IBS-LOC

Instructions: This is a questionnaire designed to determine the way in which people view certain important issues related to IBS symptoms. Each item is a belief statement with which you may agree or disagree. Beside each statement are numbers which correspond to a scale on which you may rate the extent to which you agree or disagree with each item. The values range from "Strongly Disagree" = 1 to "Strongly Agree" = 5. Blacken the number that represents the extent to which you disagree or agree with the statement. Please make sure that you answer every item and that you blacken only one number per item. This is a measure of your personal beliefs; there are no right or wrong answers.

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

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

	Strongly Disagree	Moderately Disagree	Neutral	Moderately Agree	Strongly Agree
1. When I have bowel symptoms, there is nothing I can do to affect their course.	1	2	3	4	5
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