

Patient-Reported Insights into Abdominal Pain

Patterns, Triggers, and Management in a Digitally Engaged Population



Symptom Complexity: Abdominal pain spans physiological and psychosomatic domains, often influenced by stress and lifestyle.

Underreported Burden: Many individuals manage symptoms through self-care, delaying professional intervention.

Digital Survey Methodology: Structured survey of 426 respondents offers real-world data on experiences and management behaviors.

By-Dhruvika
Sharma



MBA –
Pharmaceutical
Management



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Introduction and Background

Understanding the Real-World Burden of Abdominal Pain



High Prevalence

Abdominal pain is among the most frequently reported symptoms in healthcare globally.



Multifactorial Etiology

Caused by diverse physiological and psychosomatic factors, complicating diagnosis and management.



Gap in Clinical Insight

Self-managed cases often go undocumented, limiting understanding of triggers and impacts.

Objectives of the Study

Clarifying the Scope and Aims of Research

Understand Symptom Prevalence: Quantify how often and in what forms abdominal pain occurs among diverse adults.

Identify Triggers and Coping: Explore links to stress, diet, and lifestyle; document self-care methods.

Evaluate Digital Engagement: Assess how digital tools support symptom tracking, awareness, and healthcare-seeking.

Research Methodology

Design, Tools, and Data Collection Strategy



Descriptive Cross-Sectional Design

Primary data gathered via structured digital survey targeting abdominal pain experiences.



Convenience Sampling

426 voluntary respondents aged 18–55+, including patients, students, and caregivers.



Digital Tools & Analysis

Google Forms for data collection; Excel and Python for statistical analysis.

Pain Frequency and Location

Survey Results on How Often and Where Pain is Felt

Widespread Occurrence:

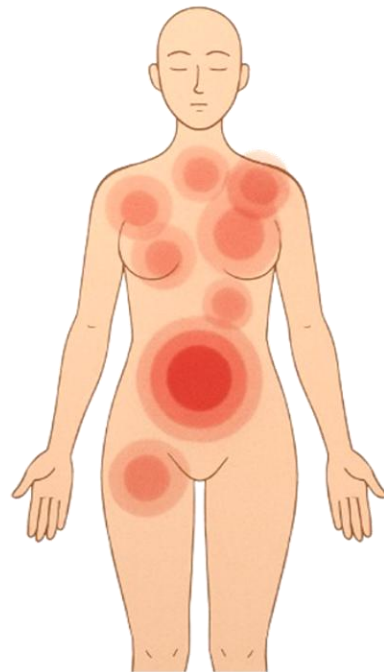
Over 81% of respondents experienced abdominal pain at some point.

Intermittent Yet Impactful:

Majority report rare to occasional pain; 19.2% suffer constantly.

Lower Abdomen Most Affected:

27.2% identified the lower abdomen as the primary pain location.



Pain Intensity and Triggers

Patient-Reported Levels and Causal Factors

Broad Pain Spectrum:

Respondents reported pain ranging from mild to very severe; 42.2% rated intensity at level 4–5.

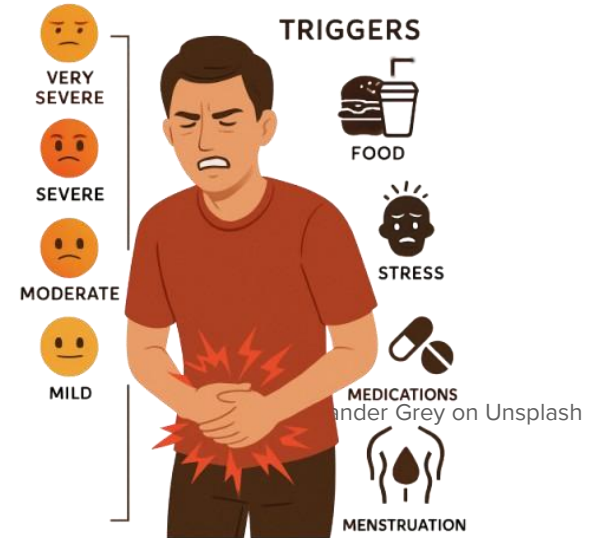
Stress Dominance:

Stress was the most cited trigger (21.4%), reinforcing the gut-brain axis concept.

Other Key Triggers:

Food, physical activity, and medications were also major contributing factors.

Abdominal Pain Intensity and Triggers



Impact on Sleep and Daily Life

How Abdominal Pain Disrupts Rest and Functioning



Widespread Sleep Disruption

Over 60% experienced mild to severe sleep disturbance due to abdominal pain.



Daytime Productivity Impact

Pain affected focus, energy, and daily tasks, especially among working adults.



Emotional Burden

Stress, anxiety, and unpredictability of symptoms heightened psychological strain.

Coping Strategies and Digital Engagement

Patient Approaches and Role of Digital Tools



Heat and Herbal Remedies: Top methods include heat therapy (16.9%) and herbal treatments (15.7%).



Exercise and OTC Use: Physical activity and over-the-counter meds remain widely used interventions.



Digital Health Adoption: Apps, symptom trackers, and peer platforms aid in personalized management.



Treatment Effectiveness and Consultation Behavior

How Patients Rate Relief and When They Seek Help



Discussion and Strategic Insights

From Self-Management to Empowered Digital Care



Self-Management Prevails

Heat, rest, and herbal remedies dominate initial response; digital tools amplify efficacy.



Gap in Professional Care

Underutilization of healthcare services highlights need for triage and education.



Digital Tools as Enablers

Trackers, reminders, and symptom analysis empower proactive health behavior.

Conclusion and Future Directions

Empowering Patients through Insight and Innovation



Holistic Pain Perspective

Abdominal pain impacts physical, emotional, and social well-being, demanding integrated care.



Digital Opportunity

High willingness to adopt symptom tracking, suggesting growth for empathetic tech tools.



Blended Care Future

Ideal strategy combines self-monitoring with professional input for optimized outcomes.

References and Acknowledgments

Supporting Literature and Contributor Recognition



Cited Research Sources: Includes key literature from NIH, Mayo Clinic, WHO, and peer-reviewed gastroenterology journals.



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