

**English: Effect of first week-intermittent fasting during Ramadan on the severity of neuropsychiatric symptoms in patients with fibromyalgia: A prospective study**

ABSTRACT

*Background:* Fasting has been well-reported as an adjunctive therapeutic approach in some chronic pain

syndromes.

Aim of the work

To study the effect of Ramadan intermittent fasting (RIF) on the severity of neuropsychiatric symptoms in patients with fibromyalgia.

Patients and methods

This prospective observational study was conducted on 130 females with primary fibromyalgia eligible to fast the first week of Ramadan. The included patients were requested to answer the Revised Fibromyalgia Impact

Questionnaire twice; the first targets the last week of Shaaban, while the second targets the first week of Ramadan.

Results The mean age of the patients was  $42.3 \pm 11.03$  years. The percentage of patients who improved in pain scores was 47.7%, depression (58.5%) and anxiety (55.4%) after the first week of RIF. The median value for the percent of improvement in pain, depression, and anxiety scores were 20%, 25%, and 25%, respectively. On the other hand, most patients showed worsening in the scores of energy level (56.9%) and sleep quality (60%) after the first week of RIF. The median value for the percent of worsening in the energy level and sleep quality scores were 33.3% and 36.7%, respectively. The percentage of patients who showed no change in stiffness scores was 40%, memory problems (67.7%), tenderness to touch (60.8%), balance problems (88.5%), or sensitivity to loud noises, bright lights, odors, and cold (66.9%) after the first week of RIF.

Conclusion

RIF may improve pain, anxiety, and depression, while it has deleterious effects on sleep and fatigue among patients with fibromyalgia.

The Egyptian Rheumatologist ,2023;46(4).

تم النشر في :