



CHANGING PATIENT PERCEPTIONS OF THE GLUTEN-FREE DIET AS SUFFICIENT TREATMENT FOR CELIAC DISEASE

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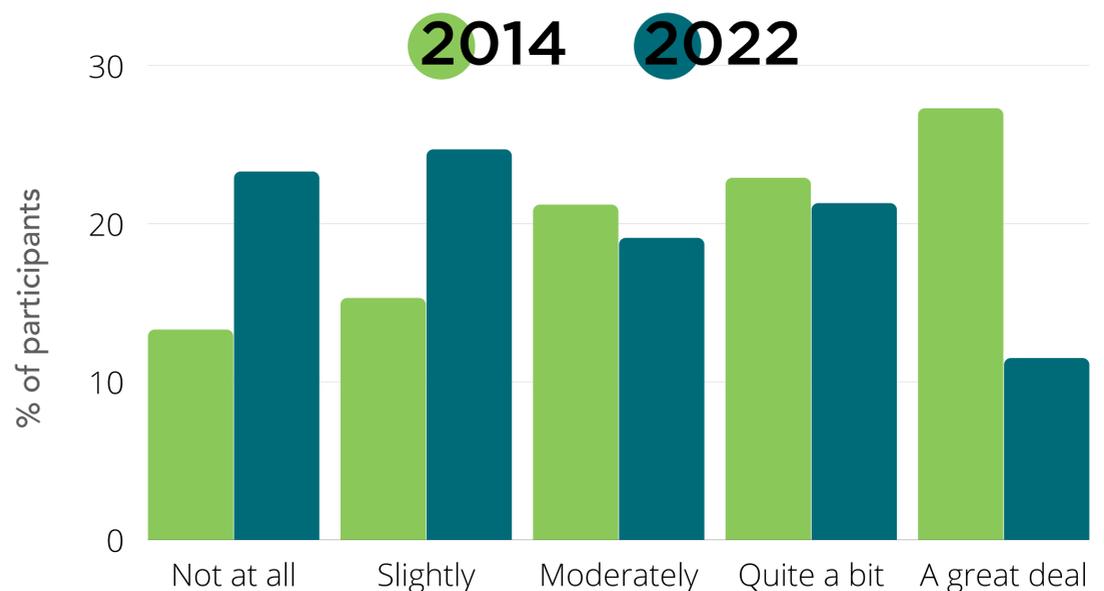
OBJECTIVES

Beyond Celiac, a patient advocacy organization, conducted community surveys in 2014 and 2022 to determine patient perception of the gluten-free diet as sufficient treatment for celiac disease.

METHODS

Two online surveys, 8 years apart, shared via email and on social media to people who opted in to communication from Beyond Celiac. Participants self-reported their celiac disease diagnosis. Participants were asked to rank their level of agreement on a 5-point scale with a statement that the gluten-free diet is a sufficient treatment for their disease.

LEVEL OF AGREEMENT WITH SUFFICIENCY OF THE GLUTEN-FREE DIET



RESULTS

- 1460 and 1140 participants with celiac disease completed the survey in 2014 and 2022, respectively.
- In 2014, 27.3% of participants agreed “a great deal” that the gluten-free diet was a sufficient treatment. This percentage was significantly lower in 2022, with 11.5% of agreeing “a great deal” ($p < .001$).
- The proportion of participants who agreed “not at all” that the gluten-free diet was a sufficient treatment increased from 13.3% in 2014 to 23.2% in 2022 ($p < 0.001$).
- Results illustrate how the patient community's perceptions of the diet have changed over time.

CONCLUSIONS

These results show celiac disease patient attitudes about the gluten-free diet have shifted significantly in the last decade, indicating a growing dissatisfaction with the gluten-free diet as a sufficient treatment. Beyond Celiac and other patient advocacy organizations play a vital role in educating the celiac disease community about challenges posed by inadvertent gluten exposure, the burden of the disease, and the need for treatments beyond the diet.

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