IBS-SE Questionnaire

Subject ID	Month	Day	Year	Week
0 0 0 0	0 0	0 0	0 0	0 0
1 1 1 1	1 1	1 1	1 1	1 1
2 2 2 2	2 2	2 2	2 2	2 2
3 3 3 3	3 3	3 3	3 3	3 3
4 4 4 4	4 4	4 4	4 4	4 4
5 5 5 5	5 5	5 5	5 5	5 5
6 6 6 6	6 6	6 6	6 6	6 6
7 7 7 7	7 7	7 7	7 7	7 7
8 8 8 8	8 8	8 8	8 8	8 8
9 9 9 9	9 9	9 9	9 9	9 9

Instructions: You will find below a number of statements related to bowel symptoms of IBS. By bowel symptoms, we are referring to abdominal pain or discomfort (e.g., bloating, abdominal distension), diarrhea and/or constipation. Please read each statement carefully and indicate how much you agree or disagree with the statement by blackening the corresponding number. Use the following scale as a guide:

Strongly Disagree	Moderately Disagree	Slightly Disagree	Neutral	Slightly Agree	Moderately Agree	Strongly Agree
1	2	3	4	5	6	7

	Strongly Disagree	Moderately Disagree	Slightly Disagree	Neutral	Slightly Agree	Moderately Agree	Strongly Agree
1. I can keep even bad bowel symptoms from disrupting my day by changing the way I respond to them.	1	2	3	4	5	6	7
2. When I'm in some situations, nothing I do helps me tolerate or cope with my bowel symptoms.	1	2	3	4	5	6	7
3. I can reduce the intensity of my bowel symptoms by relaxing or taking it easy.	1	2	3	4	5	6	7
4. There are things I can do to reduce my bowel symptoms.	1	2	3	4	5	6	7
5. I can control my bowel symptoms by recognizing their triggers.	1	2	3	4	5	6	7
6. Once I have bowel symptoms there is nothing I can do to control them.	1	2	3	4	5	6	7
7. When I'm tense, I can tolerate or cope with my bowel symptoms by controlling the tension.	1	2	3	4	5	6	7
8. Nothing I do reduces my bowel symptoms.	1	2	3	4	5	6	7
9. If I do certain things everyday, I can reduce the bowel symptoms I will have.	1	2	3	4	5	6	7
10. If I can catch symptoms early or before they begin, I often can stop them from becoming problems.	1	2	3	4	5	6	7
11. Nothing I do will keep mild bowel symptoms from turning into problems.	1	2	3	4	5	6	7
12. I can tolerate or cope with my bowel symptoms by changing how I respond to stress.	1	2	3	4	5	6	7
13. I can do things to control how much my bowel symptoms interfere with my life.	1	2	3	4	5	6	7
14. I cannot control the tension that causes my bowel symptoms.	1	2	3	4	5	6	7
15. I can do things that will control how long my bowel symptoms last.	1	2	3	4	5	6	7
16. Nothing I do keeps bad bowel symptoms from interfering with daily life.	1	2	3	4	5	6	7
17. When I'm not under a lot of stress, I can prevent my bowel symptoms from becoming problems.	1	2	3	4	5	6	7
18. When I sense my bowel symptoms coming on, there is nothing I can do to ease them.	1	2	3	4	5	6	7
19. I can keep mild bowel symptoms from disrupting my day by changing the way I respond to them	1	2	3	4	5	6	7
20. If I am under a lot of stress, there is nothing I can do to tolerate or cope with bowel symptoms.	1	2	3	4	5	6	7
21. I can do things that make my bowel symptoms more tolerable.	1	2	3	4	5	6	7
22. There are things I can do to control my bowel symptoms.	1	2	3	4	5	6	7
23. If I am upset, there is nothing I can do to control my bowel symptoms.	1	2	3	4	5	6	7
24. I can control the intensity of my bowel symptoms.	1	2	3	4	5	6	7
25. I can do things to cope with my bowel symptoms.	1	2	3	4	5	6	7