The correlation between psychological distress and IBS severity was Spearman’s $\rho= 0.05$ ($p = .74$). The correlations with the single symptoms abdominal pain ($\rho= 0.21$, $p = .16$), diarrhea ($\rho= 0.26$, $p = .081$), bloating ($\rho= 0.02$, $p = .92$), and constipation ($\rho= 0.01$, $p = .93$) were similarly weak, altogether reflecting a relative independence between psychological burden and IBS symptoms.