



HEALTH NEWS

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Irritable Bowel Syndrome: How Psychological Stress Contributes to IBS Symptoms

“For many years mental health professionals like myself have been aware of the ‘gut-brain axis,’ which refers to the belief that prolonged psychological stress can create intestinal conditions that are experienced as similar to IBS,” [Dr. Faisal Tai](#), a psychiatrist with PsychPlus, told Healthline. “This study demonstrates for the first time using animals that certain types of psychological stress alone can cause IBS-like symptoms.”

