

The Inflammatory Bowel Disease Knowledge Inventory Device (IBD-KID)

Instructions:

- ★ The following questions relate to knowledge about inflammatory bowel disease (IBD). These questions are not a 'test', so there is no need to feel pressure when you are answering them. However, please answer them by yourself - please don't ask for help from family or friends or look up answers in books or other sources while answering the questions.
- ★ Please don't study before answering the questions.
- ★ Some of the questions are 'true or false' and some are 'multiple choice'.
- ★ All of the questions have 'Don't know' as one of the choices. If you have an idea or a 'good guess' about what the answer to a question is, you should choose it as your answer. However, if you have no idea about the right answer to a question, please choose 'Don't know'.
- ★ Choose only ONE answer for each question. If you feel that more than one answer is correct, choose the BEST answer.
- ★ It may take about 20 minutes to answer these questions, but you can take as long as you like. Please answer all of the questions in a 'single session' (for instance, on the same afternoon).
- ★ Please indicate each of your answers by circling one of the letters on the left hand side.

1. The large bowel is longer than the small bowel.
 - a. True
 - b. False
 - c. Don't know

2. From start to finish, the correct order of the digestive tract is:
 - a. mouth → stomach → esophagus → large bowel → small bowel → anus
 - b. mouth → esophagus → stomach → large bowel → small bowel → anus
 - c. mouth → small bowel → esophagus → stomach → large bowel → anus
 - d. mouth → esophagus → stomach → small bowel → large bowel → anus
 - e. Don't know

3. A person can get IBD if they:
 - a. share food with someone who has IBD
 - b. use a toilet that someone with IBD has used
 - c. both of the above
 - d. none of the above
 - e. Don't know

4. Doctors and scientists know what causes IBD.
 - a. True
 - b. False
 - c. Don't know

5. Emotional stress can trigger a flare-up of IBD.
 - a. True
 - b. False
 - c. Don't know

6. IBD can affect organs other than the bowels.
 - a. True
 - b. False
 - c. Don't know

7. Osteoporosis (weakening of bones) can be caused by:
 - a. IBD
 - b. Corticosteroids
(a class of drugs also called 'steroids'; prednisone is an example)
 - c. poor nutrition
 - d. all of the above
 - e. Don't know

8. IBD that is in remission can slow down a young person's growth.
 - a. True
 - b. False
 - c. Don't know

9. People with IBD that has involved the colon for more than ten years will probably develop colon cancer.
 - a. True
 - b. False
 - c. Don't know

10. People with IBD don't usually live as long as other people.
 - a. True
 - b. False
 - c. Don't know

11. The reason(s) a doctor might perform a colonoscopy is/are to:
 - a. look for disease in a person's large bowel
 - b. remove a large section of a person's large bowel
 - c. apply medication to a person's large bowel
 - d. all of the above
 - e. Don't know

12. For an IBD patient who is free from symptoms, which of the following medications can help keep symptoms from coming back.
 - a. salicylates (such as sulfasalazine and 5-ASA)
 - b. Imuran (also called azathioprine)
 - c. both salicylates and Imuran
 - d. neither salicylates nor Imuran
 - e. Don't know

13. If a person with IBD has been free from symptoms for several months, she/he should stop taking her/his medications.
 - a. True
 - b. False
 - c. Don't know

14. Corticosteroids can cause which of the following side effects in children?
 - a. hair loss
 - b. decreased weight gain
 - c. decreased height growth
 - d. all of the above
 - e. Don't know

15. If a patient who is taking corticosteroids experiences side effects, she/he should stop taking the drug immediately.
 - a. True
 - b. False
 - c. Don't know

16. Which of the following statements about herbal remedies is/are true?
 - a. Herbal remedies are safer than drugs because herbal remedies don't cause side effects
 - b. Herbal remedies can interfere with drugs
 - c. both a) and b) are true
 - d. neither a) nor b) are true
 - e. Don't know

17. Which of the following statements about surgery for IBD is/are true?
- If a person with Crohn's disease has part of his/her small bowel removed, Crohn's disease will never affect another part of the bowels.
 - If a person with ulcerative colitis has his/her large bowel removed, ulcerative colitis will never affect another part of the bowels.
 - both a) and b) are true
 - neither a) nor b) are true
 - Don't know
18. IBD tends to run in families.
- True
 - False
 - Don't know
19. A child whose parents both have IBD will eventually develop IBD.
- True
 - False
 - Don't know
20. Removing certain foods from the diet (for instance milk) will prevent flare-ups of IBD
- True
 - False
 - Don't know
21. IBD patients can always get the nutrients they need if they eat the right foods.
- True
 - False
 - Don't know

22. Enteral nutrition (liquid diets that patients usually take by nasogastric or gastric tube feeds):
- can be used to control active disease or prevent disease flare-ups in some Crohn's disease patients
 - can be used to help some patients grow and gain weight
 - have not been proven to prevent flare-ups in ulcerative colitis patients
 - all of the above
 - Don't know
23. When doctors are testing a new drug for IBD in a study, some study patients might receive a 'placebo'. If a person receives a placebo, it means that:
- his or her IBD will stay active for a long time
 - he or she will not be taking the new drug
 - he or she will have unpleasant side effects
 - none of the above
 - Don't know

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE!

