

IBS-QOL INSTRUMENT

Please read the following statements and using the scale below, rate how characteristic the statement is of how you generally feel.

| | | | | |
|------------|----------|------------|-------------|-----------|
| Not at all | Slightly | Moderately | Quite a bit | Extremely |
| 1 | 2 | 3 | 4 | 5 |

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|------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| Subject ID | <input type="text"/> | | | | | | | | | | |
| Month | <input type="text"/> |
| Day | <input type="text"/> |
| Year | <input type="text"/> |
| Week | <input type="text"/> |

| | | | | | |
|--|----------------------|----------------------|----------------------|----------------------|----------------------|
| 1. I feel helpless because of my bowel problems. | <input type="text"/> |
| 2. I am embarrassed by the smell caused by my bowel problems. | <input type="text"/> |
| 3. I feel vulnerable to other illnesses because of my bowel problems. | <input type="text"/> |
| 4. I feel uncomfortable when I talk about my bowel problems. | <input type="text"/> |
| 5. I feel depressed about my bowel problems. | <input type="text"/> |
| 6. I feel isolated from others because of my bowel problems. | <input type="text"/> |
| 7. Because of my bowel problems, sexual activity is difficult for me. | <input type="text"/> |
| 8. I feel angry that I have bowel problems. | <input type="text"/> |
| 9. I feel irritable because of my bowel problems. | <input type="text"/> |
| 10. I feel sluggish because of my bowel problems. | <input type="text"/> |
| 11. I feel unclear because of my bowel problems. | <input type="text"/> |
| 12. Long trips are difficult for me because of my bowel problems. | <input type="text"/> |
| 13. I feel frustrated that I cannot eat when I want because of my bowel problems. | <input type="text"/> |
| 14. It is important to be near a toilet because of my bowel problems. | <input type="text"/> |
| 15. I feel that no one understands my bowel problems. | <input type="text"/> |
| 16. I am bothered by how much time I spend on the toilet. | <input type="text"/> |
| 17. I feel fat because of my bowel problems. | <input type="text"/> |
| 18. I feel like I am losing control of my life because of my bowel problems. | <input type="text"/> |
| 19. I feel my life is less enjoyable because of my bowel problems. | <input type="text"/> |
| 20. I have to watch the amount of food I eat because of my bowel problems. | <input type="text"/> |
| 21. I feel like I irritate others because of my bowel problems. | <input type="text"/> |
| 22. I worry that my bowel problems will get worse. | <input type="text"/> |
| 23. I worry that people think I exaggerate my bowel problems. | <input type="text"/> |
| 24. I feel I get less done because of my bowel problems. | <input type="text"/> |
| 25. I have to avoid stressful situations because of my bowel problems. | <input type="text"/> |
| 26. My bowel problems reduce my sexual desire. | <input type="text"/> |
| 27. My bowel problems limit what I can wear. | <input type="text"/> |
| 28. I have to avoid strenuous activity because of my bowel problems. | <input type="text"/> |
| 29. I have to watch the kind of food I eat because of my bowel problems. | <input type="text"/> |
| 30. Because of my bowel problems, I have difficulty being around people I do not know. | <input type="text"/> |
| 31. My life revolves around my bowel problems. | <input type="text"/> |
| 32. I worry about losing control of my bowels. | <input type="text"/> |
| 33. I fear that I won't be able to have a bowel movement. | <input type="text"/> |
| 34. My bowel problems are affecting my closest relationships. | <input type="text"/> |

Extremely

Quite a bit

Moderately

Slightly

Not at all