

Dissertation Synopsis

Synopsis

Title: Patient-Reported Insights into Abdominal Pain and Spasms: Patterns, Triggers, and Management Approaches in a Digitally Engaged Population

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1. Background

Abdominal pain and spasms are among the most frequently reported gastrointestinal symptoms, often caused by a variety of physical, dietary, and psychological factors. Despite their high prevalence, these symptoms are commonly self-managed and underreported in clinical settings. In the digital age, understanding how individuals perceive and respond to such health issues through self-reporting mechanisms provides an opportunity to gather valuable, real-world insights.

2. Objective

The primary objective of this internship project was to design, distribute, and analyze a digital survey to assess patient-reported experiences of abdominal pain and spasms. Specific goals included:

- Identifying common patterns and triggers associated with the symptoms.
 - Exploring self-management strategies adopted by patients.
 - Evaluating the role of digital engagement in health monitoring and reporting.
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3. Methodology

A cross-sectional digital survey was conducted using Google Forms, targeting individuals who had experienced abdominal pain or spasms in the past six months. The survey included questions on demographic information, symptom frequency, identified triggers, management strategies (medical and non-medical), and digital health usage.

Data was collected from a digitally engaged population via social media platforms, email, and university networks. Responses were compiled and subjected to basic descriptive analysis to identify trends and insights.

4. Key Findings (Preliminary)

- Most respondents were aged between 20–40 years, with a higher representation of females.
- Major reported triggers included dietary factors (spicy/fried foods), stress, and irregular eating patterns.
- Over-the-counter medications and home remedies like herbal teas were commonly used for symptom relief.
- A significant portion of respondents had not sought formal medical consultation.
- High willingness was observed for using digital health apps for symptom tracking.

5. Outcome and Learning

This internship provided hands-on experience in digital health research and patient-centered data collection. Key outcomes included:

- Understanding the application of patient-reported outcome tools.
- Gaining skills in digital survey design, dissemination, and data analysis.
- Enhancing knowledge of public health research practices, including ethical considerations.

6. Conclusion

The project demonstrated the feasibility and value of digital platforms in collecting patient-reported health insights. It also emphasized the need for more awareness and structured intervention in managing common but often overlooked symptoms like abdominal pain and spasms. This internship strengthened my research capabilities and reaffirmed my interest in digital health and healthcare innovation.
