

How the VA Rates IBS (Secondary to PTSD or Anxiety)

Regulatory Source: 38 CFR § 4.114 – Diagnostic Code 7319

VA Source: <https://ecfr.gov>

Summary:

IBS is often linked to PTSD, anxiety, or medication side effects. It's rated based on severity and frequency of abdominal distress, diarrhea, or constipation. Mental health and gastrointestinal records should be submitted together.

VA Rating Table:

Rating	Explanation
0%	IBS is diagnosed, but symptoms are mild or occasional. No functional loss or treatment required.
10%	Moderate: frequent episodes of bowel disturbance with abdominal distress. Managed with diet or mild medications.
30%	Severe: diarrhea or constipation with more or less constant abdominal distress. Significant lifestyle disruption.

Required Evidence:

- Diagnosis of IBS by GI provider or primary care
- Mental health records showing PTSD or anxiety
- Medication history (SSRIs, SNRIs, etc. may contribute to GI symptoms)
- Daily symptom logs (bowel movements, pain, urgency)
- Personal statements on workplace disruption, diet changes, or travel anxiety

Pro Tip:

When tied to PTSD, IBS often reflects overactive fight-or-flight symptoms. Pair GI records with stress logs or therapy notes. You can receive both mental and GI ratings if symptoms are distinct.