

# Knowledge Assessment: IBD Health

This assessment is to be completed by teens and young adults with inflammatory bowel disease (IBD). For each question, please read all the answer choices carefully before choosing the one answer you think is best. If you don't know an answer, leave it blank and move on to the next question. This is not a test. This assessment has been developed to help you understand more about IBD with the help of your healthcare team.

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

<b>1</b> Inflammatory bowel disease (IBD) only affects the digestive system.			
<input type="checkbox"/>	<b>True</b>	<b>False</b>	<b>Don't know</b>

<b>2</b> IBD can increase your chance of colon cancer.			
<input type="checkbox"/>	<b>True</b>	<b>False</b>	<b>Don't know</b>

<b>3</b> What should all people with IBD avoid when they are having a flare?			
<input type="checkbox"/>	<b>A. Fried foods</b>	<b>C. Beans</b>	
	<b>B. Fruits</b>	<b>D. There are no foods that everyone should avoid</b>	

<b>4</b> In people with IBD, which of these can cause weakening of bones?			
<input type="checkbox"/>	<b>A. Poor nutrition</b>	<b>C. Inflammation</b>	
	<b>B. Corticosteroids or steroids</b>	<b>D. All of the above</b>	

<b>5</b> Stress can trigger a flare of IBD.			
<input type="checkbox"/>	<b>True</b>	<b>False</b>	<b>Don't know</b>

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6 People who have family members with IBD are at greater risk of getting IBD.

True

False

Don't know

7 IBD is considered cured if people don't have symptoms for a few years.

True

False

Don't know



## Next Steps:

Read up \_\_\_\_\_

Retake \_\_\_\_\_

R.E.D.I. to go! \_\_\_\_\_