

IBS-SE Questionnaire

Instructions: You will find below a number of statements related to bowel symptoms of IBS. By bowel symptoms, we are referring to abdominal pain or discomfort (e.g., bloating, abdominal distension), diarrhea and/or constipation. Please read each statement carefully and indicate how much you agree or disagree with the statement by blackening the corresponding number. Use the following scale as a guide:

| 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 |

| Strongly Disagree | Moderately Disagree | Slightly Disagree | Neutral | Slightly Agree | Moderately Agree | Strongly Agree |
|-------------------|---------------------|-------------------|---------|----------------|------------------|----------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Strongly Agree
 Moderately Agree
 Slightly Agree
 Neutral
 Slightly Disagree
 Moderately Disagree
 Strongly Disagree

- | | |
|---|---------------|
| 1. I can keep even bad bowel symptoms from disrupting my day by changing the way I respond to them. | 1 2 3 4 5 6 7 |
| 2. When I'm in some situations, nothing I do helps me tolerate or cope with my bowel symptoms. | 1 2 3 4 5 6 7 |
| 3. I can reduce the intensity of my bowel symptoms by relaxing or taking it easy. | 1 2 3 4 5 6 7 |
| 4. There are things I can do to reduce my bowel symptoms. | 1 2 3 4 5 6 7 |
| 5. I can control my bowel symptoms by recognizing their triggers. | 1 2 3 4 5 6 7 |
| 6. Once I have bowel symptoms there is nothing I can do to control them. | 1 2 3 4 5 6 7 |
| 7. When I'm tense, I can tolerate or cope with my bowel symptoms by controlling the tension. | 1 2 3 4 5 6 7 |
| 8. Nothing I do reduces my bowel symptoms. | 1 2 3 4 5 6 7 |
| 9. If I do certain things everyday, I can reduce the bowel symptoms I will have. | 1 2 3 4 5 6 7 |
| 10. If I can catch symptoms early or before they begin, I often can stop them from becoming problems. | 1 2 3 4 5 6 7 |
| 11. Nothing I do will keep mild bowel symptoms from turning into problems. | 1 2 3 4 5 6 7 |
| 12. I can tolerate or cope with my bowel symptoms by changing how I respond to stress. | 1 2 3 4 5 6 7 |
| 13. I can do things to control how much my bowel symptoms interfere with my life. | 1 2 3 4 5 6 7 |
| 14. I cannot control the tension that causes my bowel symptoms. | 1 2 3 4 5 6 7 |
| 15. I can do things that will control how long my bowel symptoms last. | 1 2 3 4 5 6 7 |
| 16. Nothing I do keeps bad bowel symptoms from interfering with daily life. | 1 2 3 4 5 6 7 |
| 17. When I'm not under a lot of stress, I can prevent my bowel symptoms from becoming problems. | 1 2 3 4 5 6 7 |
| 18. When I sense my bowel symptoms coming on, there is nothing I can do to ease them. | 1 2 3 4 5 6 7 |
| 19. I can keep mild bowel symptoms from disrupting my day by changing the way I respond to them | 1 2 3 4 5 6 7 |
| 20. If I am under a lot of stress, there is nothing I can do to tolerate or cope with bowel symptoms. | 1 2 3 4 5 6 7 |
| 21. I can do things that make my bowel symptoms more tolerable. | 1 2 3 4 5 6 7 |
| 22. There are things I can do to control my bowel symptoms. | 1 2 3 4 5 6 7 |
| 23. If I am upset, there is nothing I can do to control my bowel symptoms. | 1 2 3 4 5 6 7 |
| 24. I can control the intensity of my bowel symptoms. | 1 2 3 4 5 6 7 |
| 25. I can do things to cope with my bowel symptoms. | 1 2 3 4 5 6 7 |