



Mind-Body Digestive Center

We are interested in your beliefs about your intestinal problems. Below you will find a list of statements which represent typical illness beliefs. Please read each item carefully and indicate how much or how little you agree with these statements.

IBS Mind-Body Belief Scale

		Agree Very Much	Agree a Little	Disagree a Little	Disagree Very Much
1.	I believe that because I am too nervous, my stomach and colon are upset.	1	2	3	4
2.	I think I have stomach problems because I don't absorb my food.	1	2	3	4
3.	I think that too much anger, in particular, causes me distress.	1	2	3	4
4.	I think my intestinal problem is caused by infection.	1	2	3	4
5.	I think that too much thinking about myself and my problems is making me sick.	1	2	3	4
6.	I think I was born with a weak body.	1	2	3	4
7.	I think I am living with intestinal problems because it runs in my family.	1	2	3	4
8.	I wish that my family would worry less about me because their worries are making me sicker.	1	2	3	4
9.	I believe I have an intestinal parasite that the doctors can't find.	1	2	3	4
10.	I believe that my sickness can lead to cancer.	1	2	3	4
11.	If my life were more in balance, I would be able to get better.	1	2	3	4
12.	My stomach bothers me because I have allergies.	1	2	3	4
13.	Sometimes I think that I am being punished for something I did wrong, and that is why I am sick.	1	2	3	4
14.	I have stomach trouble because of medicine I took in the past.	1	2	3	4
15.	My health is better when there is peace in my family.	1	2	3	4
16.	I worry that I may get even sicker in the future.	1	2	3	4
17.	I think my stomach bothers me because I don't exercise enough.	1	2	3	4
18.	My shame about my stomach problems makes me even sicker.	1	2	3	4
19.	The people who love me actually make me feel worse because they don't understand me and my illness.	1	2	3	4
20.	I am not well because I eat the wrong foods.	1	2	3	4

Scoring for the MB/IBS Belief Scale

Mind Questions: 1, 3, 5, 8, 11, 13, 15, 16, 18, 19 *Body Questions:* 2, 4, 6, 7, 9, 10, 12, 14, 17, 20

Add scores for Mind and Body questions, respectively, and divide by 10 for mean scores.