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Anxiety, Depression, and Anger in Functional Gastrointestinal Disorders: A Cross-sectional Observational Study

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Highlights

- FGID patients experienced greater anxiety and depression than controls and state anger and anger expression-in scores were significantly higher in FGID patients than in healthy individuals.
- The lower FGID group's anger expression-out scores and the upper FGID group's anger control scores were higher
- To our knowledge, this is the first study to demonstrate a significant psychological difference between individuals with lower and upper FGID.
- Interdisciplinary collaboration with gastroenterologists and psychiatrists could strengthen FGID evaluation and may improve treatment compliance.

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