

Treating IBD: Patient Perspective on the Impact of Advanced Immunotherapies on Disease Progression and Symptom Relief

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Discussion

Understanding the quality-of-life impact of IBD along with desired treatment outcomes can help gastroenterologists develop the most effective approach to treating patients. This includes listening to patient concerns about getting on advanced treatments, helping them weigh concerns against benefits, and educating them on how treatments can slow progression, lessen most troubling symptoms and improve quality of life. The research also highlights the importance of engaging with a doctor who specializes in treating IBD and who can help build awareness and understanding of the role advanced immunotherapies can play in creating better health outcomes.

Introduction

The research sought to understand patient-reported experiences with advanced immunotherapies (biologics and JAK inhibitors), including perceived effectiveness and symptom relief as well as to uncover barriers to starting treatment.

Methods

An anonymous online survey was sent to US members of MyCrohn'sAndColitisTeam between March 3 and March 18, 2026. Respondents were 21 or older and have Crohn's Disease (CD) or ulcerative colitis (UC).

Results

A total of 500 patients completed the survey (311 CD, 189 UC). The large majority feel that IBD negatively impacts quality of life (88% CD, 88% UC). (Figure 1)

Advanced immunotherapy usage is more prevalent among CD than UC patients (76% CD, 59% UC). (Figure 2) For patients using an advanced immunotherapy, the majority are satisfied with their treatment (57% CD, 65% UC), feel their treatment is effective (58% CD, 69% UC) and find it to be tolerable (74% CD, 79% UC). (Figure 3) Almost all experience one or more benefits (94% CD, 98% UC), including lessening symptom severity (56% CD, 67% UC), less frequency of using restroom (47% CD, 72% UC), reduced abdominal pain (42% CD, 46% UC), and slowed progression (47% CD, 57% UC). (Figure 4) Specific symptom relief

is more prevalent for UC than CD patients. A higher number of these UC patients are new to advanced immunotherapies (42% UC versus 31% CD).

Among the smaller segment who have never taken an advanced immunotherapy, awareness of these treatments is fairly low (47%). A smaller number of these advanced immunotherapy naïve patients rely on a gastroenterologist to treat IBD (76% vs. 95% who are on a therapy) (Figure 5) and only 29% have discussed how these treatments can slow progression or lessen symptoms with their doctor (versus 85% who are on treatment). (Figure 6) Discussions were more likely to happen among advanced immunotherapy naïve patients if the doctor was a gastroenterologist (33% versus 17% for other types of doctors).

Among the naïve segment, the biggest barrier is concerns about side effects or safety (65%). (Figure 7) Yet, these patients are willing to consider an advanced immunotherapy if symptoms worsen (57%), disease progresses (56%), doctor recommends (50%), insurance covers (42%), or concerns about side effects or safety are allayed (36%). (Figure 8)

FIGURE 1. Impact of IBD on Quality of Life

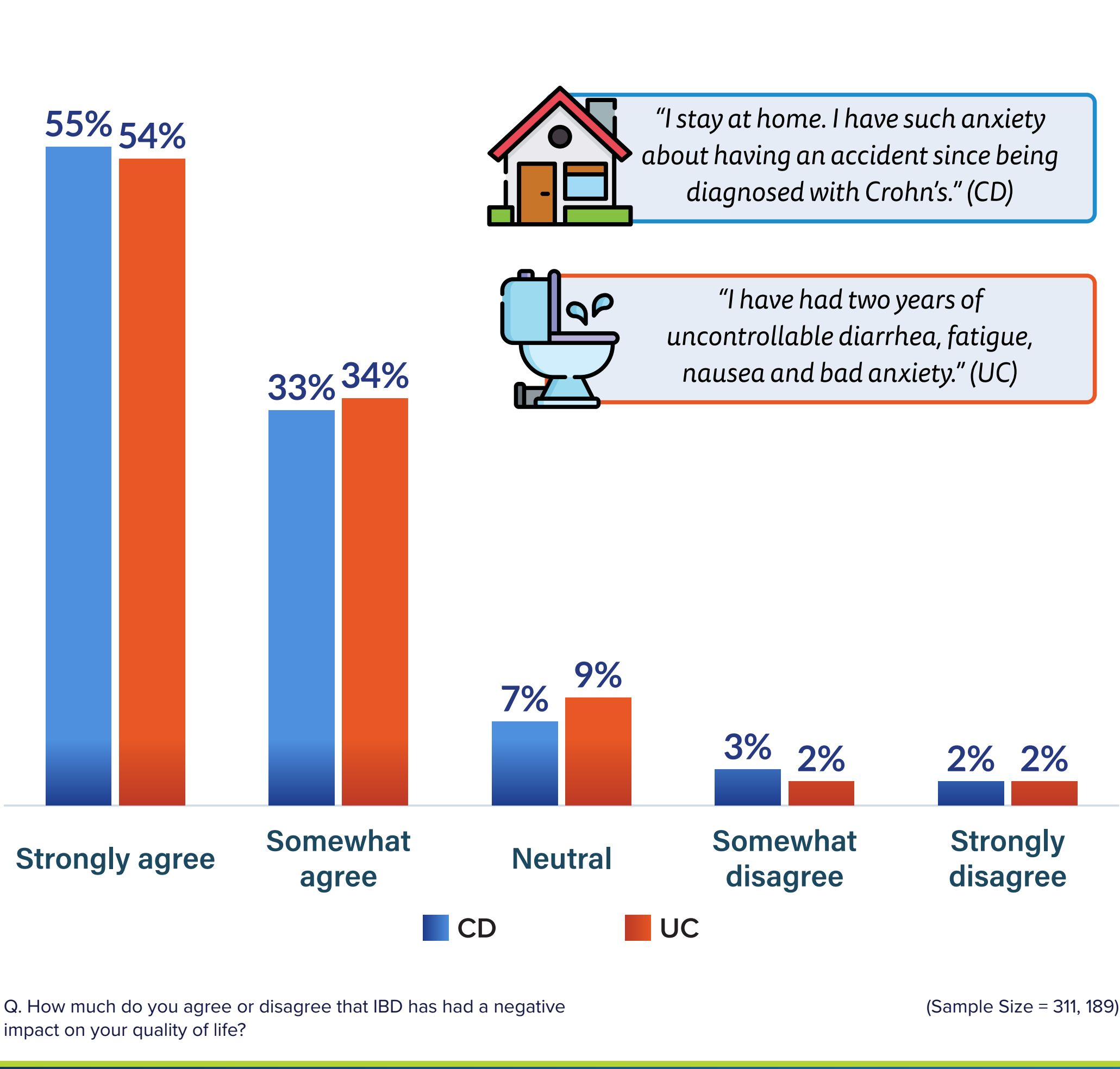


FIGURE 2. Advanced Immunotherapy Usage

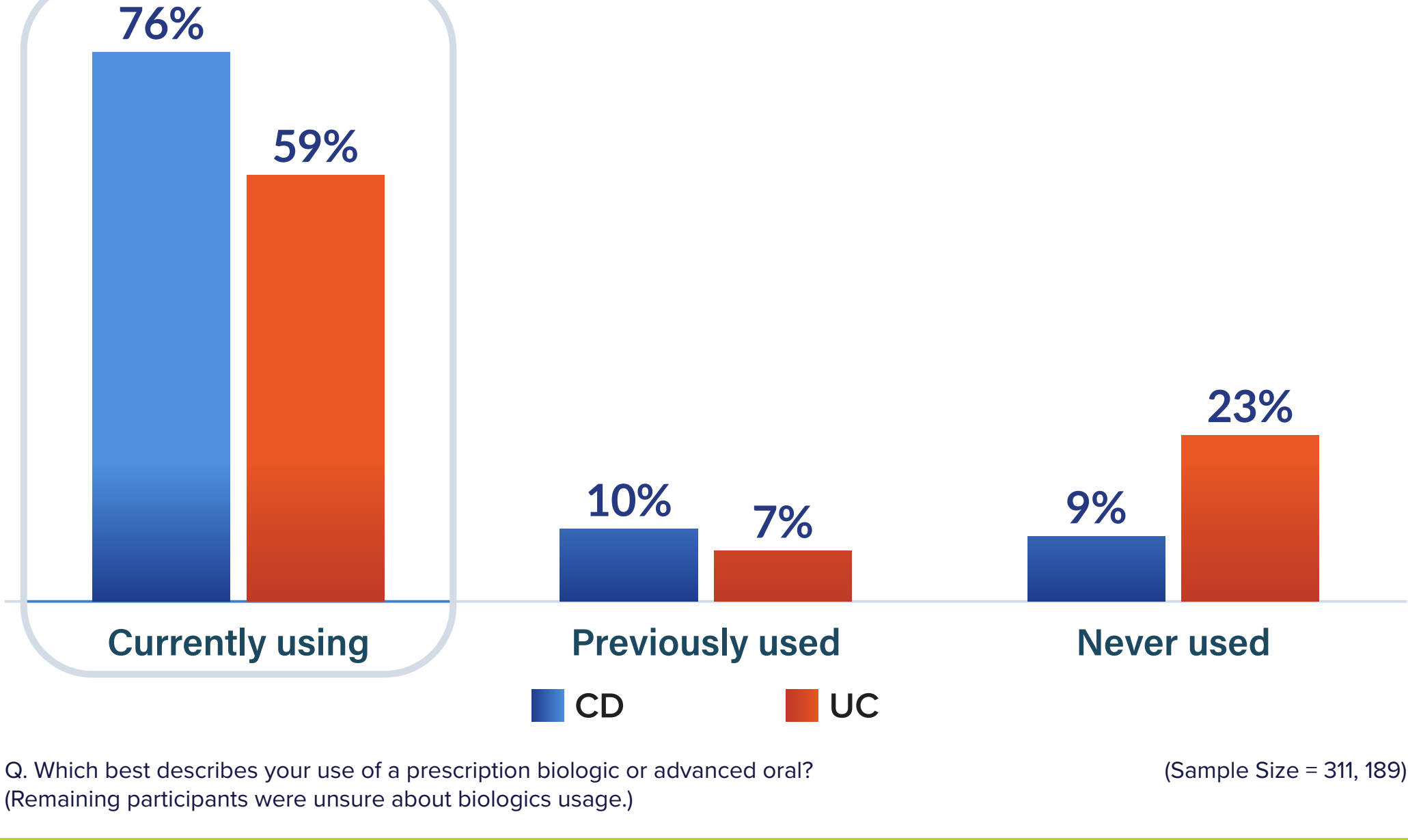


FIGURE 3. Advanced Immunotherapy Impact

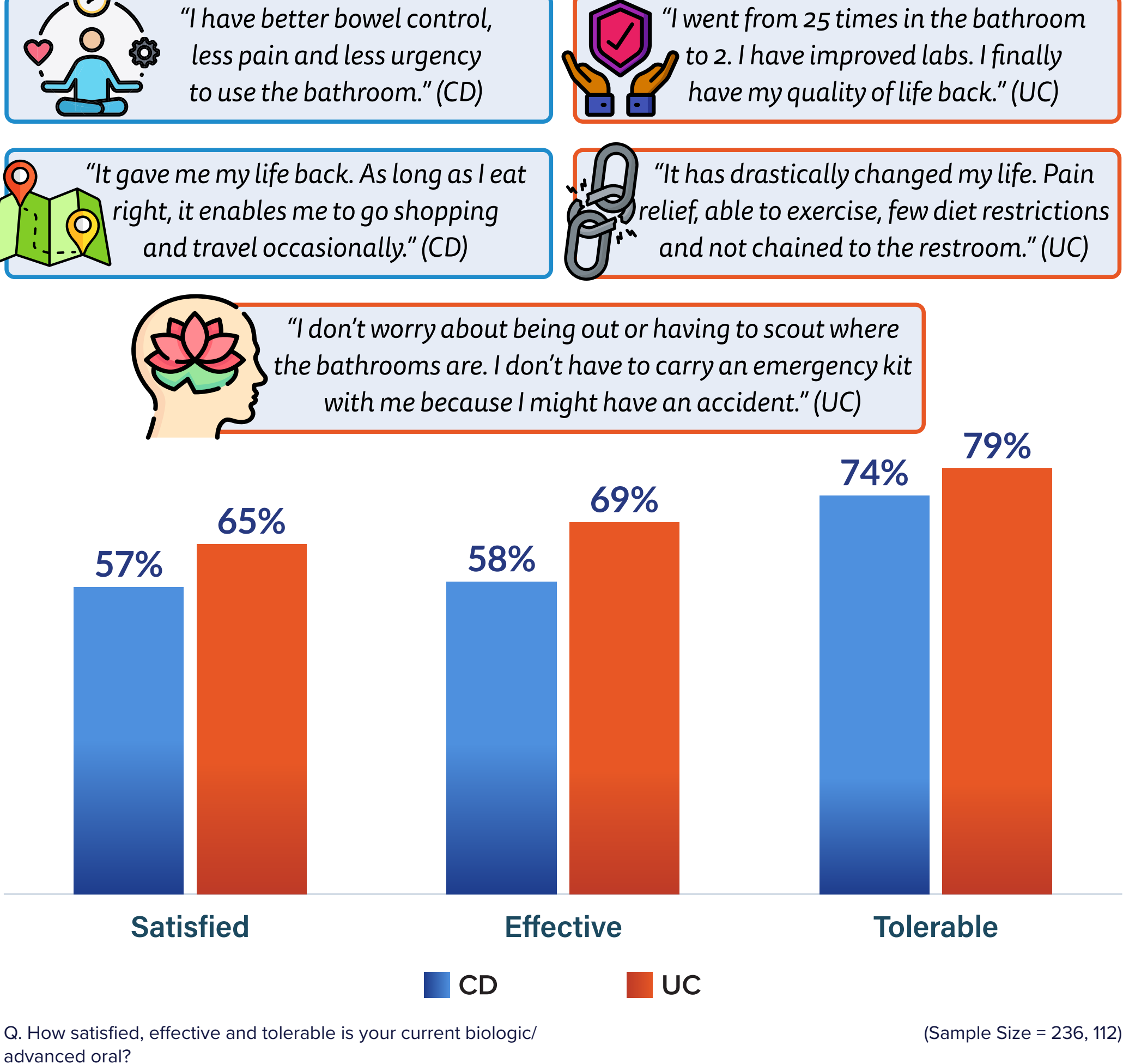


FIGURE 4. Main Benefits of Advanced Immunotherapy

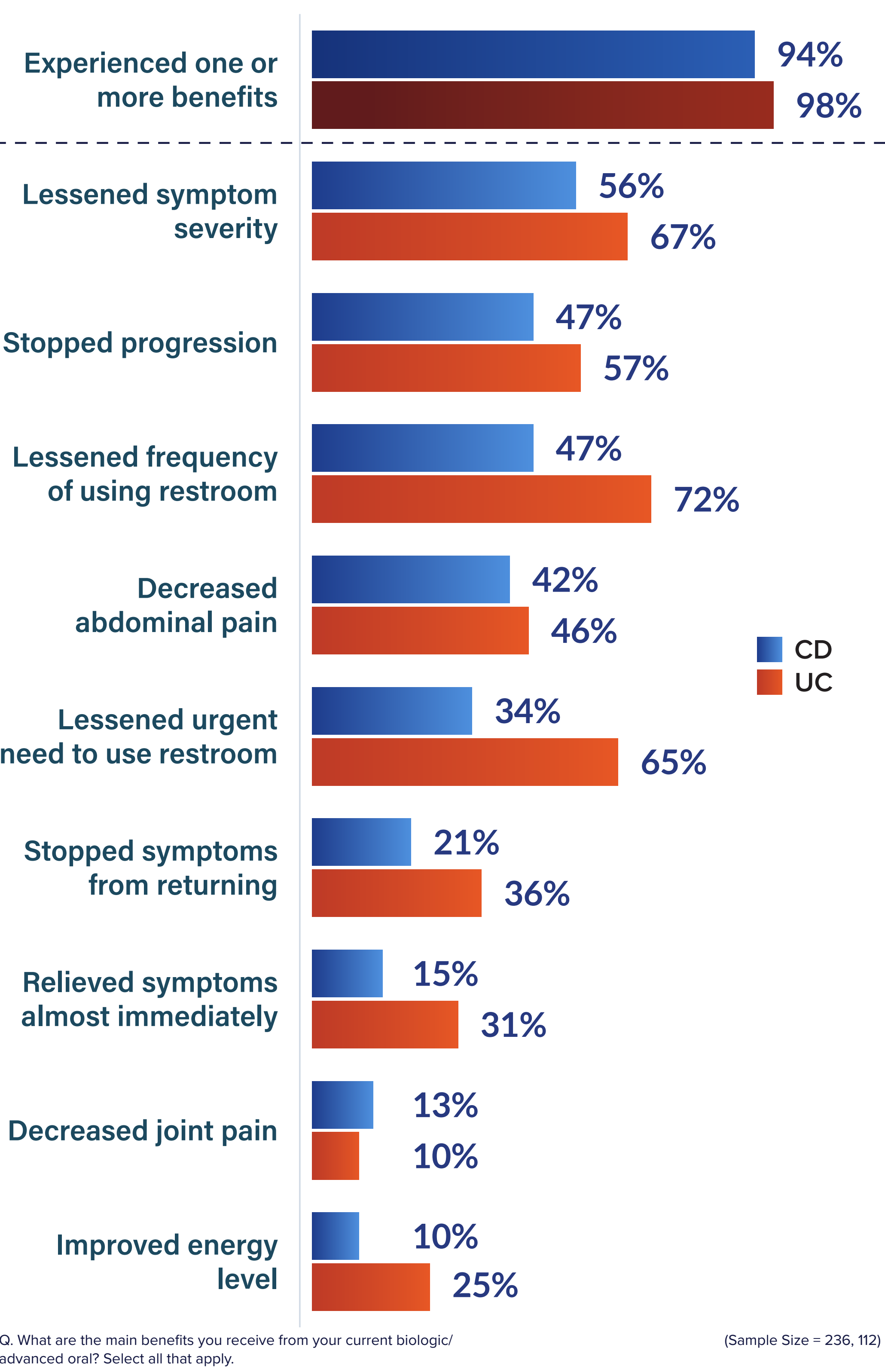


FIGURE 5. Type of Doctor Treating IBD

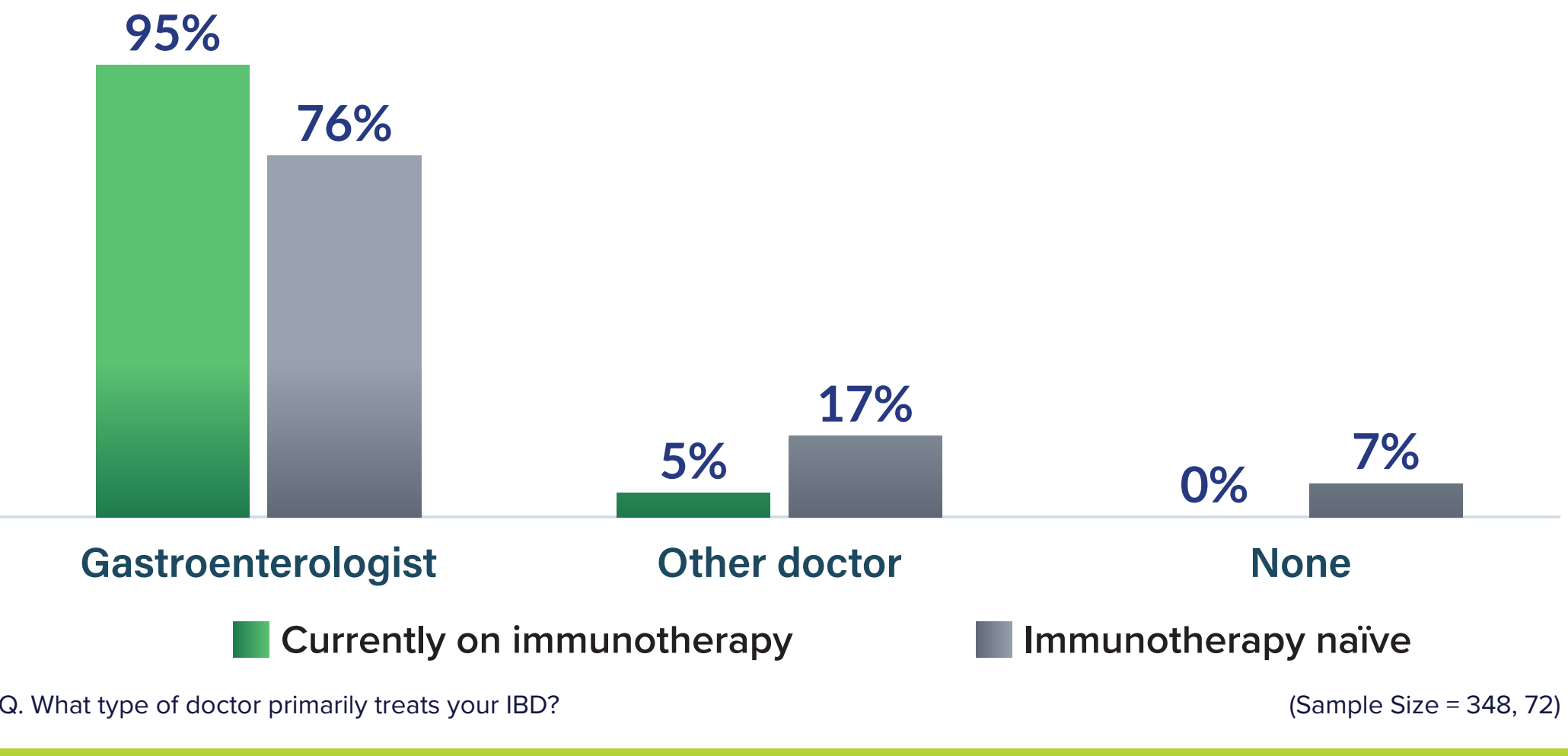


FIGURE 6. Did Doctor Explain How Advanced Immunotherapy Can Slow Progression

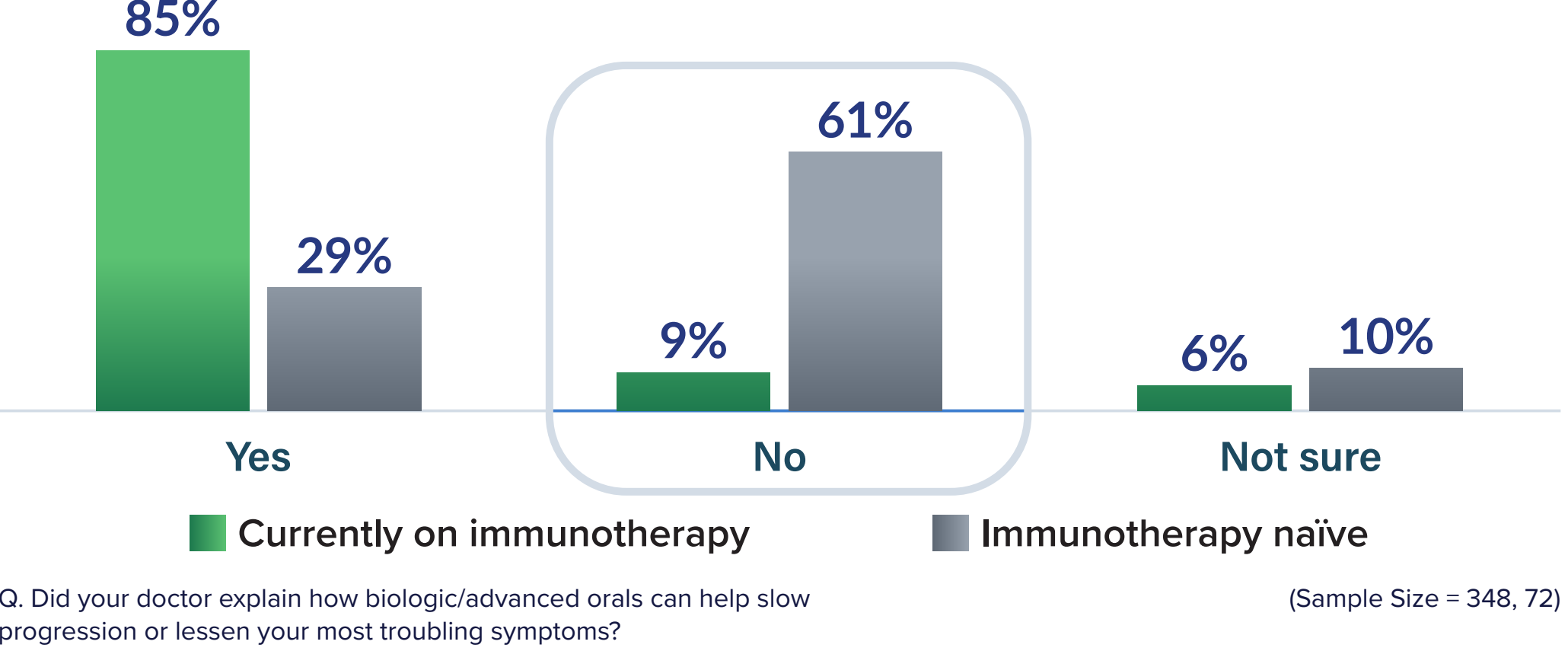


FIGURE 7. Degree to Which Concerns About Side Effects Impact Decision Not to Try an Advanced Immunotherapy

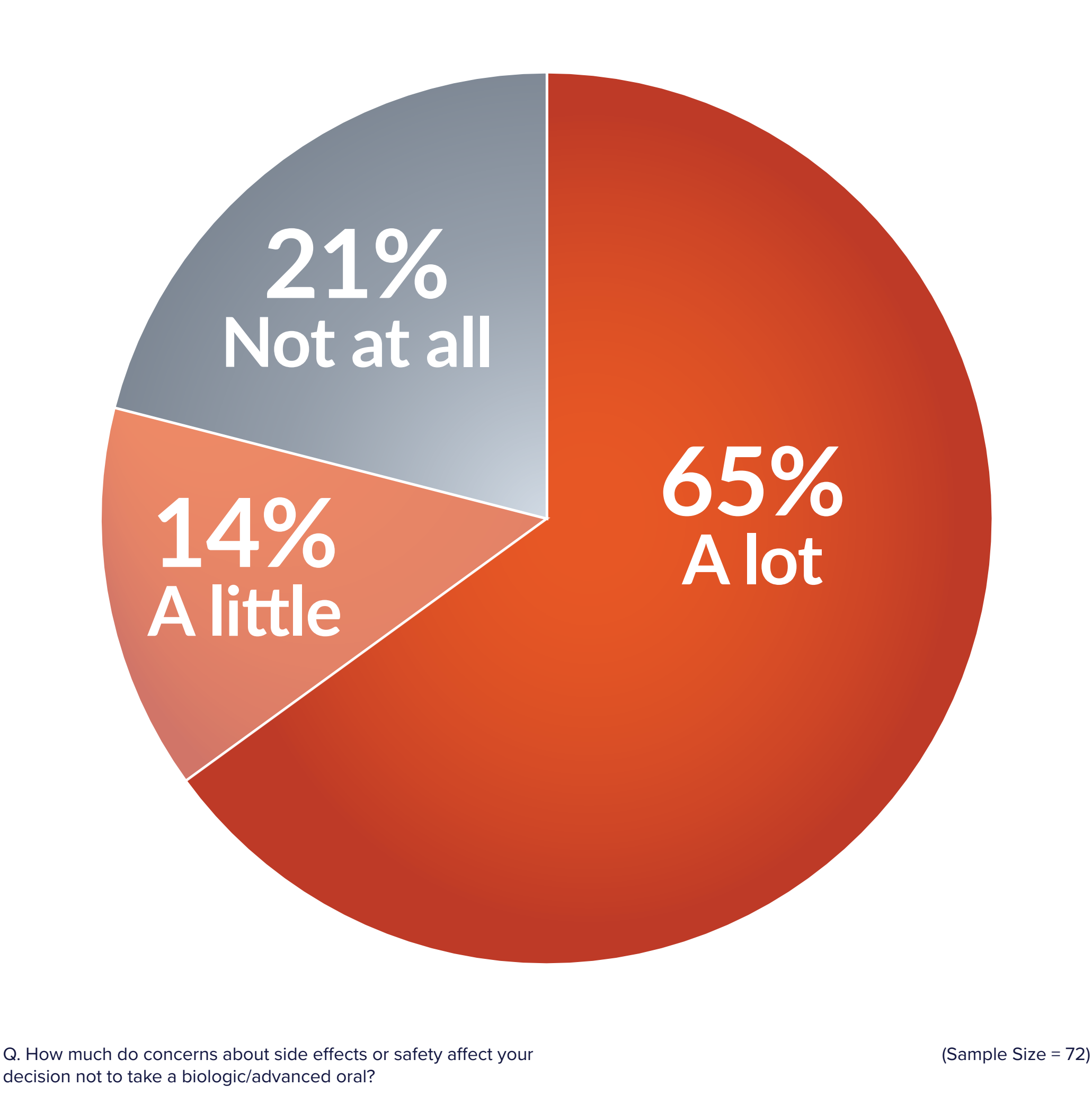


FIGURE 8. Reasons Patients Might Start an Advanced Immunotherapy

