defined by a 50 point reduction in IBS-SSS. Data, expressed as mean ± standard error, were compared statistically before and after treatment using paired t-tests.

Results Young patients fulfilling Rome III diagnostic criteria for IBS (n=26, median age 16 (range – 8) years, n=17 (65%) female, mean duration of IBS 5.3 ± 0.9 years, n=11 IBS-D, n=6 IBS-C and n=9 IBS-mixed) completed the hypnotherapy programme. Mean baseline IBS-SSS was 321.5 ± 16.0. After hypnotherapy, n=23/26 (88%) responded, with an overall mean reduction in IBS-SSS of -160.9 ± 15.4 (P<0.0001), and n=19/26 (73%) achieved the FDA recommended outcome of ≥30% reduction in abdominal pain scores. Hypnotherapy also improved; mean non-colonic symptom score by 102.1 ± 15.0 (P<0.0001), mean HADS-anxiety by -3.0 ± 0.8 (P=0.0007), mean HADS-depression by -2.1 ± 0.6 (P=0.002), and improved mean QoL score by +89.7 ± 13.1 (P<0.0001).

Conclusion These data, which form one of the largest reported series of gut-focussed hypnotherapy in children and adolescents with severe IBS, suggest that this treatment is even more effective in this group of patients than in adults. Hypnotherapy in severe childhood IBS patients may therefore have a role in preventing further suffering in adult life, reducing healthcare utilisation and related costs with wider socioeconomic benefits. Furthermore, it allows many of them to return to full time education.

OWE-10 COGNITIVE BEHAVIOURAL THERAPY FOR IRRITABLE BOWEL SYNDROME: 24 MONTH FOLLOW-UP OF ACTIB TRIAL PARTICIPANTS

1Assoc Hazel Everitt*, 2Sabine Landau, 3Alice Sibelli, 4Stephanie Hughes, 5Gillian O’Reilly, 6Sula Windgassen, 7Rachel Holland, 8Paul Little, 9Paul McCrone, 10Felicity Bishop, 11Kim Goldsmith, 12Nicholas Coleman, 13Robert Logan, 14Trudie Chlader, 15Rona Moss-Morris.

1University Of Southampton, Southampton, UK; 2Kings College, London, UK; 3Southampton University Hospital, Southampton, UK; 4Kings College Hospital, London, UK; 5Southampton University Hospital, Southampton, UK; 6Kings College Hospital, London, UK;

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Introduction The ACTIB (Assessing Cognitive behavioural Therapy (CBT) for IBS) randomised controlled trial (n=558) was a 3 arm multicentre trial which showed that telephone therapist-delivered CBT (TCBT) and web-based CBT (WCBT) with minimal therapist support were significantly more effective than treatment as usual (TAU) at reducing IBS symptom severity and impact at 12 months in adults with refractory IBS.

Methods A 24 month naturalistic follow-up of ACTIB participants. Participants were recruited from 74 primary care general practice (GP) surgeries and 3 secondary care gastroenterology outpatient clinics in the South of England and London, May 2014 to March 2016. 24 month data collection included May 2018. TAU participants were given access to the WCBT website from 12 months. Co-primary outcome measures (IBS Symptom Severity Score (IBS SSS) and Work and Social Adjustment Scale (WSAS). Formal trial arm comparisons were Intention-to-treat analyses by multiple imputation to account for missing data.

Results 57.9% (323/558) of participants randomised were followed up to 24 months. Only 10 TAU participants chose to access WCBT.

Preliminary results Compared to TAU (IBS SSS score 198 at 24 months), IBS SSS scores were 40.5 (95% CI (15.0 to 66.0)) points lower (p<0.002) in TCBT and 12.9 (95% CI -12.9 to 38.8) points lower (p=0.3) in WCBT at 24 months. Assessing IBS-SSS responders (participants with a clinically significant IBS SSS change (≥50 point) from baseline to 24 months: 84/119 (70.6%) were responders in TCBT, 62/99 (62.6%) in WCBT and 48/105 (45.7%) in TAU.Compared to TAU (WSAS score 7.6 at 24 months) WSAS was 3.1 (95% CI 1.3 to 4.9) points lower (p<0.001) in TCBT and 1.9 (95% CI 0.1 to 3.7) points lower (p<0.04) in WCBT. Patient enab-lem (responders): TCBT compared to TAU OR 8.3 (95% CI 4.2 to 16.4) p<0.001, WCBT to TAU OR 3.3 (95% CI 1.8 to 6.0) p=0.001; Hospital anxiety and depression scale (HADS) TCBT to TAU 3.1 (95% CI 1.6 to 4.7) p<0.001 and WCBT to TAU 95% CI 2.7 (1.0 to 4.4) p=0.002.

Conclusions At 24 months sustained benefits were seen in both CBT groups compared to TAU, particularly on impact of IBS symptoms. Some previous gains were reduced compared to 12 month follow-up in the intention-to-treat analysis. Complete case analysis indicated those who had adhered to CBT treatments maintained large clinically significant gains in both symptoms and impact at 24 months. Increasing access to CBT for IBS could achieve long term-benefits for patients.