<ol> <li>I feel helpless because of my bowel problems.</li> <li>I am embarrassed by the smell caused by my bowel problems.</li> <li>I am bothered by how much time I spend on the toile t.</li> <li>I feel vulnerable to other illnesses because of my bowel problems.</li> <li>I feel fat because of my bowel problems.</li> <li>I feel like I'm losing control of my life because of my bowel problems.</li> <li>I feel my life is less enjoyable because of my bowel problems.</li> <li>I feel ancomfortable when I talk about my bowel problems.</li> <li>I feel depressed about my bowel problems.</li> <li>I feel angry that I have bowel problems.</li> <li>I feel angry that I have bowel problems.</li> <li>I feel like I irritate others because of my bowel problems.</li> <li>I feel like I irritate others because of my bowel problems.</li> <li>I feel angry that I have bowel problems.</li> <li>I feel get gets and bowel problems.</li> <li>I feel get get less done because of my bowel problems.</li> <li>I feel get get less done because of my bowel problems.</li> <li>I feel get less done because of my bowel problems.</li> <li>I have to avoid stressful situations because of my bowel problems.</li> <li>I have to avoid strenuous activity because of my bowel problems.</li> <li>I have to avoid strenuous activity because of my bowel problems.</li> <li>I have to avoid strenuous activity because of my bowel problems.</li> <li>I have to avoid strenuous activity because of my bowel problems.</li> <li>I have to avoid strenuous activity because of my bowel problems.</li> <li>I have to avoid strenuous activity because of my bowel problems.</li> <li>I have to avoid strenuous activity because of my bowel problems.</li> <li>I have to avoid strenuous activity because of my bowel problems.&lt;</li></ol>	$\begin{array}{c} 0.68\\ 0.52\\ 0.63\\ 0.63\\ 0.47\\ 0.76\\ 0.72\\ 0.55\\ 0.73\\ 0.80\\ 0.56\\ 0.58\\ 0.68\\ 0.70\\ 0.65\\ 0.73\\ 0.62\\ 0.73\\ 0.62\\ 0.75\\ 0.61\end{array}$
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<ul> <li>5. I worry that my bowel problems will get worse.</li> <li>6. I feel irritable because of my bowel problems.</li> <li>7. I worry that people think I exaggerate my bowel problems.</li> <li>8. I feel I get less done because of my bowel problems.</li> <li>9. I have to avoid stressful situations because of my bowel problems.</li> <li>9. I have to avoid stressful situations because of my bowel problems.</li> <li>9. My bowel problems re duce my sexual desire.</li> <li>9. I have to avoid strenuous activity because of my bowel problems.</li> <li>9. I have to avoid strenuous activity because of my bowel problems.</li> <li>9. I have to watch the kind of food I eat because of my bowel problems.</li> <li>9. I feel sluggish because of my bowel problems.</li> <li>9. I feel sluggish because of my bowel problems.</li> <li>9. I feel unclean because of my bowel problems.</li> <li>10. I feel unclean because of my bowel problems.</li> <li>11. My bowel problems im bowel problems.</li> <li>12. I have to avoid strenuous activity because of my bowel problems.</li> <li>13. I have to watch the kind of food I eat because of my bowel problems.</li> <li>14. Because of my bowel problems, I have difficulty being around people I do not know well.</li> <li>15. I feel sluggish because of my bowel problems.</li> <li>16. I feel unclean because of my bowel problems.</li> <li>17. Long trips are difficult for me because of my bowel problems.</li> <li>18. I feel frustrated that I cannot eat when I want because of my bowel problems.</li> <li>19. It is important to be near a toile t because of my bowel problems.</li> <li>20. My life revolves around my bowel problems.</li> </ul>	0.65 0.73 0.62 0.75
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<ul> <li>22. I have to avoid strenuous activity because of my bowel problems.</li> <li>23. I have to watch the kind of food I eat because of my bowel problems.</li> <li>24. Because of my bowel problems, I have difficulty being around people I do not know well.</li> <li>25. I feel sluggish because of my bowel problems.</li> <li>26. I feel unclean because of my bowel problems.</li> <li>27. Long trips are difficult for me because of my bowel problems.</li> <li>28. I feel frustrated that I cannot eat when I want because of my bowel problems.</li> <li>29. It is important to be near a toile t because of my bowel problems.</li> <li>30. My life revolves around my bowel problems.</li> </ul>	0.65
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<ul> <li>45. I feel sluggish because of my bowel problems.</li> <li>46. I feel unclean because of my bowel problems.</li> <li>47. Long trips are difficult for me because of my bowel problems.</li> <li>48. I feel frustrated that I cannot eat when I want because of my bowel problems.</li> <li>49. It is important to be near a toile t because of my bowel problems.</li> <li>40. My life revolves around my bowel problems.</li> </ul>	0.69
<ul> <li>16. I feel unclean because of my bowel problems.</li> <li>17. Long trips are difficult for me because of my bowel problems.</li> <li>18. I feel frustrated that I cannot eat when I want because of my bowel problems.</li> <li>19. It is important to be near a toile t because of my bowel problems.</li> <li>10. My life revolves around my bowel problems.</li> </ul>	0.67
<ul> <li>7. Long trips are difficult for me because of my bowel problems.</li> <li>8. I feel frustrated that I cannot eat when I want because of my bowel problems.</li> <li>9. It is important to be near a toile t because of my bowel problems.</li> <li>0. My life revolves around my bowel problems.</li> </ul>	0.66
<ul><li>18. I feel frustrated that I cannot eat when I want because of my bowel problems.</li><li>19. It is important to be near a toile t because of my bowel problems.</li><li>10. My life revolves around my bowel problems.</li></ul>	0.67
<ul><li>19. It is important to be near a toile t because of my bowel problems.</li><li>10. My life revolves around my bowel problems.</li></ul>	0.68
0. My life revolves around my bowel problems.	0.65
• • •	0.03
1. I worry about rosing control of my bowers.	0.68
2. I fear that I won't be able to have a bowel movement.	0.08
3. My bowel problems are affecting my closest relationships.	0.25
4. I feel that no one understands my bowel problems.	0.66
i icei mat no one understands my bower problems.	0.00
Overall Item-total Correlation	
(95% CI)	0.64
Coefficient $\alpha$	0.64 (0.609, 0.677
(95% CI)	

Supplemental Table 1. Item-total Correlations and Overall Coefficient  $\boldsymbol{\alpha}$