

ACTIB

Assessing Cognitive behavioural Therapy in Irritable Bowel

Please remember to include any IBS patients in the ACTIB Study.
The criteria are:

- *Adults (18yrs and over) with refractory IBS fulfilling ROME III criteria and who have been offered first-line therapies (e.g. antispasmodics, anti-depressants or fibre based medications) but still have continuing IBS symptoms for 12 months or more. If over 60 must have had a consultant review in the previous two years to confirm that their symptoms are related to IBS and that other serious bowel conditions have been excluded*
- *Internet access*
- *No unexplained rectal bleeding or weight loss*
- *No inflammatory bowel disease*
- *No Coeliac disease*
- *No peptic ulcer disease*
- *No colorectal carcinoma*
- *No speech or language difficulties*
- *No abnormal blood test*
- *No previous access to the MIBS website.*
- *Has not received CBT for IBS in the last two years*
- *Is not currently participating in an IBS/intervention trial*

Continue treatment as usual for participants in the ACTIB trial (see NICE IBS guidance). However, if you are considering prescribing psychological treatments, the ACTIB study protocol requests that you do not do so unless completely necessary.

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Deskside Reminder V1.0 Date 17.12.2013

REC Ref 13/SC/0206