

Short IBDQ-9

The questions in this section are related to some gastrointestinal symptoms and the patient's quality of life in recent weeks:

1. How frequent have your bowel movements been during the last 2 wk?

- Bowel movements as or more frequent than they have ever been. 1.
- Extremely frequent. 2.
- Very frequent. 3.
- Moderate increase in frequency of bowel movements. 4.
- Some increase in frequency of bowel movements. 5.
- Slight increase in frequency of bowel movements. 6.
- Normal, no increase in frequency of bowel movements. 7.

2. How often has the feeling of fatigue or of being tired and worn out been a problem for you during the last 2 wk?

- All of the time. 1.
- Most of the time. 2.
- A good bit of the time. 3.
- Some of the time. 4.
- A little bit of the time. 5.
- Hardly any of the time. 6.
- None of the time. 7.

3. How much energy have you had during the last 2 wk?

- Most energy felt in years 1.
- Much more than usual 2.

- Slight increase 3.
- About the same 4.
- Slight decrease 5.
- Much less than usual. 6.
- Wiped out 7.

4. How often during the last 2 wk have you had to delay or cancel a social engagement because of your bowel problem?

- All of the time. 1.
- Most of the time. 2.
- A good bit of the time. 3.
- Some of the time. 4.
- A little bit of the time. 5.
- Hardly any of the time. 6.
- None of the time. 7.

5. How often during the last 2 wk have you been troubled by cramps in your abdomen?

- All of the time. 1.
- Most of time. 2.
- A good bit of the time. 3.
- Some of the time. 4.
- A little bit of the time. 5.
- Hardly any of the time. 6.
- None of the time. 7.

6. How often during the last 2 wk have you felt generally unwell?

- All of the time. 1.
- Most of the time. 2.
- A good bit of the time. 3.
- Some of the time. 4.
- A little bit of the time. 5.
- Hardly any of the time. 6.
- None of the time. 7.

7. Overall, in the last 2 wk, how much of a problem have you had with passing a large amount of gas?

- A major problem 1.
- A big problem 2.
- A significant problem 3.
- Some trouble 4.
- A little trouble 5.
- Hardly any trouble 6.
- No trouble 7.

8. How much of the time during the last 2 wk have you been troubled by feeling nauseated or sick to your stomach?

- All of the time. 1.
- Most of the time. 2.
- A good bit of the time. 3.
- Some of the time. 4.
- A little bit of the time. 5.

- Hardly any of the time. 6.

- None of the time. 7.

9. How satisfied, happy, or pleased have you been with your personal life during the last 2 wk?

- Very dissatisfied, unhappy mostly 1.

- Generally dissatisfied, unhappy 2.

- Somewhat dissatisfied, unhappy 3.

- Generally satisfied, pleased 4.

- Satisfied most of the time, happy 5.

- Very satisfied most of the time, happy 6.

- Extremely satisfied, could not have been more happy or pleased 7.