

## Original Paper

### The prevalence of Irritable Bowel Syndrome among high school pupile in Gorgan, North of Iran

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#### Abstract

**Background and Objective:** Irritable bowel syndrome (IBS) is a disturbance of colonic function characterized by abdominal pain or discomfort, bloating and abnormal bowel function, resulting in episodes of chronic diarrhea, chronic constipation, or both in alternation. It affects approximately 3 to 20 percent of the population. The aim of this study was to investigate the prevalence of Irritable bowel syndrome among the high school pupile in Gorgan, in North of Iran.

**Materials and Methods:** In this descriptive-analytical cross sectional study, data was collected by clustering, quota and randomized sampling. 1080, 15-19 years old male and female high school pupiles, residing in Gorgan participated in the survey during 2007. The data collection tool was a demographic questionnaire and standard Rome-II criteria.

**Results:** 1063 pupiles completed the questionnaire. The Irritable bowel syndrome prevalence according to Rome-II was 5.7%. The relation between ethnicity and Irritable bowel syndrome was significant ( $P<0.05$ ). The rate of Irritable bowel syndrome was higher among the Turkmen students. There was no significant relation between Irritable bowel syndrome prevalence with gender, age and family income.

**Conclusion:** This study showed that irritable bowel syndrome prevalence in this area is nearly similar to that reported in national studies in western Iran as well as with Asian countries.

**Keywords:** Irritable Bowel Syndrome, Prevalence, High school pupile, Gorgan, Iran, ethnicity

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