This study aimed to determine patients' experiences of the social and psychological impacts of food on people with IBD.

Semi-structured interviews were carried out with 28 patients regarding their experiences of food and eating in relation to their IBD. Interviews were recorded and transcribed verbatim. Concepts were labelled through line by line coding using a constant comparative approach based on grounded theory.

CONCLUSION
Eating and drinking is a significant challenge for many IBD patients, particularly during flare; however CD patients appear to have more sustained eating issues during remission.

Cognitive and emotional factors such planning meals, eating being an extra consideration and frustration around missing out and unpredictability impact on quality of life and enjoyment of eating, especially away from home.

Acknowledging difficulties around eating and drinking could improve quality of life and adjustment to IBD.