	Full Professor
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Background

Resilience may play an important role in psychological adaptation among children and adolescents with inflammatory bowel disease (IBD). We examined resilience among children and adolescents with Crohn's disease (CD) or ulcerative colitis (UC) as compared with their healthy siblings and evaluated associations between resilience, clinical disease activity, and anxiety/depression scores.

Objective

We examined resilience among children and adolescents with Crohn's disease (CD) or ulcerative colitis (UC) as compared with their healthy siblings and evaluated associations between resilience, clinical disease activity, and anxiety/depression scores.

Methods

In this cross-sectional study, resilience was assessed using the Child Resilience Questionnaire. Clinical disease activity was measured using the Pediatric Crohn's Disease Activity Index or Pediatric Ulcerative Colitis Activity Index, as appropriate. Inflammatory markers and child- and parent-reported anxiety and depression scores were examined. Resilience scores were compared between children with IBD and their healthy siblings using the Wilcoxon signed-rank test. Correlation analyses and multivariable linear regression models evaluated associations among resilience, disease activity, and psychological scores.

Results

Thirty-one children and adolescents with IBD were included; mean age at diagnosis was 10.7 years (SD 3.1), 23 were male, 18 had ulcerative colitis and 13 had Crohn's disease. Resilience scores did not significantly differ between children with IBD and siblings ($p = 0.435$). After adjusting for anxiety and depression, greater disease activity was significantly associated with lower resilience (95% CI -0.09 to 0.00, $p = 0.048$). Higher self-reported anxiety was significantly associated with lower resilience (95% CI -0.21 to -0.01, $p = 0.030$). Depression scores and inflammatory markers were not significantly associated with resilience.

Conclusion

In this pilot study, resilience did not differ significantly between children and adolescents with IBD and their healthy siblings. However, greater disease activity was associated with lower resilience, suggesting that optimizing disease control may improve resilience in pediatric IBD. These findings, limited by small sample size, support further larger study of the relationship between disease activity and resilience and of strategies to strengthen resilience in pediatric IBD care.