



Dear Parents

A group of members of the Working Group of Intestinal Motility and Functional Disorders of the Spanish Society of Paediatric Gastroenterology, Hepatology and Nutrition (SEGHN) will participate in the European study: **“Diet and functional gastrointestinal disorders in children and adolescents in the Mediterranean countries”**, directed by Dr. Caterina Strisciuglio of the University of Campania (Naples). In this study other countries such as Israel, Macedonia and Serbia will also be taking part.

The Spanish group consists of pediatric gastroenterologists from several Spanish centres: Hospital Universitario Puerta de Hierro from Majadahonda; Hospital Universitario from Fuenlabrada; Hospital Universitario from Santiago de Compostela; Hospital Universitario from San Juan de Alicante; CS Santa Faz-Ayuntamiento from Alicante; Hospital de Palamós from Girona and the Hospital del Niño Jesús from Madrid.

When I had the opportunity to listen to Dr. Strisciuglio's project at the session of the European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN: <http://www.espghan.org> ) working group in Geneva, I thought that one of the schools that should participate in this project should be the European School of Alicante.

This is a descriptive study to evaluate the importance of the so-called Functional Gastrointestinal Disorders, to know about their frequency and distribution in the population, and their possible relationship with the intake of certain foods - foods that are rich in the so-called FODMAPs, i.e. non-fermentable carbohydrates - and also to evaluate the adherence of our students to the Mediterranean Diet. The study is divided into two age groups: a group from 4 to 10 and another group of people over 10.

Parents who are interested in participating are kindly invited to complete the online form that you will receive through the school's communication system (SMS announcements) so that you can notify us about your willingness to cooperate.

If you have notified us about your willingness to cooperate you will then receive an e-mail from [ali.doctor@partner.eursec.eu](mailto:ali.doctor@partner.eursec.eu) including all the information about the study, a consent form that is a requirement requested by the hospital's ethical committee giving your authorization to participate in this study and finally a questionnaire.

Your participation will consist in completing a questionnaire on children from 4 to 10 years old with questions about the presence of some symptoms such as vomiting, stomach pain and bowel movements (for example: if the child has pain when going to the bathroom; if the bowel movements are hard or soft, etc.). In those over 10 years old, it may be the students themselves who complete the questionnaire.

The questionnaire will be anonymous and will take 10-15 minutes to complete. You will also write down everything your child eats and drinks for 3 days (two diary days and a weekend day), trying to detail the amounts as much as possible.

I hope that this study arouses interest in our school and by participating in this European project we hope to know more about paediatric gastrointestinal functional disorders.

Kind regards

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