**Appendix B** Emma v.2 Database of IBD-specific questions

**General Knowledge**

1. IBD is contagious (T/F)

2. How many children in the United States have IBD?

€ 100,000 € 20,000 € 5,000 € 2 million

3. If I take my medicine AND it works for me, I can have a normal life with IBD. (T/F)

4. A flare is:

€ A type of medication

€ When my IBD is active, and my symptoms (like pain or diarrhea) come back

€ When you call to get more medicine.

€ All of the above

5. A sign my IBD is active may be:

€ Abdominal pain € Losing weight € Diarrhea € All of the above

6. Stress is what happens to my body when big things happen, like moving to a new school or having a tough day. Stress can be good or bad. (T/F)

7. Stress can increase my IBD symptoms. (T/F)

8. What percentage of people get IBD as children?

€ 3% € 20% € 50% € 75%

9. A sign of IBD may be:

€All of the above € Growing poorly € Losing weight € Diarrhea

10. IBD and IBS are the same thing. (T/F)

11. Besides an IBD flare, what else can cause diarrhea?

€ An infection € Sugary drinks € Stress € All of the above

12. If you have IBD, you can NOT be a:

€ Farmer € President of the United States € Olympic athlete € Soldier

**Anatomy**

13. Match the part of the body with the label:

Esophagus, Stomach, Small Intestine, Colon

14. What part of the body does NOT help with digestion?

€ Colon (Large Intestine) € Mouth € Stomach € Small Intestine

15. What parts of your body could be affected by IBD?

€ My intestines € My mouth € My knees € All of them

16. If you have an anal skin tag, you should have surgery to remove this. (T/F)

17. An intestinal stricture is:

€ Movement that happens before you poop € A special stapler used in surgery

€ A narrowing caused by inflammation € A special test to look at my intestines

18. A fistula is:

€ An abnormal connection between two parts of the body € A twisted blood vessel

€ An extra pinky finger € Another name for your appendix

19. You can swim with an ostomy. (T/F)

20. If my colon is removed, I can't play sports. (T/F)

21.When I have an ostomy, I should drink extra fluid if I have diarrhea, it’s hot outside, or I’m playing hard. (T/F)

22.Which is not true about your ostomy?

€ I can swim with an ostomy

€ I should dry my skin before putting on a new pouch

€ I can use superglue to make the pouch stick to my skin

€ I should empty my pouch before it is half-full so it doesn’t leak.

**Testing**

23.Why are all these tests (bloodwork, checking stool, getting a scope) important for IBD?

€ It helps the doctors know that I have IBD. € It helps the doctor tell what part of the body has IBD.

€ It helps the doctor know if my IBD is still active. €All of the above

24. An EGD (esophagogastroduodenoscopy) is:

€ A test to done to look at the lining of the esophagus, stomach, and duodenum (first part of the small intestine)

€ A test done to look at the entire colon (large intestine).

€ A stool test to see if I have an infection.

€ A special camera I swallow to look at my small intestine.

25. What blood test can be used to check if your IBD is quiet (in remission)?

€ albumin (protein) € white blood count

€ hemoglobin € All of the above

26. Which test looks at your small intestine AND does not use radiation?

€ An abdominal Xray € MR enterography € Small bowel follow through (barium study) € CT scan

27. Which is not true about clostridium difficile (C diff)?

€ It is possible to get this infection when taking antibiotics.

€ To avoid getting this infection, I should wash my hands before I eat.

€ If I get this infection, my IBD might flare.

€ This bacteria only lives on the hospital bed for 2 hours.

**Medications**

28. It is possible for food and supplements to change how my IBD medications work. (T/F)

29. If I forgot to take 2 of my pills today, I can just take 2 extra pills tomorrow. (T/F)

30. There is no cure for IBD yet, but medications and a good diet can you keep you healthy most of the time. (T/F)

31.Which medication does not suppress your immune system?

€ Prednisone € Mesalamine (ex. Sulfasalazine, Asacol, Pentasa, Lialda, Apriso)

€ Azathioprine/6-mercaptopurine €Methotrexate

32. If I get nauseated (feel like throwing up) when I take my medicine, I should just take half of it. (T/F)

33.If you are taking an IBD medication that suppresses your immune system, you cannot play sports or join the band. (T/F)

34. All of these are side effects from prednisone (steroids), EXCEPT:

€ Feeling sad, angry, or moody € Weight gain € Acne (zits) € Excess giggling

35. If I feel sick from my steroids (prednisone or Entocort), I should just stop them. (T/F)

36.Which vaccine (immunization) may be dangerous if you are taking an immunosuppressant? (if taking prednisone, thiopurine, biologic, or methotrexate)

€ Hepatitis B € FluMist (nasal spray) € Flu shot (a shot) € Meningococcal

37. I should rotate where I get my shots (injections). (T/F)

**Nutrition**

38. Which food is the best source of protein?

€ Fish € Fruit € Vegetables € Bread

39. Which food does not contain calcium?

€ Yogurt € Cheese € Broccoli € Apples

40. Which food does not contain iron?

€ Soybeans € Breakfast cereal € Oranges € Tuna fish

41.Which food does not contain vitamin D?

€ Cod liver oil € Salmon € Cow’s milk € Coconuts

42. Dehydration occurs when the body lacks enough water. (T/F)

43. Anemia is when the body doesn't have enough red blood cells. It may be affected by the amount of iron in the diet. (T/F)

44. Lactose intolerance is when the body cannot properly digest \_\_\_\_.

€ Fruits € Vegetables € Turkey € Milk

45. Residue refers to the particles left over after digestion. Residues come from foods like popcorn, seeds, and nuts. (T/F)

46. When your IBD is in remission, how many servings of vegetables should you eat every day?

€ None € 1-2 Servings/day € 2-3 servings/day € 6-9 servings/day

47. When you have IBD always have to be on a low fiber/residue diet. (T/F)

48. You should avoid all dairy products after a diagnosis of IBD? (T/F)