

## IBD Surveys/Questionnaires for Clinical Practice

### Disease Adaptation

#### Perception of Disease

- **The Brief Illness Perception Questionnaire:** A nine item scale that measures illness perceptions which can have a significant impact on patient behaviors. Changing illness perceptions can lead to improved patient outcomes.
  - Article and Copy of the Questionnaire can be found at:  
<http://www.sciencedirect.com/science/article/pii/S0022399905004915#>
  - Rights/Copyright:  
<https://s100.copyright.com/AppDispatchServlet?publisherName=ELS&contentID=S0022399905004915&orderBeanReset=true>

#### Perceived Stress

- **Perceived Stress Scale (PSS):** A widely used 10 item psychological instrument for measuring the perception of stress. It is not a diagnostic tool but can measure an individual's perceived stress related to current objective events as well as the effectiveness of stress reduction interventions.
  - Original article: Cohen, S., Kamarck, T., & Mermelstein, R. (1983). [A global measure of perceived stress](#). *Journal of Health and Social Behavior*, 24, 385-396.
  - Copy of questionnaire and scoring information: <http://www.psy.cmu.edu/~scohen/>
  - Rights/Copyright: Permission for use is not necessary when used for nonprofit academic research or education. For other use contact Ellen Conser at [conser@andrew.cmu.edu](mailto:conser@andrew.cmu.edu)

#### IBD Disease Impact

- **Work Productivity and Activity Impairment (WPAI):** A 6-item questionnaire that measures the amount of absenteeism and presenteeism due to health problems.
  - Article/Copy of WPAI: [http://www.reillyassociates.net/WPAI\\_General.html](http://www.reillyassociates.net/WPAI_General.html)
  - Copyright/permissions: Written permission is neither required nor provided to researchers using the WPAI; there are no fees to use the WPAI. We ask users to notify us when they publish or present WPAI data so we can list this information
- **Sickness Impact Profile:** 136 item survey used to measure perceived health status by looking at the impact of disease on both physical and emotional functioning. Patients are asked to respond to the items as they are on that day. Takes 20-30 minutes to administer.
  - Article: Bergner M, Bobbitt RA, Carter WB, Gilson BS. The Sickness Impact Profile: development and final revision of a health status measure. *Med Care*. 1981 Aug;19(8):787-805
  - Copyright/permission: Available for a fee from <http://www.outcomes-trust.org/instruments.htm#SIP>. Download order form. Instrument package includes: master copy of the instrument including royalty-free permission to use and reproduce (upon filing a Project Registration Form); 89 page Sickness Impact Profile User Manual;

technical notes article from March 1996 Bulletin titled "The Sickness Impact Profile: Part I"; reprints of two articles on the development and formulation of the instrument.

### **Psychological Distress**

#### **Anxiety and Depression**

- ***Patient Health Questionnaire (PHQ-9)***: A 9-item depression scale used primarily for diagnosing and monitoring treatment of primary care patients.
  - Original article: Kroenke K, Spitzer RL, Williams JBW. The PHQ-9 - Validity of a brief depression severity measure. *J Gen Intern Med*. 2001;16:606-613
  - Additional resource: <http://www.depression-primarycare.org/clinicians/toolkits/materials/forms/phq9/>
  - Copyright/permission: available for download at: [http://www.phqscreeners.com/overview.aspx?Screener=02\\_PHQ-9](http://www.phqscreeners.com/overview.aspx?Screener=02_PHQ-9) No permission required to reproduce, translate, display or distribute them.
- ***Hospital Anxiety and Depression Scale (HADS)***: A 14-item self-assessment scale developed to screen for depression, anxiety and emotional distress among patients with a variety of clinical problems. Takes 2-5 minutes to complete. Originally used for hospitalized patients but has also been used extensively in outpatient settings.
  - Original article: Zigmond AS, Snaith RP: The Hospital Anxiety And Depression Scale, *Acta Psychiatr Scand* 1983, **67**:361-70
  - Copy of the scale: [http://www.scalesandmeasures.net/files/files/Hospital%20Anxiety%20and%20Depression%20Scale%20\(1983\).pdf](http://www.scalesandmeasures.net/files/files/Hospital%20Anxiety%20and%20Depression%20Scale%20(1983).pdf)
  - Copyright/permission: The use of the HADS is licensed by GL Assessment. A license agreement must be completed and a User fee is required to all users (commercial & academic users).  
Please contact:  
GL Assessment Ltd.  
9th Floor East  
389 Chiswick High Road  
London, W4 4AL, United Kingdom  
Email: [permissions@gl-assessment.co.uk](mailto:permissions@gl-assessment.co.uk)  
Website: [www.gl-assessment.co.uk](http://www.gl-assessment.co.uk)

### **Quality of Life**

#### **Health Related Quality of Life**

- ***Short Inflammatory Bowel Disease Questionnaire (SIBDQ)*** is a 10 item shortened version of the original IBDQ which was 32 items. Measures quality of life as measured in four domains, bowel symptoms, emotional health, systemic systems and social function.

- Original article: Irvine, EJ, Zhou, Q, & Thompson, AK (1996) The short inflammatory bowel disease questionnaire: a quality of life instrument for community physicians managing inflammatory bowel disease. CCRPT investigators. Canadian Crohn's Relapse Prevention Trial. American Journal of Gastroenterology, 91(8), 1571-1578
- Copyright/permission: <http://milo.mcmaster.ca/questionnaires/qol-request> through McMaster University, Hamilton, Ontario, Canada.

### **Disease Activity Indices**

- **Harvey Bradshaw Index (HBI)** uses a 1-day score for signs and symptoms and is not weighted. Correlates well with the CDAI score but because it is very easy to calculate it is commonly used in clinical practice.
  - Original article: Harvey, RF & Bradshaw, JM (1980). A simple index of Crohn's disease activity. *Lancet*, 315(8167), 514.
  - Copyright/permission: User should determine if needed
- **Montreal Classification** Addresses aspects of clinical definition and classification for Crohn's disease and ulcerative colitis for use in clinical practice as well as for future genetic and serologic studies
  - Original article: Satsangi, J, Silverberg, MS, Vermeire, S et al. (2006) The Montreal classification of inflammatory bowel disease: controversies, consensus, and implications. *Gut*, 55:749-753.
- **Simple Clinical Colitis Activity Index** a simplified index to aid in the initial evaluation of exacerbations of colitis that can easily be calculated by a health care provider, the patient or a family member.
  - Original article: Walmsley, RS, Ayres, RCS, Pounder, PR & Allan, RN (1998). A simple clinical colitis activity index. *Gut* 43:29-32
  - Copyright/permission: User should determine if needed
- **Crohn's Disease Activity Index (CDAI)** primarily a research tool to quantify symptoms of Crohn's and to measure improvement with treatment. Contains eight subjective and objective factors that are weighted, and requires a 7 day diary making it difficult to use in a clinical setting.
  - Original article: Best, WR, Beckett, JM, Singleton, JW & Kern, F Jr. (1976). Development of a Crohn's disease activity index: National Cooperative Crohn's Disease Study. *Gastroenterology*, 70(3) 439-444.
  - Copyright/permission: User should determine if needed