

IBD Research Priorities Project

Complete list of summary questions

Summary questions	Answered, partially answered or unanswered by current research
Diagnosis	
What predictors or tests can be used to diagnose IBD as early as possible?	Unanswered
What is the best way to diagnose IBD non-invasively (e.g. without a colonoscopy)?	Partially answered
What are the best ways to detect IBD early in children (e.g. susceptibility test)?	Unanswered
Is there a taxonomy (classification system) of Crohn's disease types?	Answered
Can a machine learning model be used to identify people at risk of IBD?	Unanswered
How accurate is a colonoscopy in diagnosing IBD?	Partially answered
Are migrants more at risk of developing IBD than non-migrants?	Unanswered
Over time has there been a change in the number (incidence) of children diagnosed with IBD also having a relative with IBD?	Unanswered
What is the efficacy and role of pill cams in diagnosing and monitoring IBD?	Answered
How can Gastroenterologists better differentiate between diagnosis of Crohn's disease or ulcerative colitis?	Partially answered
What is the average length of time between initial symptoms and diagnosis for people with IBD?	Unanswered
In what way(s) does living in a remote area impact the time to diagnose IBD?	Unanswered
Living with IBD	
What food should be consumed or avoided for a person with IBD?	Unanswered
What is the link between IBD and mental health?	Partially answered
How can workplaces support people with IBD to do their job?	Unanswered

How does IBD affect pregnancy and breastfeeding?	Partially answered
How can the financial burden for people with IBD be reduced?	Unanswered
What are the impacts on people with IBD who have psychological support?	Partially answered
What is the best way to manage strictures resulting from IBD?	Partially answered
What effect does IBD have on aging (e.g. life expectancy, severity and other health conditions)?	Unanswered
How does healthcare differ between public and private IBD care?	Unanswered
What is the role of GP's in the management of IBD?	Unanswered
How does the menstrual cycle and menopause impact on IBD?	Unanswered
Does collecting data on IBD electronically improve IBD management?	Unanswered
What is the best way to manage a stoma and bag for a person with IBD?	Unanswered
What other conditions are associated with IBD?	Answered
What is the most effective method to stop smoking for people with IBD?	Partially answered
What is the best way to manage short bowel resulting from IBD?	Answered
How can family and friends support people with IBD?	Partially answered
What lifestyle factors can improve IBD severity?	Unanswered
How to prevent nutrient deficiencies for people with IBD?	Partially answered
What is the impact of IBD on sexual health?	Unanswered
How can quality of life be improved for people with IBD (e.g. reduced visits to the toilet and coping with illness)?	Unanswered
What are the causes of fatigue for people with IBD?	Unanswered
What interventions can be implemented in school to support children with IBD?	Unanswered
What is the best way to manage fistulas resulting from IBD?	Answered
How can the weather impact IBD?	Unanswered
What impacts quality of life for children diagnosed with IBD?	Partially answered
How does exercise impact IBD?	Unanswered

How can flares be recognised and avoided?	Partially answered
How does IBD affect someone's ability to function in the workplace?	Unanswered
How can people communicate about IBD with family, friends and colleagues?	Unanswered
How can an IBD nurse helpline help manage IBD?	Partially answered
Prevention	
What are the risk factors for developing IBD (e.g. environmental factors, stress, insecticides, vaccines, antibiotics, glandular fever, removed appendix, susceptibility genes)?	Partially answered
How can IBD be prevented (including those with genetic risks)?	Unanswered
What lifestyle factors can prevent the development of IBD?	Unanswered
Why is the incidence of IBD increasing?	Unanswered
What, if any, predictors or screening tests can be used to determine the risk of IBD development?	Partially answered
How can microbiome (bacteria and other organisms) be modified to prevent IBD?	Unanswered
How can vitamin deficiencies lead to the development of IBD?	Unanswered
What food can prevent the development of IBD?	Unanswered
Is there a correlation between attachment styles with primary caregivers and IBD?	Unanswered
How can childhood experiences (e.g. mental health status and adverse life events) and illness (e.g. asthma and pneumonia) influence the development of IBD?	Unanswered
Symptoms	
What can be done to control IBD symptoms or frequency of urgency/diarrhea?	Unanswered
Why do symptoms vary for people with IBD?	Unanswered
How can IBD symptoms be prevented or better managed?	Unanswered
How can pain be better managed for people with IBD?	Unanswered
What is the cause of bowel obstructions for people with IBD?	Answered
Do IBD flares increase progressively in severity?	Unanswered

What is the cause and treatment for recurrent abscesses in IBD?	Partially answered
Should normal iron level targets be higher for people with IBD compared with the general population?	Unanswered
What food can cause or prevent an IBD flare?	Unanswered
What implications could taking the COVID-19 vaccine have on symptoms for people with IBD?	Unanswered
What is the best management of IBD related proctitis?	Answered
What food can prevent or relieve IBD symptoms?	Partially answered
How can patients identify when symptoms are from IBD and not something else?	Answered
How can nausea and vomiting from IBD be managed?	Partially answered
What determines whether gut inflammation is IBD and not another cause?	Partially answered
What is the cause of IBD flares?	Partially answered
Can food additives lead to IBD diagnosis or IBD flares?	Unanswered
How can fatigue be better managed for people with IBD?	Partially answered
What is the cause of joint pain for people with IBD?	Partially answered
Treatment	
When should biologics be introduced in IBD treatment?	Answered
Is there IBD medication to stop an approaching flare?	Partially answered
What newer treatments are available and how effective are they in treating IBD?	Answered
Are biologics safe for children in the treatment of IBD?	Partially answered
What are the potential short- and long-term health effects from taking different IBD medications?	Partially answered
How effective is ustekinumab in the treatment of IBD?	Partially answered
How effective is vedolizumab in the treatment of IBD?	Partially answered
How effective is anti-fibrosis therapy in the treatment of IBD?	Partially answered
What are the best ways to monitor IBD medication?	Answered
How can an individual's response to specific IBD medications be predicted?	Unanswered

Is MAP (Mycobacterium avium subspecies paratuberculosis) present in IBD patients and is its treatment significant for IBD?	Partially answered
What is the most effective treatment for maintaining remission in IBD?	Partially answered
What is the best way to monitor clinical status for IBD patients?	Partially answered
What dietary therapies improve IBD disease severity?	Unanswered
What interventions support the best transition from paediatric to adult IBD care?	Partially answered
What is the role of de-escalation (reducing) of medication in the treatment of IBD?	Partially answered
What is the best treatment plan during pregnancy for women with IBD?	Answered
What effect does clinical communication have on IBD patient outcomes?	Partially answered
What is the best treatment plan after secondary loss of response to infliximab for IBD?	Partially answered
How can surgery be prevented for people with IBD?	Partially answered
How can biological therapies be optimised for people with IBD?	Answered
What is the role of faecal transplantation in the treatment of IBD?	Partially answered
What is the effect of diet on faecal transplantation in the treatment of IBD?	Unanswered
What is the role of stem cell treatment in the treatment of IBD?	Partially answered
What is the role of setons in the treatment of IBD?	Partially answered
What medication or natural therapy is effective for pain relief in IBD patients?	Partially answered
What is the role of cannabinoids in the treatment of IBD?	Partially answered
What are the most effective complementary or alternative treatments of IBD (e.g. acupuncture, meditation or yoga)?	Partially answered
How does immunosuppressive IBD medication impact quality of life for people with IBD?	Answered
What is the efficacy (ability to produce intended result) of low dose naltrexone in the management of IBD?	Unanswered
Are people with IBD adequately screened for mental health conditions?	Unanswered
What are the effects of antibiotics on IBD?	Partially answered
What is the role of different immunomodulators in the management of IBD?	Answered

Should the goals of IBD treatment be better patient reported outcomes or mucosal healing?	Answered
What IBD treatment and management is effective for children?	Answered
How often should IBD patients have a review of disease activity and medication?	Answered
What is the effectiveness of multiple drug therapy in the treatment of IBD?	Partially answered
What is the effectiveness of budesonide in the treatment of IBD?	Answered
How does infliximab in the treatment of IBD impact a person's quality of life?	Answered
What is the best management of postoperative complications for people with IBD?	Partially answered
What is the efficacy of mesalazine in the treatment of IBD?	Answered
How can IBD be managed without a colonoscopy?	Answered
Are there less invasive ways to treat IBD compared with an injection?	Answered
What role do genes play in IBD treatment?	Partially answered
What is the role of probiotics in the treatment of IBD?	Partially answered