

TABLE 4

FROM:

Further validation of the IBS-QOL: a disease-specific quality-of-life questionnaire

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Table 4. Irritable Bowel Syndrome Quality of Life (IBS-QOL) Instrument

Q1. I feel helpless because of my bowel problems.
Q2. I am embarrassed by the smell caused by my bowel problems.
Q3. I am bothered by how much time I spend on the toilet.
Q4. I feel vulnerable to other illnesses because of my bowel problems.
Q5. I feel fat because of my bowel problems.
Q6. I feel like I'm losing control of my life because of my bowel problems.
Q7. I feel my life is less enjoyable because of my bowel problems.
Q8. I feel uncomfortable when I talk about my bowel problems.
Q9. I feel depressed about my bowel problems.
Q10. I feel isolated from others because of my bowel problems.
Q11. I have to watch the amount of food I eat because of my bowel problems.
Q12. Because of my bowel problems, sexual activity is difficult for me.
Q13. I feel angry that I have bowel problems.
Q14. I feel like I irritate others because of my bowel problems.
Q15. I worry that my bowel problems will get worse.
Q16. I feel irritable because of my bowel problems.
Q17. I worry that people think I exaggerate my bowel problems.
Q18. I feel I get less done because of my bowel problems.
Q19. I have to avoid stressful situations because of my bowel problems.
Q20. My bowel problems reduce my sexual desire.
Q21. My bowel problems limit what I can wear.
Q22. I have to avoid strenuous activity because of my bowel problems.
Q23. I have to watch the kind of food I eat because of my bowel problems.
Q24. Because of my bowel problems I have difficulty being around people I do not know well.
Q25. I feel sluggish because of my bowel problems.
Q26. I feel unclean because of my bowel problems.
Q27. Long trips are difficult for me because of my bowel problems.
Q28. I feel frustrated that I cannot eat when I want because of my bowel problems.
Q29. It is important to be near a toilet because of my bowel problems.
Q30. My life revolves around my bowel problems.
Q31. I worry about losing control of my bowels.
Q32. I fear I won't be able to have a bowel movement.
Q33. My bowel problems are affecting my closest relationships.
Q34. I feel that no one understands my bowel problems.
Items 1, 2, 4, 8–10, 12, 13, 16, 25–29, and 34 use the following response scale:
1 = not at all
2 = slightly
3 = moderately
4 = quite a bit
5 = extremely
Items 3, 5–7, 11, 14, 15, 17–24 and 30–33 use the following response scale:
1 = not at all
2 = slightly
3 = moderately
4 = quite a bit
5 = a great deal

Subscale Structure

Dysphoria: items 1, 6, 7, 9, 10, 13, 16, and 30

Interference with activity: item 3, 18, 19, 22, 27, 29, and 31

Body image: items 5, 21, 25, and 26

Health worry: items 4, 15, and 32

Food avoidance: items 11, 23, and 28

Social reaction: items 2, 14, 17, and 34

Sexual: items 12 and 20

Relationship: items 8, 24, and 33

NOTE: The IBS-QOL must not be reproduced or utilized in any manner without prior approval of Novartis Pharmaceuticals Corporation and the authors. Requests for permission to utilize the IBS-QOL and to obtain a copy of the IBS-QOL User's Manual, contact either: Donald L. Patrick, Ph.D., M.S.P.H., Department of Health Services, H689, Box 357660, University of Washington, Seattle, Washington 98195-7660; or Douglas A. Drossman, M.D., University of North Carolina at Chapel Hill, CB# 7080, Room 726, Burnett Womack Building, Chapel Hill, North Carolina 27599-7080.



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