

Knowledge Assessment: Mental 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: _____

1 Young adults with IBD are more likely to have symptoms of:

A. Anxiety

B. Depression

C. Both of these

2 If you think you may be depressed, you should:

A. Call your doctor or member of your care team

C. Tell your parents

B. Tell an adult you trust

D. Any of the above

3 Symptoms of depression (sadness) may include:

A. Feeling hopeless and/or bad about life

C. Losing interest in activities or hobbies

B. Feeling irritable

D. All of the above

4 Symptoms of anxiety (worrying) may include:

A. Feeling restless, having a hard time concentrating, and not sleeping well

C. Increased fever and trouble breathing

B. Feeling more energetic, gaining weight, and eating more

D. All of the above

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5 Which of these do young adults with IBD have to deal with?

A. Learning how to manage their IBD themselves

C. Trying to become independent adults

B. Figuring out their future while dealing with their IBD

D. All of the above

6 How can members of your IBD care team help you when you are feeling depressed or anxious?

A. Help you figure out ways to cope

C. Trying to become an independent adult.

B. Figuring out your future while dealing with your IBD.

D. All of the above

7 All people with IBD have disordered eating habits.

True

False

Don't know



Next Steps:

Read up _____

Retake _____

R.E.D.I. to go! _____