

Conclusions: Based on these results, there are high levels of anxiety and depression in children with IBD, and their treatment often starts after their initial IBD diagnosis. Antidepressants, primarily SSRIs, are used at a high rate. These findings suggest that patients are not seeking help if needed for pediatric IBD patients at UPMC and that mental health services are being underutilized in the pediatric IBD population. Future directions include developing mental health screening measures specifically for pediatric IBD patients. Prospective, longitudinal studies are needed to examine whether preemptive mental health interventions lessen the risk of developing psychopathology as an IBD patient.