

## Surveys & Questionnaires Related to IBD Management

Use this resource to learn which surveys and questionnaires are available to assess perception of disease, work impact, psychological distress, quality of life, and disease activity in your patients with IBD.

<b>Perception of Disease</b>	
<b>Brief Illness Perception Questionnaire</b>	<ul style="list-style-type: none"> <li>• 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. <ul style="list-style-type: none"> <li>○ Copy of the Questionnaire can be found at: <a href="https://ipg.h.uib.no/pdf/B-IPQ-English.pdf">https://ipg.h.uib.no/pdf/B-IPQ-English.pdf</a></li> <li>○ Original article: Broadbent, E., Petrie, K. J., Main, J., &amp; Weinman, J. (2006). The brief illness perception questionnaire. <i>Journal of Psychosomatic Research</i>, 60(6), 631–637. <a href="https://doi.org/10.1016/j.jpsychores.2005.10.020">https://doi.org/10.1016/j.jpsychores.2005.10.020</a></li> <li>○ For permission to use the scale please contact: <a href="mailto:lizbroadbent@clear.net.nz">lizbroadbent@clear.net.nz</a></li> </ul> </li> </ul>
<b>Work Impact</b>	
<b>Work Productivity and Activity Impairment (WPAI)</b>	<ul style="list-style-type: none"> <li>• A 6-item questionnaire that measures the amount of absenteeism and presenteeism due to health problems. <ul style="list-style-type: none"> <li>○ Article and Copy of WPAI: Reilly Associates (April, 2019). <i>WPAI General Information</i>. <a href="http://www.reillyassociates.net/WPAI_General.html">http://www.reillyassociates.net/WPAI_General.html</a></li> <li>○ Permission is neither required nor provided to researchers using the WPAI; there are no fees to use the WPAI. The developers ask users to notify them when they publish or present WPAI data so they can list this information</li> </ul> </li> </ul>
<b>Psychosocial Distress - Depression</b>	
<b>PHQ-9</b>	<ul style="list-style-type: none"> <li>• A multipurpose instrument for screening, diagnosing, monitoring, and measuring the severity of depression. <ul style="list-style-type: none"> <li>○ Copy of scale can be found at: <a href="https://www.hiv.uw.edu/page/mental-health-screening/phq-9">https://www.hiv.uw.edu/page/mental-health-screening/phq-9</a></li> <li>○ Original article: Kroenke, K., Spitzer, R. L., &amp; Williams, J. B. (2001). The PHQ-9: Validity of a brief depression severity measure. <i>Journal of General Internal Medicine</i>, 16(9), 606–613. <a href="https://doi.org/10.1046/j.1525-1497.2001.016009606.x">https://doi.org/10.1046/j.1525-1497.2001.016009606.x</a></li> <li>○ The PHQ-9 is available to healthcare providers completely free of charge. Pfizer Inc., the legal copyright holder, explicitly states that “no permission [is] required to reproduce, translate, display, or distribute [the PHQ-9]”</li> </ul> </li> </ul>
<b>PHQ-2</b>	<ul style="list-style-type: none"> <li>• A brief two item scale that inquiries about the frequency of depressed mood and anhedonia over the past two weeks. <ul style="list-style-type: none"> <li>○ The PHQ-2 includes the first two items of the PHQ-9. <a href="https://www.hiv.uw.edu/page/mental-health-screening/phq-2">https://www.hiv.uw.edu/page/mental-health-screening/phq-2</a></li> <li>○ The purpose of the PHQ-2 is to screen for depression in a “first-step” approach.</li> <li>○ Patients who screen positive should be further evaluated with the PHQ-9 to determine whether they meet criteria for a depressive disorder.</li> </ul> </li> </ul>
<b>Psychosocial Distress - Anxiety</b>	
<b>Generalized Anxiety Disorder 7-item Scale (GAD-7)</b>	<ul style="list-style-type: none"> <li>• An easy to perform initial screening tool to assess for common anxiety symptoms <ul style="list-style-type: none"> <li>○ Copy of scale: <a href="https://www.phqscreeners.com/images/sites/g/files/q10060481/f/201412/GAD-7_English.pdf">https://www.phqscreeners.com/images/sites/g/files/q10060481/f/201412/GAD-7_English.pdf</a></li> <li>○ Original article: Spitzer, R. L., Kroenke, K., Williams, J. B., &amp; Löwe, B. (2006).</li> </ul> </li> </ul>

	<p>A brief measure for assessing generalized anxiety disorder: the GAD-7. <i>Archives of internal medicine</i>, 166(10), 1092–1097. <a href="https://doi.org/10.1001/archinte.166.10.1092">https://doi.org/10.1001/archinte.166.10.1092</a></p> <ul style="list-style-type: none"> <li>No permission is required to reproduce, translate, display or distribute the GAD-7.</li> </ul>
<b>Psychological Distress – Anxiety and Depression</b>	
<b>Hospital Anxiety and Depression Scale (HADS)</b>	<ul style="list-style-type: none"> <li>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 <ul style="list-style-type: none"> <li>Copy of the scale <a href="https://www.svri.org/sites/default/files/attachments/2016-01-13/HADS.pdf">https://www.svri.org/sites/default/files/attachments/2016-01-13/HADS.pdf</a></li> <li>Original article: Zigmond, A. S., &amp; Snaith, R. P. (1983). The hospital anxiety and depression scale. <i>Acta Psychiatrica Scandinavica</i>, 67(6), 361–370. <a href="https://doi.org/10.1111/j.1600-0447.1983.tb09716.x">https://doi.org/10.1111/j.1600-0447.1983.tb09716.x</a></li> <li>Please contact the following for scoring and permission: GL Assessment Ltd. 9th Floor East 389 Chiswick High Road London, W4 4AL, United Kingdom Email: <a href="mailto:permissions@gl-assessment.co.uk">permissions@gl-assessment.co.uk</a> Website: <a href="http://www.gl-assessment.co.uk">www.gl-assessment.co.uk</a></li> </ul> </li> </ul>
<b>Health-Related Quality of Life</b>	
<b>Short Inflammatory Bowel Disease Questionnaire (SIBDQ)</b>	<ul style="list-style-type: none"> <li>A 10-item shortened version of the original IBDQ consisting of 32 items. Measures quality of life as measured in four domains, bowel symptoms, emotional health, systemic systems, and social function. <ul style="list-style-type: none"> <li>Copy of scale cannot be provided without a license from McMaster University. Click on the following link for Copyright/permission Through McMaster University, Hamilton, Ontario, Canada. <a href="http://milo.mcmaster.ca/questionnaires/gol-request">http://milo.mcmaster.ca/questionnaires/gol-request</a></li> <li>Original article: Irvine, E. J., Zhou, Q., &amp; Thompson, A. K. (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. <i>The American Journal of Gastroenterology</i>, 91(8), 1571–1578.</li> </ul> </li> </ul>
<b>Disease Activity Indices</b>	
<b>Crohn's Disease Activity Index (CDAI)</b>	<ul style="list-style-type: none"> <li>Primarily a research tool to quantify symptoms of Crohn's disease 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. <ul style="list-style-type: none"> <li>Copy of scale: <a href="https://www.mdcalc.com/crohns-disease-activity-index-cdai">https://www.mdcalc.com/crohns-disease-activity-index-cdai</a></li> <li>Original article: Best, W. R., Bectel, J. M., Singleton, J. W., &amp; Kern, F., Jr (1976). Development of a Crohn's disease activity index. National Cooperative Crohn's Disease Study. <i>Gastroenterology</i>, 70(3), 439–444.</li> <li>Copyright/permission: User should determine if needed</li> </ul> </li> </ul>
<b>Harvey Bradshaw Index</b>	<ul style="list-style-type: none"> <li>A simple and easy to score questionnaire to categorize severity of Crohn's disease based on five different parameters. <ul style="list-style-type: none"> <li>Copy of scale: <a href="https://www.mdcalc.com/harvey-bradshaw-index-hbi-crohns-disease">https://www.mdcalc.com/harvey-bradshaw-index-hbi-crohns-disease</a></li> <li>Original article: Harvey, R. F., &amp; Bradshaw, J. M. (1980). A simple index of Crohn's-disease activity. <i>Lancet (London, England)</i>, 1(8167), 514. <a href="https://doi.org/10.1016/s0140-6736(80)92767-1">https://doi.org/10.1016/s0140-6736(80)92767-1</a></li> <li>Copyright/permission: User should determine if needed</li> </ul> </li> </ul>
<b>Montreal</b>	<ul style="list-style-type: none"> <li>Addresses aspects of clinical definition and classifications for Crohn's disease and</li> </ul>

<b>Classification</b>	ulcerative colitis for use in clinical practice as well as for future genetic and serologic studies <ul style="list-style-type: none"><li>○ Copy of scale: <a href="https://www.mdcalc.com/montreal-classification-inflammatory-bowel-disease-ibd">https://www.mdcalc.com/montreal-classification-inflammatory-bowel-disease-ibd</a></li><li>○ Original article: Satsangi, J., Silverberg, M. S., Vermeire, S., &amp; Colombel, J. F. (2006). The Montreal classification of inflammatory bowel disease: controversies, consensus, and implications. <i>Gut</i>, 55(6), 749–753. <a href="https://doi.org/10.1136/gut.2005.082909">https://doi.org/10.1136/gut.2005.082909</a></li><li>○ Copyright/permission: User should determine if needed</li></ul>
<b>Simple Clinical Colitis Activity Index:</b>	<ul style="list-style-type: none"><li>● 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.<ul style="list-style-type: none"><li>○ Copy of scale: <a href="http://www.e-guide.ecco-ibd.eu/resources/calculator/simple-clinical-colitis-activity-index-sccai">http://www.e-guide.ecco-ibd.eu/resources/calculator/simple-clinical-colitis-activity-index-sccai</a></li><li>○ Original article: Walmsley, R. S., Ayres, R. C., Pounder, R. E., &amp; Allan, R. N. (1998). A simple clinical colitis activity index. <i>Gut</i>, 43(1), 29–32. <a href="https://doi.org/10.1136/gut.43.1.29">https://doi.org/10.1136/gut.43.1.29</a></li><li>○ Copyright/permission: User should determine if needed</li></ul></li></ul>

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