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.

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| 1= Strongly Disagree 2 = Moderately Disagree 3 = Neutral 4 = Moderately Agree 5 = Strongly Agree 1. When I have bowel symptoms, there is nothing I can do to affect their course. 2. How I respond to stressful situations helps me manage my bowel symptoms. 3. I am completely at the mercy of my bowel symptoms. 3. I am completely at the mercy of my bowel symptoms. 5. Not letting my worries get out of hand helps me manage my bowel symptoms. 6. I rely on medical professionals to control my bowel symptoms. 7. My bowel symptoms are sometimes worse because I overdo it. 8. My bowel symptoms are sometimes worse because I overdo it. 9. My bowel symptoms are beyond all control. 10. My physician's treatment can help my bowel symptoms. 11. When I worry about things, my bowel symptoms. 12. Just seeing my physician gives me the reassurance I need to manage my bowel symptoms. 13. No mater what I do, if an giong to get bowel symptoms, I will get them. 14. Having regular contact with my physician is the best way for me to avoid bowel symptoms. 15. Should my bowel symptoms worsen, I'd need to consult my physician or other medically trained professional. 16. Simply following physician's orders to the letter is the best way for me to avoid bowel symptoms to stay under control. 17. When I am under too much pressure, I tend to get bowel symptoms. 19. No bocoming overly tense, edgy or irritable helps me manage my bowel symptoms. 19. No bocoming overly tense, edgy or irritable helps me manage my bowel symptoms. 19. No bocoming overly tense, edgy or irritable helps me manage my bowel symptoms. 19. No bocoming overly tense, edgy or irritable helps me manage my bowel symptoms. 19. Luck plays a big part in determining how well I will recover from bowel symptoms. 19. Not becoming overly tense, edgy or irritable helps me manage my bowel symptoms. 19. Not becoming overly tense, edgy or irritable helps me manage my bowel symptoms. 19. Not becoming overly tense, edgy or irritable helps me manage my bowel symptoms. 19. Not becoming overly tense, ed | | | | | | |
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