

Role of the psychogenic and social factors in children with recurrent abdominal pain

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Recurrent abdominal pain (RAP) is one of the most often complaint of children. We consider as children with RAP all patients suffering at least once per week for two consecutive months per year.

Aim: The objective of this work was to analyse how great is the role of psychosocial factors in RAP comparing with the role of *Helicobacter pylori* infection and endoscopic changes. The second problem is relationship between inflammatory disorders and somatization of emotions.

Methods: The study comprise 133 children aged between 6 and 16 years with the symptoms of RAP and necessity of endoscopic searching. A routine diagnostic algorithm searching for structure and function-originated disease was carried out. Our protocol included: biochemical examinations, ultrasonography, endoscopy of upper digestive tract with histopathological confirmation and psychological consultation. Among psychogenic factors the neuroticism test, school phobias, family problems as alcoholism of parents and interpersonal relations were taken under consideration.

Results: We stated *H.pylori* infection, different level of endoscopic changes and positive psychosocial factors in 29 children (21,8%). In 34 cases (25,6%) psychosocial problems were observed together with endoscopic findings without positive urease test. 10 (7,5%) patients with- and 24 (18%) patient without *H.pylori* infection had only endoscopic changes. Psychological consultation was positive in 24 cases (18%) as the only reason of RAP. We usually recognize functional disorders in this last group.

Conclusions: Analysis suggests that about 65% of children with RAP reveals influence of psychogenic factors on symptoms. Psychogenic problems may coexist with quite another reasons of RAP. The result of treatment seems to depend on common work of physician and psychologist.