

The Inflammatory Bowel Disease Knowledge Inventory Device Version 2 (IBD – KID2)

Instructions:

- ★ This is not a test so don't worry about getting the answers wrong.
- ★ Please put a circle around the letter of one answer. If you don't know the answer put a circle around 'don't know'.
- ★ Please answer the questions by yourself. If you need someone to read the questions to you that is ok, but we need your answers.
- ★ Please don't study before answering the questions or ask for help to get the right answer.
- ★ Take as long as you like to finish IBD-KID2, but please finish the questions all at the same time. Don't leave half for later or another day.
- ★ Thank you for taking the time to fill this in.

- 1) From start to finish, the correct order of the gut is.:
 - a) Mouth → stomach → oesophagus → large bowel → small bowel → anus
 - b) Mouth → oesophagus → stomach → large bowel → small bowel → anus
 - c) Mouth → oesophagus → stomach → small bowel → large bowel → anus
 - d) Don't know

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

- 3) Stress can trigger an IBD flare.
 - a) True
 - b) False
 - c) Don't know

- 4) The reason you might have a colonoscopy of your large bowel is to:
 - a) Look for disease
 - b) Remove part of it
 - c) Apply drugs inside it
 - d) Don't know

- 5) IBD can affect other organs, not just the gut.
 - a) True
 - b) False
 - c) Don't know

- 6) Which one fact about Osteoporosis (weak bones) is true?
 - a) It doesn't affect males or young women
 - b) If I drink plenty of milk I won't get it
 - c) It can be caused by IBD
 - d) Don't know

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

- 8) How do biologic drugs work?
 - a) They reduce the chance of infections
 - b) They block the chemicals or cells that cause inflammation
 - c) They help the body absorb enough nutrients
 - d) Don't know

- 9) If a person with IBD has had no symptoms for a few months they should stop taking their drugs.
- a) True
 - b) False
 - c) Don't know
- 10) If both parents have IBD their children will develop IBD.
- a) True
 - b) False
 - c) Don't know
- 11) Which one fact about complementary and alternative products is true? (*example – herbal drugs*).
- a) They may interact with prescribed drugs.
 - b) They are natural so do not have side effects.
 - c) They are all safe to use with prescribed drugs.
 - d) Don't know
- 12) If you get side effects from taking steroids you should stop taking them at once.
- a) True
 - b) False
 - c) Don't know
- 13) Not eating some foods will stop your IBD getting worse. (*example - milk*).
- a) True
 - b) False
 - c) Don't know
- 14) Which one fact about IBD surgery is true?
- a) All people with IBD will need surgery
 - b) Surgery is not helpful for people with IBD
 - c) Surgery is helpful for some people with IBD
 - d) Don't know
- 15) People with IBD can absorb all the nutrients they need if they eat the right foods.
- a) True
 - b) False
 - c) Don't know

Thank you for answering our questions! 😊