

FMBS
IRRITABLE BOWEL SYNDROME STUDY

Patient Number	patid	<input type="text"/>	Date of Study Participant	visitm	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Protocol Number	study	<input type="text"/>	Visit/Contact	mmm	dd	yyyy		
Form Week	week	<input type="text"/>	*Seq No.	seqno	**Step No.	stepno	Key Operator Code	keyop

This area completed by Clinic Staff only.

* Enter a '1' if this is the first of this form for this date. Designate subsequent forms on the same date with a 2, 3, etc.
** Enter the subject's current study step number. Enter '1' if the study does not have multiple steps.

Instructions:

We all have different ways of dealing with stress. We would like to know your personal way of reacting to stress. The following questionnaire is composed of eight situations and eight possible ways to react to each situation. Please try to put yourself in the situation and let us know whether the proposed reactions describe what you would do or think if you were personally involved in the situation. There is no right or wrong answer. Your answers will be treated confidentially and are used solely for research purposes.

For each of the reactions, choose one of the following:

- | | | | |
|--------------|---------------|------------------|---------------|
| Never | Seldom | Sometimes | Always |
| ① | ② | ③ | ④ |

Please respond to every item, even if it is sometimes difficult.

Thank you for completing this questionnaire.

1. Vividly imagine that 10 days from now, you are scheduled to interview for your dream job.
What do you do?

	Never	Seldom	Some- times	Always	
	①	②	③	④	
a. Try not to think about it until the day of the interview	①	②	③	④	
b. Wait and see what happens	①	②	③	④	mb301
c. Gather information to thoroughly prepare for the interview	①	②	③	④	mb302
d. Get a good book or magazine to help me keep busy for the next week	①	②	③	④	mb303
e. Role-play the interview with a friend to see where I need improvement	①	②	③	④	mb304
f. Research the company and its structure	①	②	③	④	mb305
g. Ask people I'm close with not to mention the interview	①	②	③	④	mb306
h. Find out information about who will be interviewing me	①	②	③	④	mb307
					mb308

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2. Vividly imagine that you are sick and your doctor tells you that you need surgery that has risks and benefits. A second opinion confirms the diagnosis and your surgery is scheduled in two weeks. You agree to go to the surgeon your doctor recommends. What do you do?

	Never	Seldom	Some- times	Always	
a. Learn as much as possible about the surgeon's credentials and reputation	①	②	③	④	mb309
b. Try not to think about the operation by spending time with my friends	①	②	③	④	mb310
c. Read health books, articles or websites to find out more about the operation and the risks involved	①	②	③	④	mb311
d. Watch a movie to take my mind off the surgery	①	②	③	④	mb312
e. Talk to a friend or relative who has had this type of surgery	①	②	③	④	mb313
f. Keep busy so that I have no time to think about the operation	①	②	③	④	mb314
g. Go to a bar and have a drink or two	①	②	③	④	mb315
h. Check out the place where I will have the surgery	①	②	③	④	mb316

3. Vividly imagine that you have to drive to an important meeting tomorrow. The meeting is 2 hours away from your home. The weather forecast on the radio predicts icy roads and snow for your trip tomorrow. What will you do?

	Never	Seldom	Some- times	Always	
a. Change the radio station to play music instead	①	②	③	④	mb317
b. Keep the radio station on so I won't miss any weather updates	①	②	③	④	mb318
c. Think about how beautiful the snow will be to drive through	①	②	③	④	mb319
d. Think about the current street conditions today and consider whether I should drive there today and spend the night closer to the meeting	①	②	③	④	mb320
e. Stick to my schedule and concentrate on preparing for the meeting	①	②	③	④	mb321
f. Mentally rehearse everything I know about driving in icy conditions	①	②	③	④	mb322
g. Spend the evening with friends or watch TV	①	②	③	④	mb323
h. Find out if the meeting can be rescheduled	①	②	③	④	mb324

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4. Vividly imagine that you are walking through a run down part of New York City and you get lost. What do you do?

	Never	Seldom	Some- times	Always	
a. Keep walking until I get out of the area while trying to think of something pleasant	①	②	③	④	mb325
b. Look for someone trustworthy to ask for reliable directions	①	②	③	④	mb326
c. Buy a map	①	②	③	④	mb327
d. Say to myself, "This will make a great story."	①	②	③	④	mb328
e. Look around frequently to make sure I am not in danger	①	②	③	④	mb329
f. Think of this as a chance to get to know the dark side of the city	①	②	③	④	mb330
g. Hum or whistle to myself	①	②	③	④	mb331
h. Find out which street I am on and look for a safe place to make a phone call	①	②	③	④	mb332

5. Vividly imagine that due to a large drop in sales several people in your department at work will be laid off. Your supervisor has turned in an evaluation of your work over the past year. The decision about lay-offs has been made and will be announced in several days. What will you do?

	Never	Seldom	Some- times	Always	
a. Talk to my co-workers to see if they know anything about my evaluation	①	②	③	④	mb333
b. Consider how well I measure up to company standards by reviewing my job description	①	②	③	④	mb334
c. Go to the movies to take my mind off things	①	②	③	④	mb335
d. Try to remember any negative interactions I may have had with my supervisor that would hurt my evaluation	①	②	③	④	mb336
e. Try to block all thoughts of being laid off out of my mind	①	②	③	④	mb337
f. Think about which of my co-workers the supervisor might think does a worse job than me	①	②	③	④	mb338
g. Continue doing my work as if nothing is happening ...	①	②	③	④	mb339
h. Invite some friends over to distract me from thinking about the situation at work	①	②	③	④	mb340

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6. Vividly imagine that you are on an airplane close to your destination. The plane experiences some heavy turbulence and then suddenly levels off. The seatbelt sign remains lit and you have a sense that something is not right. What would you do?

	Never	Seldom	Some- times	Always	
a. Try to make small talk with the passenger next to me	①	②	③	④	mb341
b. Ask the flight attendant exactly what is going on	①	②	③	④	mb342
c. Ask the flight attendant for a drink	①	②	③	④	mb343
d. Carefully listen for sounds coming from the engine of the plane	①	②	③	④	mb344
e. Look around for the emergency exits and study the emergency evacuation card	①	②	③	④	mb345
f. Shut my eyes and try to sleep	①	②	③	④	mb346
g. Watch the flight crew to see if their behaviour seems out of the ordinary	①	②	③	④	mb347
h. Watch the in-flight movie even if I have seen it before	①	②	③	④	mb348

7. Vividly imagine that you are making plans to buy a house through a real estate company. The house that you want to buy is still under construction. As you read the paper, you see an article about poor workmanship of home builders in your area. What would you do?

	Never	Seldom	Some- times	Always	
a. Skip the article and read another article or the comics	①	②	③	④	mb349
b. Imagine how great it will be once the house is completed	①	②	③	④	mb350
c. Read the article carefully	①	②	③	④	mb351
d. Concentrate on other things and try not to think about the negative points in the article	①	②	③	④	mb352
e. Make an appointment with a contractor to get his opinion about the workmanship of the house I plan to buy	①	②	③	④	mb353
f. Call the Better Business Bureau to find out whether others have filed any complaints about the builder of my house	①	②	③	④	mb354
g. Avoid conversations with friends and relatives about the house	①	②	③	④	mb355
h. Ask a lawyer how I can legally protect myself against poor workmanship	①	②	③	④	mb356

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8. Vividly imagine you are stuck in an elevator late at night with 2 other people. The doors will not open, the emergency button is not working, and your cell phone does not have coverage. Nobody can hear your calls for help. What do you do?

	Never	Seldom	Some- times	Always	
a. Look through my bags and pockets for something to keep me busy	①	②	③	④	mb357
b. Listen for any unusual noises coming from the elevator shaft	①	②	③	④	mb358
c. Try to keep my mind off the situation by thinking of something pleasant	①	②	③	④	mb359
d. Ask the other passengers if they know how often this elevator is used by other people who could find us and get help	①	②	③	④	mb360
e. Look for the elevator's inspection sticker to see what the date of the last inspection was	①	②	③	④	mb361
f. Pass the time by making small talk	①	②	③	④	mb362
g. Mentally compare the total weight of everyone on the elevator to the maximum weight limit posted on the elevator	①	②	③	④	mb363
h. Think about how I will treat myself to something special when I get home	①	②	③	④	mb364

