

# Emotional Well-being Questionnaire: Notes for the Health Care Provider

This questionnaire is not designed to assess whether patients with inflammatory bowel disease (IBD) have depression, anxiety, and/or post-traumatic stress disorder (PTSD) related to their IBD symptoms but to open the lines of communication between each patient and the health care team.

## Key points in using the Emotional Well-being Questionnaire to open lines of communication:

- When reviewing responses to the questionnaire with patients, let them know that it is okay to talk about the aspects of their disease that are troublesome and causing them to feel that they are not in control of their lives.
- Acknowledge that living with IBD is challenging and you are there to help.
- Let them know that it is common for patients with IBD to experience feelings of depression, anxiety, or PTSD and that their health care team is there to provide support.
- Try to address patient concerns and/or fears.
- Discuss stress management, relaxation training, and IBD-focused counseling, as all may help reduce the psychological effects and clinical symptoms of IBD.
- Consider developing a list of local and/or online support networks to have readily available for patients seeking additional measures for emotional well-being maintenance.

# Emotional Well-being Questionnaire

Please answer the following questions in the context of the past 14 days.

**Can you please describe your activities during a typical day?**

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**During a typical day, are you able to do all the activities that you want to do?**

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**Are there activities in which you no longer participate?**

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**What is stopping you from doing those activities?**

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**Are you spending time socializing with friends and family?**

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**Do you ever feel anxious, nervous, or depressed?**

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**If yes, do you believe that some of these feelings are associated with your current health problems or ongoing symptoms?**

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**Is there anything that you would like to talk with me about today?**

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