



-  1. What are the risk factors for developing IBD (e.g. environmental factors, stress, insecticides, vaccines, antibiotics, glandular fever, removed appendix, susceptibility genes)?
-  2. How can microbiome (bacteria and other organisms) be modified to prevent IBD?
-  3. How can IBD be prevented (including those with a family history of IBD or genetic risk, and lifestyle factors, such as food and exercise)?
-  4. How can quality of life be improved for people with IBD (e.g. reduced visits to the toilet, coping with illness and psychological support)?
-  5. How can an individual's response to specific IBD medications be predicted?
-  6. How can food cause or prevent IBD symptoms and/or improve IBD disease severity?
-  7. What are the potential short- and long-term health effects from taking different IBD medications?
-  8. What is the most effective treatment for maintaining remission in IBD?
-  9. What is the link between IBD and mental health and are people with IBD adequately screened for mental health conditions?
-  10. What is the cause of IBD flares and how can they be recognised and avoided?



CCA are working towards promoting the top 10 list to stakeholders to act through research directions, funding and awareness. We need your help to share these top 10 research priorities.