

Exercise Interventions and Dietary Advice in Fibromyalgia and IBS

NCT06923800

Status	RECRUITING
Phase	Not Applicable
Sponsor	Azienda Ospedaliera Specializzata in Gastroenterologia Saverio de Bellis
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (4)

- Confirmed diagnosis of Irritable Bowel Syndrome (IBS) concomitant with Fibromyalgia (FM). Meeting the American College of Rheumatology (ACR) diagnostic criteria for FM and meeting the Rome III/IV diagnostic criteria for IBS.
- Total score on the Irritable Bowel Syndrome Severity Scoring System (IBS-SSS) \leq 125 (indicating moderate to severe IBS symptoms).
- Men and women aged between 30 and 65 years.
- Body Mass Index (BMI) between 18.5 and 29.9.

Exclusion (2)

- Individuals with severe cardiac, hepatic, neurological, psychiatric disorders, or other gastrointestinal diseases.
- Individuals unable to discontinue symptom management therapies and medications for FM/IBS.

Locations (1 total)

IRCCS Saverio de Bellis, Castellana Grotte, Bari, Italy