

# Evaluating the influence of risk factors on the development of defaecatory problems: A Delphi study

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## Page 1: Welcome to the Survey

Problems of defaecation are common and largely divided into chronic constipation and faecal incontinence, with a significant proportion of individuals experiencing both. An understanding of the risk factors underpinning the problems of defaecation is important as it may improve our understanding of the pathophysiology and provide targets for disease prevention. Several risk factors for developing chronic constipation and faecal incontinence have been identified, predominantly through large cross-sectional studies. However, these studies are heterogenous in several aspects: the definitions of chronic constipation and faecal incontinence, their methodology, the study population, and the potential risk factors assessed. This major limitation prevents the aggregation of results by meta-analysis and so the true impact of individual risk factors on the development of chronic constipation and faecal incontinence remains unknown.

The Delphi technique is an effective method in arriving at consensus on broad and complex problems. Using the clinical experience and knowledge of experts in the field of pelvic floor disorders in combination with the existing body of evidence, a Delphi study can derive a consensus on what the most important risk factors are for the development of faecal incontinence and chronic constipation, in a focus and cost-effective manner.

You are being invited to participate in this survey because of your expertise in the field of pelvic floor disorders as members of the Pelvic Floor Society. This survey forms part of a research study titled 'Evaluating the influence of risk factors on the development of defaecatory problems: A Delphi study'. This study is being performed by Miss Pam Chaichanavichkij under the supervision of Professor Charles Knowles from the Bilzard Institute, School of Medicine and Dentistry, at Queen Mary University of London. The main objective of this study is to identify the most important risk factors for the development of faecal incontinence and constipation, and to determine if a risk factor is independent or has to co-exist with other risk factors in order to influence disease development.

This survey forms the first round of a Delphi study, which will consist of 2 rounds of surveys and 1 final round of a consensus meeting. Participants who take part in all 3 rounds will be acknowledged in any publications of this Delphi study, provided that they give consent to be identifiable in the generated

materials. The survey contains 13 questions, consisting of 3 questions on your experience in this field, 4 questions on the risk factors for faecal incontinence and 6 questions on the risk factors for chronic constipation. The survey should take a maximum of 30 minutes to complete.

If you are interested in taking part, please download a copy of the participant information sheet [here](#) and retain this for your records before starting the survey. If you have any questions, please contact the researcher at [p.chaichanavichkij@qmul.ac.uk](mailto:p.chaichanavichkij@qmul.ac.uk).

Your participation is entirely voluntary, and you can withdraw at any time. This survey is anonymous. No identifiable information is collected in this survey. The record of your survey responses does not contain any identifying information about you.

**Queen Mary Ethics of Research Committee reference number: QMERC20.228**

**Researchers:**

Miss Pam Chaichanavichkij, Miss Morghan Hartmann,

Dr. Scott McLachlan, Professor Norman Fenton, and Professor Charles Knowles.

If you have chosen to complete a printed version of this survey, please send your response to:

Miss Pam Chaichanavichkij; The Blizzard Institute, Abernathy building, 4 Newark Street, London E1 2AT.

## Page 2: Survey Responder

This section seeks to understand the survey responder's clinical background and experience. If your current situation has changed as a result of the COVID-19 pandemic, please answer these questions with reference to your clinical practice prior to the COVID-19 pandemic.

1. Please select your clinical role \* *Required*

+ More info

- Surgeon
- Gastroenterologist
- Specialist nurse
- Physiotherapist
- GI physiologist
- Other

1.a. If you selected Other, please specify:

2. Please indicate the number of years of experience in this role \* *Required*

+ More info

3. In an average month, how many patients with the following defaecatory problems do you see?

+ More info

Constipation	<input type="text"/>
Faecal incontinence	<input type="text"/>

## Page 3: Risk factors for faecal incontinence

These questions seek to understand the significance of each factor as an independent risk factor for faecal incontinence.

The individual item within each question refers to a potential risk factor for faecal incontinence, which were identified from the pilot questionnaire and the scoping literature review.

Each possible risk factor should be rated as exactly one of the following possible types:

- Independent: this risk factor alone increases the risk of faecal incontinence even if there are no other risk factors.
- Co-factor only: for this risk factor to increase the risk of faecal incontinence there must also be at least one other risk factor.
- Not a risk factor: this risk factor does not increase the risk of faecal incontinence.

Independent risk factors require a rating on its importance as a risk factor:

- A score of 0: not a risk factor
- A score of 1: not an important risk factor
- A score of 5: a moderately important risk factor
- A score of 10: a critically important risk factor

For any item that is *not a risk factor* or a *co-factor only*, no rating for importance is required.

4. Please rate the type and importance of the following socio-demographic and lifestyle factors as a risk factor for faecal incontinence.

[+ More info](#)

	Type of risk factor * <i>Required</i>			Importance									
	Not a risk factor	Cofactor	Independent risk factor	1	2	3	4	5	6	7	8	9	10
Increasing age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Female gender	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low socioeconomic status	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unemployment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Institutional living	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dietary factors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intensive exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Excessive alcohol consumption	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ethnicity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4.a. Other (please specify)

5. Please rate the type and importance of the following obstetric factors as a risk factor for faecal incontinence in parous women.

[+ More info](#)

	Type of risk factor * Required			Importance									
	Not a risk factor	Cofactor	Independent risk factor	1	2	3	4	5	6	7	8	9	10
Parity (versus nulliparity)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grand multiparity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instrumental delivery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High birthweight babies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Episiotomy, 1st or 2nd degree tear	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3rd or 4th degree tear	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prolonged second stage of labour	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5.a. Other (please specify)

6. Please rate the type and importance of the following sphincteric factors as a risk factor for faecal incontinence.

	Type of risk factor * Required			Importance									
	Not a risk factor	Cofactor	Independent risk factor	1	2	3	4	5	6	7	8	9	10
Congenital conditions such as Hirschsprung's, anorectal agenesis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Surgical trauma such as haemorrhoidectomy, internal sphincterotomy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Atraumatic conditions such as scleroderma, idiopathic internal sphincter atrophy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6.a. Other (please specify)

7. Please rate the type and importance of the following extrasphincteric factors as a risk factor for faecal incontinence.

[+ More info](#)

	Type of risk factor * Required			Importance									
	Not a risk factor	Cofactor	Independent risk factor	1	2	3	4	5	6	7	8	9	10

Evacuation disorders (obstructed defaecation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diabetes mellitus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Conditions causing rectal inflammation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CNS conditions such as stroke, MS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinal conditions such as spinal trauma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peripheral nerve injuries such as cauda equina syndrome	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Psychiatric or behavioural disorders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chronic diarrhoea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7.a. Other (please specify)

## Page 4: Risk factors for chronic constipation

These questions seek to understand the significance of each factor as an **independent risk factor for chronic constipation**.

The individual item within each question refers to a potential risk factor for chronic constipation, which were identified from the pilot questionnaire and the scoping literature review.

Each possible risk factor should be rated as exactly one of the following possible types:

- Independent: this risk factor alone increases the risk of chronic constipation even if there are no other risk factors.
- Co-factor only: for this risk factor to increase the risk of chronic constipation there must also be at least one other risk factor.
- Not a risk factor: this risk factor does not increase the risk of chronic constipation.

Independent risk factors require a rating on its importance as a risk factor:

- A score of 1: not an important risk factor
- A score of 5: a moderately important risk factor
- A score of 10: a critically important risk factor

For any item that is *not a risk factor* or a *co-factor only*, no rating for importance is required

**8.** Please rate the type and importance of the following socio-demographic and lifestyle factors as a risk factor for chronic constipation.

[+ More info](#)

	Type of risk factor * <i>Required</i>			Importance									
	Not a risk factor	Cofactor	Independent risk factor	1	2	3	4	5	6	7	8	9	10
Increasing age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Female gender	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low socioeconomic status	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unemployment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shift-work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Institutional living	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poor diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Lack of exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ethnicity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8.a. Other (please specify)

9. Please rate the type and importance of the following medical conditions as a risk factor for chronic constipation.

[+ More info](#)

	Type of risk factor * <i>Required</i>			Importance									
	Not a risk factor	Cofactor	Independent risk factor	1	2	3	4	5	6	7	8	9	10
Diabetes mellitus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hypothyroidism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Metabolic conditions such as hypercalcaemia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Connective tissue diseases such as scleroderma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ehler-Danlos syndrome or joint hypermobility syndrome	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9.a. Other (please specify)

10. Please rate the type and importance of the following neurological conditions as a risk factor for chronic constipation.

[+ More info](#)

	Type of risk factor * <i>Required</i>			Importance									
	Not a risk factor	Cofactor	Independent risk factor	1	2	3	4	5	6	7	8	9	10
Degenerative CNS conditions such as Parkinson's disease	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Multiple sclerosis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Previous stroke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinal cord disorders such as spinal trauma	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peripheral nerve injuries such as cauda equina syndrome	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cognitive impairment (any cause)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10.a. Other (please specify)

11. Please rate the type and importance of the following mental health conditions as a risk factor for

chronic constipation.

	Type of risk factor * <i>Required</i>			Importance									
	Not a risk factor	Cofactor	Independent risk factor	1	2	3	4	5	6	7	8	9	10
Severe endogenous depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating disorders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
History of abuse (sexual, physical, or neglect)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11.a. Other (please specify)

12. Please rate the type and importance of the following surgical history as a risk factor for chronic constipation.

	Type of risk factor * <i>Required</i>			Importance									
	Not a risk factor	Cofactor	Independent risk factor	1	2	3	4	5	6	7	8	9	10
Previous abdominal surgery such as appendectomy, cholecystectomy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Previous pelvic surgery such as hysterectomy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Previous low anterior resection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Previous reconstructive surgery for Hirschsprung's or congenital anorectal malformation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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12.a. Other (please specify)

13. Please rate the type and importance of the following medications as a risk factor for chronic constipation.

[+ More info](#)

	Type of risk factor * <i>Required</i>			Importance									
	Not a risk factor	Cofactor	Independent risk factor	1	2	3	4	5	6	7	8	9	10
5-HT3 receptor antagonist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opiate analgesics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anticholinergic agents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calcium channel blockers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bile acid sequestrants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cation-containing agents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13.a. Other (please specify)

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By clicking the 'Finish' button below, you are consenting to participate in this study, as it is described in the participant information sheet, which you can download [here](#).

## Page 5: End of Survey

Thank you for your participation in this study.

If you have any concerns about the manner in which the study was conducted, in the first instance, please contact the researcher responsible for the study (Professor Charles Knowles: [c.h.knowles@qmul.ac.uk](mailto:c.h.knowles@qmul.ac.uk)). If you have a complaint which you feel you cannot discuss with the researchers then you should contact the Research Ethics Facilitators by e-mail: [research-ethics@qmul.ac.uk](mailto:research-ethics@qmul.ac.uk). When contacting the Research Ethics Facilitators, please provide details of the study title, description of the study and QMERC reference number (where possible), the researcher(s) involved, and details of the complaint you wish to make.

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