The
Inflammatory Bowel Disease
Knowledge Inventory Device
(IBD-KID)

Instructions:
★ The following questions relate to knowledge about inflammatory bowel disease (IBD). These questions are not a 'test', so there is no need to feel pressure when you are answering them. However, please answer them by yourself - please don't ask for help from family or friends or look up answers in books or other sources while answering the questions.
★ Please don't study before answering the questions.
★ Some of the questions are 'true or false' and some are 'multiple choice'.
★ All of the questions have 'Don't know' as one of the choices. If you have an idea or a 'good guess' about what the answer to a question is, you should choose it as your answer. However, if you have no idea about the right answer to a question, please choose 'Don't know'.
★ Choose only ONE answer for each question. If you feel that more than one answer is correct, choose the BEST answer.
★ It may take about 20 minutes to answer these questions, but you can take as long as you like. Please answer all of the questions in a 'single session' (for instance, on the same afternoon).
★ Please indicate each of your answers by circling one of the letters on the left hand side.
1. The large bowel is longer than the small bowel.
   a. True
   b. False
   c. Don’t know

2. From start to finish, the correct order of the digestive tract is:
   a. mouth – stomach – esophagus – large bowel – small bowel – anus
   b. mouth – esophagus – stomach – large bowel – small bowel – anus
   c. mouth – small bowel – esophagus – stomach – large bowel – anus
   d. mouth – esophagus – stomach – small bowel – large bowel – anus
   e. Don’t know

3. A person can get IBD if they:
   a. share food with someone who has IBD
   b. use a toilet that someone with IBD has used
   c. both of the above
   d. none of the above
   e. Don’t know

4. Doctors and scientists know what causes IBD.
   a. True
   b. False
   c. Don’t know

5. Emotional stress can trigger a flare-up of IBD.
   a. True
   b. False
   c. Don’t know

6. IBD can affect organs other than the bowels.
   a. True
   b. False
   c. Don’t know
7. **Osteoporosis (weakening of bones) can be caused by:**
   a. IBD
   b. Corticosteroids
      (a class of drugs also called ‘steroids’; prednisone is an example)
   c. poor nutrition
   d. all of the above
   e. Don’t know

8. **IBD that is in remission can slow down a young person’s growth.**
   a. True
   b. False
   c. Don’t know

9. **People with IBD that has involved the colon for more than ten years will probably develop colon cancer.**
   a. True
   b. False
   c. Don’t know

10. **People with IBD don’t usually live as long as other people.**
    a. True
    b. False
    c. Don’t know

11. **The reason(s) a doctor might perform a colonoscopy is/are to:**
    a. look for disease in a person’s large bowel
    b. remove a large section of a person’s large bowel
    c. apply medication to a person’s large bowel
    d. all of the above
    e. Don’t know
12. For an IBD patient who is free from symptoms, which of the following medications can help keep symptoms from coming back.
   a. salicylates (such as sulfasalazine and 5-ASA)
   b. Imuran (also called azathioprine)
   c. both salicylates and Imuran
   d. neither salicylates nor Imuran
   e. Don’t know

13. If a person with IBD has been free from symptoms for several months, she/he should stop taking her/his medications.
   a. True
   b. False
   c. Don’t know

14. Corticosteroids can cause which of the following side effects in children?
   a. hair loss
   b. decreased weight gain
   c. decreased height growth
   d. all of the above
   e. Don’t know

15. If a patient who is taking corticosteroids experiences side effects, she/he should stop taking the drug immediately.
   a. True
   b. False
   c. Don’t know

16. Which of the following statements about herbal remedies is/are true?
   a. Herbal remedies are safer than drugs because herbal remedies don’t cause side effects
   b. Herbal remedies can interfere with drugs
   c. both a) and b) are true
   d. neither a) nor b) are true
   e. Don’t know
17. Which of the following statements about surgery for IBD is/are true?
   a. If a person with Crohn’s disease has part of his/her small bowel removed, Crohn’s disease will never affect another part of the bowels.
   b. If a person with ulcerative colitis has his/her large bowel removed, ulcerative colitis will never affect another part of the bowels.
   c. both a) and b) are true
   d. neither a) nor b) are true
   e. Don’t know

18. IBD tends to run in families.
   a. True
   b. False
   c. Don’t know

19. A child whose parents both have IBD will eventually develop IBD.
   a. True
   b. False
   c. Don’t know

20. Removing certain foods from the diet (for instance milk) will prevent flare-ups of IBD
    a. True
    b. False
    c. Don’t know

21. IBD patients can always get the nutrients they need if they eat the right foods.
    a. True
    b. False
    c. Don’t know
22. **Enteral nutrition (liquid diets that patients usually take by nasogastric or gastric tube feeds):**
   a. can be used to control active disease or prevent disease flare-ups in some Crohn's disease patients
   b. can be used to help some patients grow and gain weight
   c. have not been proven to prevent flare-ups in ulcerative colitis patients
   d. all of the above
   e. Don't know

23. **When doctors are testing a new drug for IBD in a study, some study patients might receive a 'placebo'. If a person receives a placebo, it means that:**
   a. his or her IBD will stay active for a long time
   b. he or she will not be taking the new drug
   c. he or she will have unpleasant side effects
   d. none of the above
   e. Don't know

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE!