

## Prevalence of Functional Dyspepsia Among General Population in Aseer Region: A Population-Based Study

Viqar Bashrat, MD\*\*\* Reem Hamad S Aldosari, Medical Intern\* Baraah Mohammed Alyami, Medical Intern\* Manal Saeed Al-Qahtani, Medical Student\*\* Shoroug Abdullah Al-Qahtani, Medical Intern\* Zaidah Moateg AlQahtani, Medical Student\*\* Noor Mohammed Alshareef, Medical Intern\*

### ABSTRACT

**Study design:** Cross sectional

**Background:** Functional dyspepsia refers to a chronic condition characterized by persistent pain or discomfort in the upper abdomen, bloating, and fullness, which is often accompanied by an unpleasant sensation of satiety even after eating only small amounts of food. The causes of this condition are not yet fully understood, but it may result from a combination of biological, psychological, and environmental factors.

**Aim:** This study aims to assess prevalence of functional dyspepsia among general population in Aseer region, Southern of Saudi Arabia.

**Methods:** A descriptive cross-sectional study (survey-based study) was conducted in Aseer region, southern region, Saudi Arabia. The electronic survey made by Google forms during the period from March-2023 to June 2023. The study survey included questions that assess the prevalence, pattern and the effect of functional dyspepsia beside participants socio-demographic data and body mass index. The tool was uploaded online using social media platforms till no more answers were obtained.

**Results:** A total of 277 participants completed the study questionnaire. Participants ages ranged from 15 to more than 55 years with mean age of  $25.2 \pm 12.9$  years old. Exact of 157 (69.2%) were females. A total of 128 (56.4%) had FD of whom 93 (41%) had PDS, and 81 (35.7%) had EPS.

**Conclusion:** In conclusion, the current study estimated high prevalence for FD relative to estimated literature findings but mostly due to variability in used diagnostic criteria. Postprandial distress syndrome was more frequent than epigastric pain syndrome. Females showed higher rates of FD and subtypes than males with unemployment.

**Keywords:** Functional dyspepsia, Dyspepsia, Prevalence, Risk factors, Criteria, Saudi Arabia

*Bahrain Med Bull 2023; 45 (4): 1788 - 1792*

---

\* Medical Intern  
Department of Medicine  
College of Medicine  
King Khalid University  
Saudi Arabia.

\*\* Medical Student  
College of Medicine  
King Khalid University  
Saudi Arabia.

\*\*\* Assistant Professor of Gastroenterology  
Department of Medicine  
College of Medicine  
King Khalid University  
Saudi Arabia.  
E-mail: Vicky\_bishkku@hotmail.com