

IBS-QOL INSTRUMENT

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

Subject ID	<div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div></div>									
Month	<div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div></div>									
Day	<div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div></div>									
Year	<div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div></div>									
Week	<div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div></div>									

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

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