

### Figure 1. IBD Self-Efficacy Scale for Adolescents and Young Adults (IBDSES-A)

#### Instructions

Below is a list of 13 statements for adolescents and young adults with inflammatory bowel disease (IBD). The statements are about how you manage things related to your IBD and other things in your everyday life. For each statement, select the number that best fits your answer for **the PAST TWO WEEKS**.

#### Example

I have a hard time tying my shoe laces.

1	2	3	4	5
Completely disagree	Disagree	I don't agree or disagree	Agree	Completely agree

This person **does not have** a hard time tying shoe laces.

Now try these ones. Remember to select the number that best fits your answer for **the PAST TWO WEEKS**.

1. I understand what inflammatory bowel disease is.
2. If someone asked me, I could explain what a colonoscopy is for.
3. Remembering to take my IBD medications is hard.
4. I can get through my day, even if I have symptoms like abdominal pain or fatigue.
5. I worry about how IBD will affect my future.
6. When asked, I can remember the names of my current IBD medications and what they are used for.
7. When I am feeling frustrated about having IBD, I have someone I can turn to.
8. I feel comfortable talking to my IBD doctor about my questions or concerns.
9. No matter where I am, I can find foods that I can eat.
10. I know what to do when I think a flare is starting.
11. I know where to find a reliable answer if I don't understand what my IBD doctor tells me.
12. I know what will make me feel better even when I am sad, frustrated, scared, angry, or annoyed.
13. I am hopeful that my IBD symptoms will get better.

#### Scoring System

Overall score ranges from 21-57  
(Items 3 and 5 are reversed scored)  
Higher score indicates higher self-efficacy