

CLINICAL POLICY ADVISORY GROUP (CPAG)

NHS Derby and Derbyshire ICB Psychological Interventions for Irritable Bowel Syndrome (IBS) Position Statement

Statement

NHS Derby and Derbyshire ICB has deemed that Psychological Interventions for irritable bowel syndrome (IBS) which consist of cognitive behavioural therapy (CBT), hypnotherapy and/or psychotherapy should not be routinely commissioned where Irritable Bowel Syndrome (IBS) is the primary diagnosis.

This is based on low quality evidence and use of "consider" in [NICE CG61 guidance](#)

These commissioning intentions will be reviewed periodically. This is to ensure affordability against other services commissioned by the ICB.

References

- [Clinical Guidelines 61 \(irritable bowel syndrome\) in adults: diagnosis and management\) updated April 2017.](#)
- [British Society of Gastroenterologists Guidelines on the Management of Irritable Bowel Syndrome 2021](#)
- Garsed K, Fraser C, Gibbs H, et al
PWE-080 A pilot study of a multidisciplinary complex gastroenterology symptom (CoGS) clinic: Gut 2019;**68**:A209-A210 [A209.2.full.pdf](#)
- [Short-term and Long-term Efficacy of Psychological Therapies for Irritable Bowel Syndrome: A Systematic Review and Meta-analysis Laird, Kelsey T. et al. Clinical Gastroenterology and Hepatology, Volume 14, Issue 7, 937 - 947.e43](#)
- Black CJ, Thakur ER, Houghton LA, et al. 2016 Efficacy of psychological therapies for irritable bowel syndrome: systematic review and network meta-analysis Gut 2020;**69**:1441-1451
- Zamani M, Alizadeh-Tabari S, Zamani V. Systematic review with meta-analysis: the prevalence of anxiety and depression in patients with irritable bowel syndrome. Aliment Pharmacol Ther. 2019 Jul;**50**(2):132-143. doi: 10.1111/apt.15325. Epub 2019 Jun 3. PMID: 31157418