**Appendix A**

Mental Health Questions

How often in the past two weeks have you felt very sad or hopeless?

1 2 3 4 5

None Once a Week Every Day

How often in the past two weeks have you felt very stressed out, anxious, nervous, or worried?

1 2 3 4 5

None Once a Week Every Day

How would you describe your energy level, on average, over the last two weeks?

1 2 3 4 5

None Once a Week Every Day

How would you rate your overall quality of life and comfort during school

(as it relates to IBD and IBD symptoms)?

1 2 3 4 5

None Once a Week Every Day