Introduction: Irritable bowel syndrome is a functional gastrointestinal (GI) disorder diagnosed when a child growing as expected has abdominal pain or discomfort once per week for at least 2 months without other disease. Limited information is available about the number of children with IBS. One study in North America found that 14 percent of high school students and 6 percent of middle school students have IBS affecting boys and girls equally. Difficult situations such as exam period are considered to be most important factors on IBS in children.

Objective: This study aims at clarifying the role of stress before and during the examinations along with the pressures by the parents on children in exam season in schools.

Method and materials: 20 students with the experience of IBS were identified in the schools and their parents were asked to report the referring to physicians because of IBS. They were monitored exactly before exam period in school and were contacted by phone during vacation.

Result: 60% of the students attended the exam with some signs of IBS while they were mostly under the pressure of their mothers. Variations of food before the exam was the most second important thing they encountered and 25% had experienced the father’s pressure. There was no significant difference among the boys and girls. The threat of principals was another factor.

Conclusion: It is necessary for mothers to become aware of negative effects of enthusiasm for children to study hard before or during the exams and principals are obliged to encourage children to be free from stress.

IBS, children, exam, parents, stress