

Fecal Incontinence Quality of Life Instrument

Q1: In general, would you say your health is:

- Excellent
- Very Good
- Good
- Fair
- Poor

Q 2: For each of the items below, please indicate how much of the time the issue is a concern for you **due to accidental bowel leakage.**

Due to accidental bowel leakage:	Most of the time	Some of the time	A little of the time	None of the time
a. I am afraid to go out	1	2	3	4
b. I avoid visiting friends	1	1	3	4
c. I avoid staying overnight away from home	1	2	3	4
d. It is difficult for me to get out and do things like going to a movie or to church	1	2	3	4
e. I cut down on how much I eat before I go out	1	2	3	4
f. Whenever I am away from home, I try to stay near a restroom as much as possible	1	2	3	4
g. It is important to plan my schedule (daily activities) around my bowel pattern	1	2	3	4
h. I avoid traveling	1	2	3	4
i. I worry about not being able to get to the toilet in time	1	2	3	4
j. I feel I have no control over my bowels	1	2	3	4
k. I can't hold my bowel movement long enough to get to the bathroom	1	2	3	4
l. I leak stool without even knowing it	1	2	3	4
m. I try to prevent bowel accidents by staying very near a bathroom	1	2	3	4

Q 3: **Due to accidental bowel leakage**, indicate the extent to which you AGREE or DISAGREE with each of the following items.

Due to accidental bowel leakage:	Strongly Agree	Somewhat agree	Somewhat disagree	Strongly disagree
a. I feel ashamed	1	2	3	4
b. I can not do many of things I want to do	1	1	3	4
c. I worry about bowel accidents	1	2	3	4
d. I feel depressed	1	2	3	4
e. I worry about others smelling stool on me	1	2	3	4
f. I feel like I am not a healthy person	1	2	3	4
g. I enjoy life less	1	2	3	4
h. I have sex less often than I would like to	1	2	3	4
i. I feel different from other people	1	2	3	4
j. The possibility of bowel accidents is always on my mind	1	2	3	4
k. I am afraid to have sex	1	2	3	4
l. I avoid traveling by plane or train	1	2	3	4
m. I avoid going out to eat	1	2	3	4
n. Whenever I go someplace new, I specifically locate where the bathrooms are	1	2	3	4

Q4: During the past month, have you felt so sad, discouraged, hopeless, or had so many problems that you wondered if anything was worthwhile?

- Extremely so; to the point that I have just about given up
- Very much so
- Quite a bit
- Some; enough to bother me
- A little bit
- Not at all