

Psychological adaptation and health-related quality of life in inflammatory bowel disease: a 5-year follow-up study

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SUPPLEMENTARY MATERIAL

Supplementary Table 1. Internal consistency (Cronbach's α) of study measures at follow-up.

Group	BDI-II	HAM-A	HAM-A Psychic	HAM-A Somatic	SIBDQ	TAS-20	DIF	DDF	EOT	Positive Attitude	Social Support	Problem Orientation	Transcendent Orientation	Avoidance
CD	0.89	0.94	0.88	0.91	0.91	0.82	0.79	0.75	0.68	0.70	0.78	0.62	0.96	0.82
UC	0.81	0.94	0.85	0.91	0.82	0.88	0.82	0.78	0.71	0.70	0.82	0.76	0.96	0.66

Cronbach's α is reported only for additive scale and subscale scores. Physical Component Summary and Mental Component Summary were not included because they are composite scores derived from the standard Short Form-12 scoring algorithm. CD, Crohn's disease; UC, ulcerative colitis; BDI-II, Beck Depression Inventory-II; COPE-NVI-25, Coping Orientation to Problems Experienced - New Italian Version; HAM-A, Hamilton Anxiety Rating Scale; SIBDQ, Short Inflammatory Bowel Disease Questionnaire; TAS-20, Toronto Alexithymia Scale-20; DIF, Difficulty Identifying Feelings; DDF, Difficulty Describing Feelings; EOT, Externally Oriented Thinking.

Supplementary Table 2. Sex-related differences in psychological functioning and HR-QoL at follow-up.

Variable	Women, <i>M</i> (<i>SD</i>) (<i>n</i>=34)	Men, <i>M</i> (<i>SD</i>) (<i>n</i>=39)	<i>t</i>(71)	<i>p</i>	<i>Cohen's d</i>
Depressive symptoms	14.33 (7.12)	9.05 (6.32)	3.35	.001	0.79
Anxiety symptoms	26.91 (11.68)	19.38 (9.60)	3.02	.003	0.71
Psychic anxiety	13.41 (5.24)	9.49 (4.70)	3.38	.001	0.79
Somatic anxiety	13.41 (6.87)	9.92 (5.33)	2.44	.017	0.57
Physical Component Summary	45.00 (9.82)	47.81 (9.48)	−1.25	.217	−0.29
Mental Component Summary	38.43 (9.81)	45.93 (8.61)	−3.48	< .001	−0.82
Alexithymia	50.71 (17.15)	54.54 (18.14)	−0.92	.359	−0.22
Difficulty identifying feelings	17.29 (7.71)	16.44 (7.34)	0.49	.628	0.11
Difficulty describing feelings	13.82 (5.38)	15.69 (5.38)	−1.48	.143	−0.35
Externally oriented thinking	19.59 (7.19)	22.49 (7.05)	−1.74	.087	−0.41
Positive attitude coping	26.24 (5.31)	27.23 (5.03)	−0.82	.414	−0.19
Social support coping	17.12 (6.00)	15.36 (5.43)	1.31	.193	0.31
Problem orientation coping	21.76 (5.13)	22.59 (3.96)	−0.77	.442	−0.18
Transcendent orientation coping	15.12 (7.69)	12.95 (7.85)	1.19	.239	0.28
Avoidance coping	13.47 (6.09)	13.26 (4.86)	0.17	.868	0.04
Disease-specific HR-QoL	50.03 (9.68)	53.72 (10.59)	−1.54	.127	−0.36

Values are presented as means and standard deviations. Comparisons were conducted using independent-samples *t*-tests. HR-QoL, health-related quality of life.