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Week 9 8 7 6 5 4 3 2 1 0

1 = Strongly Disagree
2 = Moderately Disagree
3 = Neutral
4 = Moderately Agree
5 = Strongly Agree

Strongly Agree (5)
Moderately Agree (4)
Neutral (3)
Moderately Disagree (2)
Strongly Disagree (1)

2. How I respond to stressful situations helps me manage my bowel symptoms.	1	2	3	4	5
3. I am completely at the mercy of my bowel symptoms.	1	2	3	4	5
4. Changing my emotional reactions to certain situations helps me manage my bowel symptoms.	1	2	3	4	5
5. Not letting my worries get out of hand helps me manage my bowel symptoms.	1	2	3	4	5
6. I rely on medical professionals to control my bowel symptoms.	1	2	3	4	5
7. My bowel symptoms are sometimes worse because I overdo it.	1	2	3	4	5
8. My bowel symptoms can be less severe if medical professionals (physician, nurses, etc.) take proper care of me.	1	2	3	4	5
9. My bowel symptoms are beyond all control.	1	2	3	4	5
10. My physician's treatment can help my bowel symptoms.	1	2	3	4	5
11. When I worry about things, my bowel symptoms are more likely to worsen.	1	2	3	4	5
12. Just seeing my physician gives me the reassurance I need to manage my bowel symptoms.	1	2	3	4	5
13. No matter what I do, if I am going to get bowel symptoms, I will get them.	1	2	3	4	5
14. Having regular contact with my physician is the best way for me to avoid bowel symptoms.	1	2	3	4	5
15. Should my bowel symptoms worsen, I'd need to consult my physician or other medically trained professional.	1	2	3	4	5
16. Simply following physician's orders to the letter is the best way for my bowel symptoms to stay under control.	1	2	3	4	5
17. When I am under too much pressure, I tend to get bowel symptoms.	1	2	3	4	5
18. Luck plays a big part in determining how well I will recover from bowel symptoms.	1	2	3	4	5
19. Not becoming overly tense, edgy or irritable helps me manage my bowel symptoms.	1	2	3	4	5
20. My not getting bowel symptoms is largely a matter of luck.	1	2	3	4	5
21. My actions influence whether I have bowel symptoms.	1	2	3	4	5
22. I usually recover from bowel symptoms once I get proper medical help.	1	2	3	4	5
23. Whatever I do, I'm likely to get bowel symptoms.	1	2	3	4	5
24. If I am not on the right medication, my bowel symptoms will be a problem.	1	2	3	4	5
25. I feel that no matter what I do, I will still have bowel symptoms.	1	2	3	4	5
26. I am directly responsible for some of the changes in my bowel symptoms.	1	2	3	4	5
27. Whether or not I suffer with bowel symptoms depends on how well my physician takes care of me.	1	2	3	4	5
28. My bowel symptoms are worse when I'm dealing with stress.	1	2	3	4	5
29. When I get bowel symptoms, I just have to let nature run its course.	1	2	3	4	5
30. Health professionals can keep me from getting bowel symptoms.	1	2	3	4	5
31. I'm just plain lucky when there are periods of time when I don't experience bowel symptoms.	1	2	3	4	5
32. When I have not been taking proper care of myself, I am more likely to experience bowel symptoms.	1	2	3	4	5
33. It's a matter of fate whether or not I have bowel symptoms.	1	2	3	4	5