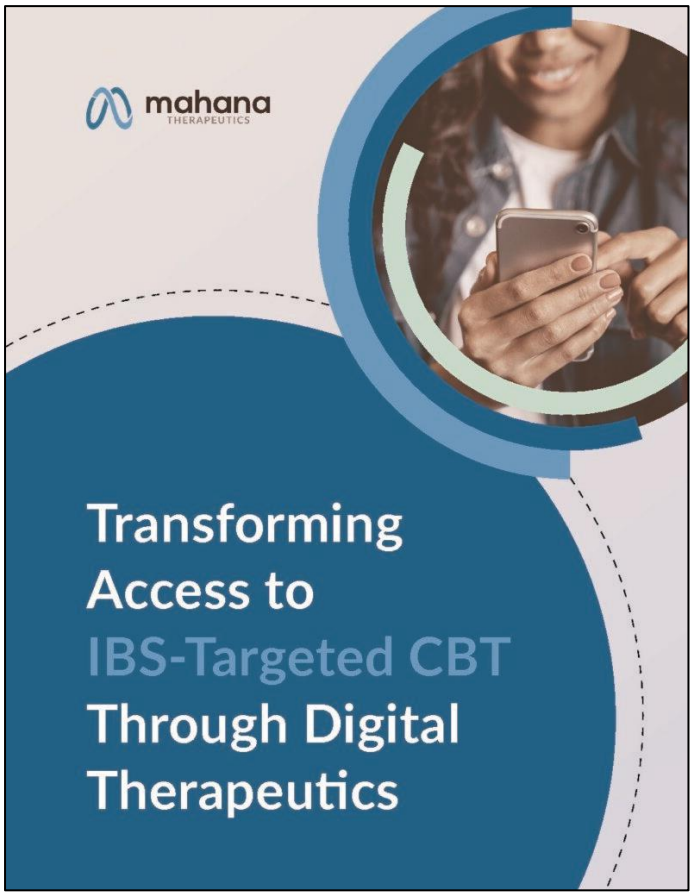
Protecting content Transforming Access to IBS-Targeted CBT Through Digital Therapeutics



See how digital therapeutics are transforming the way providers tackle IBS treatment today.

The latest research on the brain-gut connection shows the effectiveness of incorporating mental health techniques like cognitive behavioral therapy (CBT) into irritable bowel syndrome (IBS) treatments. However, due to barriers of CBT-trained therapist availability, cost, and geographic location, many IBS patients do not have access to this treatment.

Digital therapeutics is aiming to change that.

Download our free eBook to see how GI specialists are connecting the latest advancements in digital therapeutics with IBS symptom relief, including:

- Understanding the brain-gut connection
- Research on the current standard of IBS care
- Why CBT works to provide IBS symptom relief
- How to increase CBT access