

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

	Not at all	Slightly	Moderately	Quite a bit	Extremely
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 unclean 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