Do you suffer from abdominal pain, constipation and/or diarrhea? Have you ever been told that you have irritable bowel syndrome (IBS)?

If so, you may qualify to participate in a UCLA research study by Dr. Lin Chang that involves a treatment program designed to target stress in patients with irritable bowel syndrome (IBS).

You must be:

- At least 18 years of age
- Interested in a program that involves group sessions and an online course to help manage stress
- If you are currently taking medications, the doses have not changed in 30 days
- Have NO history of other digestive or gastrointestinal illnesses diagnosed by your doctor
- Have NO history of digestive or gastrointestinal surgery excluding appendectomy and gallbladder removal
- Are NOT currently receiving (or have received in the last 6 months) other psychological or stress reduction therapies (for example: cognitive behavioural therapy (CBT), mindfulness, meditation, psychotherapy)
- Do NOT have severe anxiety, depression or schizophrenia
- Do NOT have current substance (drugs and/or alcohol) abuse problems
- Are NOT pregnant

Eligible participants will:

- Participate in either a stress management program that involves 90 minute group introductory session at UCLA and participation in group teleconferences or start a self-management stress reduction program that requires reading a book.
- Complete a 12 week online program that requires 10 minutes of your time weekly.
- You will be asked to complete online surveys up to 3 or 4 times.

Participation in this study is voluntary and will not interfere with your current care. If you do not meet all eligibility requirements you will not be able to participate.

Compensation is up to $175. Access to the program is free of charge ($200 value). Parking will be re-imbursed for every visit associated with this research study.

*Please note that confidentiality of emails cannot be guaranteed. Do not include sensitive information in your email if you choose to contact us by that method.