



Protocol for a prospective multicentre cohort study to develop and validate two new outcome measures for patients with inflammatory bowel disease.

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Complete List of Authors:	Alrubaiy, Laith; Swansea University, College of Medicine Williams, John; Swansea University, College of Medicine Hutchings, Hayley; Swansea University, Medicine
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4 **Protocol for a prospective multicentre cohort study to develop and validate two new**
5 **outcome measures for patients with inflammatory bowel disease.**
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11 L Alrubaiy* , HA Hutchings, JG Williams
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16 Centre for Health Information, Research and Evaluation (CHIRAL), Swansea University,
17 Singleton Park, Swansea SA2 8PP
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21
22
23 Corresponding author:
24

25 Dr. Laith Alrubaiy
26

27 Room 220, Grove building
28

29 College of Medicine
30

31 Swansea University
32

33 Swansea SA2 8PP
34

35
36 Email: l.alrubaiy@swansea.ac.uk
37

38 Tel: 0044 7809670683
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Abstract:

Introduction: Most of the health related quality of life (HRQoL) measures for patients with inflammatory bowel disease (IBD) were designed to be used in outpatient settings and are, therefore, not suitable for use in acute inpatient settings. None of the currently used clinical severity indices for patients with IBD have been properly validated. The aim of this study is to describe the development of a new health related quality of life questionnaire and a clinical severity index for patients with ulcerative colitis or Crohn's disease that are short, valid and suitable at any stage of their disease. These new outcome measurement tools will be easily used at the point of care, and invaluable monitoring tools for clinical care, audit and research.

Methods and analysis: This is a prospective multi-site validation study of two new outcome measures, the Crohn's and Colitis quality of life (CCQ) questionnaire and the Clinical IBD severity score (CISS). We plan to recruit patients with ulcerative colitis or Crohn's disease. Questionnaire items will be selected through extensive literature review and a focus group involving patients, methodologists, statisticians and IBD specialists. The CCQ questionnaire will be completed by patients attending IBD clinics, having endoscopy procedures or when admitted to hospital. The CISS will be completed by clinicians while assessing patients with IBD. Psychometric analysis will be carried out to test the validity and the reliability of the questionnaires and determine the potential to produce shorter versions of CISS and CCQ. The construct validity of the CCQ will be tested against short form-12 (SF12) and the European Quality of Life Five Dimensions (EQ5D). The construct validity of CISS will be tested against biochemical markers, clinical and endoscopic indices to assess severity.

Ethics: This study was approved by the South East Wales Research Ethics Committee (Ref 11/WA/0239).

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3 **Article summary:**
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6 Article focus:
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- 8 • None of the currently used clinical severity indices for patients with inflammatory
9 bowel disease (IBD) have been properly validated.
- 10 • Most of the health related quality of life (HRQoL) measures for patients with IBD
11 have been designed for use in outpatient settings and are, therefore, not suitable for
12 use in acute inpatient settings
- 13 • This article describes the protocol for a prospective multi-site validation study of two
14 new outcome measures; the Crohn's and Colitis Health related quality of life (CCQ)
15 questionnaire and the Clinical IBD severity score (CISS).
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21 Key measures:
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- 23 • The main focus of the article is the development and validation of two outcome
24 measures to assess the quality of life and disease severity of patients with IBD.
- 25 • This article provides an insight into the methods used to develop and validate new
26 outcome measures which can applied to any disease.
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31 Strength and limitations of this study:
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- 33 • The CISS will be the first fully validated clinical severity index for patients with IBD.
- 34 • The CCQ will be the first health related quality of life tool that will be applicable to all
35 types and presentations of IBD.
- 36 • It may be difficult to recruit adequate numbers of patients with less common
37 presentations of IBD like perianal Crohn's disease or patients with extra-intestinal
38 manifestations.
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Introduction:

Inflammatory bowel disease (IBD) affects approximately one person in every 250 in the United Kingdom population¹. The cost of IBD to the NHS has been estimated at about £720 million per annum, based on the prevalence and an average cost of £3,000 per year per patient². The lifetime medical costs associated with the care of IBD are comparable with major chronic diseases such as diabetes mellitus or cancer². Anti Tumour Necrosis factor α (Anti TNF- α) drugs are new and effective biological treatments for both ulcerative colitis³ and Crohn's disease⁴ but long-term outcomes are still unknown and there are a number of safety issues⁵. Therefore, the National Institute for Health and Clinical Excellence (NICE) has recommended the establishment of a Registry for patients with IBD treated with biological therapy⁶. Assessment of response to treatment will require measurement of both HRQoL and disease severity.

HRQoL questionnaires are often employed as measures of health status and are important outcome measures in clinical trials. They should form an integral part of any outcome monitoring efforts but are often omitted from large scale registries because of constraints on the amount of data these registries can collect. To facilitate adoption of HRQoL measures in large IBD registries, it is important to develop instruments which are short and easy to complete, yet valid, reliable and applicable to all IBD patients.

IBD has a great impact on the quality of life as it is not curable and follows an unpredictable relapsing and remitting course with significant variation in the pattern and complexity of symptoms that may affect each patient, sometimes leading to hospital admission, surgery and bowel resection, which may leave the patient with a stoma. There are several specific HRQoL measurement tools for patients with inflammatory bowel disease^{7, 8, and 9}. However, all of them have been designed for use in the outpatient setting with stable patients and there is no HRQoL instrument that is validated for use both in the community and by patients who are acutely ill, have a stoma or perianal disease.

In clinical practice, assessing disease severity is an important part of IBD management and a standardized and quantitative evaluation of the severity of IBD is needed for the registry. Due to the varied presentations of IBD, a number of clinical indices have been put forward using different parameters which are based on different principles^{10, 11}. In order to be widely utilised and generalisable, the index should include as few items as possible which are easily obtainable in any clinical setting and applicable to the majority of patients. An index should also possess the required psychometric properties such as validity and reliability¹⁵. In IBD,

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3 there are several different disease severity indices available^{10, 11}. However, none of them have
4 been properly validated. Therefore, for a successful IBD registry, there is a need for a short
5 yet reliable and valid severity score index to assess response to treatment and to detect early
6 relapse for all types and presentations of IBD.
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10 11 **Aim:**

12 The aim of the study is to develop valid and reliable HRQoL and a disease severity
13 measurement tools that are suitable for use with patients at any stage of their IBD. These tools
14 will be easily recorded at the point of care to support their use for a registry of patients with
15 IBD.
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20 21 **Objectives of the study:**

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25 1. To validate a HRQoL questionnaire (Crohn's and Colitis Quality of Life (CCQ)
26 questionnaire) and derive a short form (Short CCQ) that is suitable for acute and stable
27 patients with IBD and covers patients with a stoma or fistula.
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29 2. To validate a single clinical severity index (Clinical IBD severity index (CISS)) and
30 derive a short form that is suitable for all types and presentations of IBD.
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34 35 **Methods and analysis:**

36 37 38 **Developing the outcome measures:**

39 40 41 **1. The Crohn's and Colitis Health related quality of life questionnaire**

42 The initial version of the Crohn's and Colitis Health related quality of life questionnaire
43 (CCQ) will be based on the UK Inflammatory Bowel Disease Questionnaire (UK IBDQ)⁹
44 that was developed and validated in 2000. An extensive literature review will be carried out to
45 identify supplementary items to reflect the wide range and frequency of symptoms of IBD
46 when patients are seen as outpatients, inpatients, with perianal disease and with a stoma. The
47 first draft of CCQ will be as inclusive as possible to cover all patients with IBD. We will
48 validate the CCQ with a wider group of patients to include patients with both Crohn's disease
49 (CD) and Ulcerative colitis (UC) as well as patients with a stoma and Crohn's perianal
50 disease. The questionnaire will be examined by IBD specialists, methodologists and
51 statisticians to ensure good face and content validity of the items. To ensure that the resulting
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questionnaire is clear to patients, we will conduct a feasibility study, asking a small sample of patients to complete the questionnaires.

2. The Clinical IBD Severity Score (CISS)

The development of Clinical IBD Severity Score (CISS) will follow a clinimetric approach¹²,¹³. Items will be selected through reviewing 17 existing clinical severity indices commonly used in studies for UC and CD (Table 1). To ensure the selected items are applicable to patients with IBD, a focus group of IBD specialists, statisticians and methodologists will review these items and ensure good face and content validity. The CISS will assess the acute and chronic severity of IBD. It will have supplementary questions for perianal disease (to be used when applicable). The CISS will be the first clinical severity index to include all presentations of patients with IBD in one single index.

Recruitment:

This is a prospective multi-centre study which will be carried out over a 3 year period. We will recruit patients with Ulcerative colitis (UC) or Crohn's disease (CD). Patients' medical records will be reviewed to confirm their eligibility as below:

Inclusion criteria:

1. Confirmed diagnosis of UC, Crohn's disease or indeterminate colitis
2. Age 18 years and above
3. Not in a vulnerable group (such as people with mental illness or memory problems, learning difficulties, or physical disabilities)
4. Able to consent.

Exclusion criteria:

1. Patients without a definite diagnosis of UC, Crohn's disease or indeterminate colitis
2. Age less than 18 years
3. Patients within a vulnerable group (such as people with mental illness or memory problems, learning difficulties, or physical disabilities)
4. Unable to consent

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3 If patients meet the inclusion criteria, they will be invited to participate in the study when they
4 attend outpatients or are admitted to hospital. Patients will be asked to give written consent
5 following an oral and written explanation of the study.
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8 The long version of Crohn's and Colitis Quality of life (CCQ) questionnaire will be
9 completed by patients while they are in hospital, in outpatients or at home. Patients will also
10 complete the generic Short Form 12 (SF12)¹⁴ and EuroQoL (EQ5D)¹⁵ questionnaires. They
11 will be asked to complete the same questionnaires within 6 weeks after the initial completion
12 to check test-retest reliability and responsiveness.
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15 The clinical IBD severity score (CISS) will be recorded by the health care professionals when
16 reviewing patients in clinic or on the ward. CISS will be recorded again within 6 weeks after
17 the initial completion in order to check CISS test-retest reliability and responsiveness.
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22 **Sample size:**

23 When validating a questionnaire it is important that the sample used is representative of the
24 population in which the instrument is to be used. There are no general criteria for the required
25 sample size in a validation study¹³, which is typically based on the assumption that the
26 number of respondents should exceed the number of items in the questionnaire by at least a
27 factor of three²². Some authors suggest that rather than the overall sample size it is the ratio of
28 subjects to items that is important and recommends a 10 to 1 ratio for each item²³. We anticipate
29 the CISS will have 17 different items and the CCQ will have 32 different items. We will
30 therefore aim to recruit a minimum of 170 patients and 320 patients for the validation study of
31 initial versions of CISS and CCQ respectively.
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40 **Psychometric analysis:**

41 Data will be analysed using the Statistical Package for Social Sciences (SPSS) version 19
42 licensed for Swansea University. The main components of psychometric analysis will be:
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48 **1. Internal consistency**

49 The internal consistency is a measure of reliability. It measures the degree of correlation
50 between different items in the scale. Internal consistency will be assessed by item-total
51 correlations and Cronbach α . Items with item total correlation below 0.2 or more than 0.8 will
52 be rejected^{12,13} as they add little information to the scale. Items will also be considered for
53 rejection if more than 80% or less than 20% of patients gave the same response because they
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won't be able to differentiate different levels of severity. Items that are ambiguous or found difficult to be answered will be considered for removal or re-wording. Cronbach α of the resulting scale should be > 0.7 ¹³. Item discrimination power which is the ability of items to discriminate between patients with different level of severity should be >0.4 ¹³ otherwise it will be considered for rejection. We will carry out stepwise regression of the total scores on the individual items and will select the items that represent 95% of the variation in the scores to produce short versions of the CCQ and CISS¹³.

2. Validity

Construct validity refers to the correlation of the scale with other instruments that are believed to assess the same attribute with high degrees of validity and reliability¹³. It is commonly measured using Pearson correlation coefficient (r). Construct validity will be accepted if Pearson correlation is $0.4 - 0.8$ ^{12, 13}. Lower correlations mean either one of the tests has low validity or the two tests are measuring different phenomena while high correlations means the two tests are very similar and the new scale is not needed. Construct validity of CCQ will be assessed using Short Form 12 (SF12)¹⁴ and EuroQoL (EQ5D)¹⁵. Construct validity of CISS will be checked using biochemical markers: C-reactive protein, white cell count, haemoglobin, albumin and clinical indices: Harvey Bradshaw index¹⁶ (for Crohn's disease), Simple clinical colitis activity index¹⁷ (for Ulcerative colitis) and perianal disease activity index¹⁸ (for perianal Crohn's disease). When patients undergo endoscopy the following endoscopic indices will be recorded: Mayo clinic score¹⁹, Rachmilewitz scores²⁰ in UC and simple endoscopic score²¹ in CD.

3. Test-retest reliability or reproducibility

Reproducibility is used to assess reliability of the test applied on two occasions. To measure reproducibility, CCQ and CISS will be administered to 20% of patients in two occasions. There should be no overall change in their clinical condition between these two intervals. For CCQ, patients will be asked if their health has changed since they last filled the questionnaires. For CISS, we will use physician global assessment to assess if patients' conditions have changed or not. Patients with no change will be included in the reproducibility analysis using intra-class correlation coefficient. For practical reasons, we will allow a maximum of 6 weeks after the first assessment or since the first questionnaire was completed. A value of intra-class correlation of 0.75 ^{12, 13} will be accepted.

4. Responsiveness:

Responsiveness is the ability to detect change. This will be computed by applying CCQ and CISS to 20% of patients in two occasions. For CCQ, patients will be asked if their health has changed since they last filled the questionnaires. For CISS, we will use physician global assessment to assess if patients' conditions have changed or not. Patients whose clinical conditions have changed will be included in the responsiveness analysis using the responsiveness ratio. Responsiveness ratio will be calculated by dividing the mean change in scores for patients who reported a change with the standard deviation of the scores of those who remained stable¹³. A ratio more than 0.5 will be accepted^{12,13}. For practical reasons, we will allow a maximum of 6 weeks after the first assessment or since the first questionnaire was completed.

5. Inter-Observer Reliability:

This is a measure of reliability to assess the degree of consistency between different observers. We will check the inter-observer reliability of CISS on 20% of patients using inter-class correlation. Two observers will use CISS to assess the same group of patients. We will divide the patients into 2 groups. First group will be assessed by a physician and a specialist nurse while the second group will be assessed by two physicians. A correlation of > 0.75 will be acceptable¹³.

Ethics and dissemination:

This study has been approved by the South East Wales Research Ethics Committee (Reference 11/WA/0239). NHS code of confidentiality and Data protection will be adhered to. Once patients are identified, all personal details will be anonymised. Only study related staff will have access to the data. Access will be permitted to appropriately qualified personnel and in accordance with the data protection Act 1998. All data acquisition, storage and transmission will comply with Data Protection Act.

We are committed to publishing our results as widely as possible in peer reviewed journals and to ensuring that appropriate recognition is given to everyone who works on the study.

Authors' contributions: LA is the chief investigator of the study. He contributed in writing the protocol, designing the questionnaires, data analysis and analysis. JGW and HH contributed to designing the questionnaires, all drafts of the protocol and data analysis.

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Competing interests: None.

Appendices:

Table 1: The commonly used clinical severity indices in literature

Ulcerative Colitis:

1. Truelove and Witts severity index ²⁴
2. Powell Tuck index ²⁵
3. Simple clinical colitis severity index ¹⁷
4. Lichtiger score ²⁶
5. Clinical Activity Index (CAI) ²⁰
6. Physician global assessment ²⁷
7. Improvement based on individual symptom score ²⁸
8. Ulcerative colitis clinical severity score ²⁹
9. Seo Score ³⁰
10. Mayo Clinic activity score ¹⁹

Crohn's disease:

1. Crohn's disease activity index ³¹
2. Harvey Bradshaw index ¹⁶
3. Van Hees index ³²
4. The Cape Town Index ³³
5. Fistula Drainage assessment ³⁴
6. Perianal Disease Activity Index (PDAI) ³⁵
7. Perianal Crohn's disease Activity Index (PCDAI) ¹⁸

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21 Centre for Health Information, Research and Evaluation (CHIRAL), Swansea University,
22
23 Singleton Park, Swansea SA2 8PP
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29 Corresponding author:
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31 Dr. Laith Alrubaiy
32

33 Room 220, Grove building
34

35 College of Medicine
36

37 Swansea University
38

39 Swansea SA2 8PP
40

41 Email: l.alrubaiy@swansea.ac.uk
42

43 Tel: 0044 7809670683
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Abstract:

Introduction: Most of the health related quality of life (HRQoL) measures for patients with inflammatory bowel disease (IBD) were designed to be used in outpatient settings and are, therefore, not suitable for use in acute inpatient settings. None of the currently used clinical severity indices for patients with IBD have been properly validated. The aim of this study is to describe the development of a new health related quality of life questionnaire and a clinical severity index for patients with ulcerative colitis or Crohn's disease that are short , valid and suitable at any stage of their disease. These new outcome measurement tools will be easily used at the point of care, and invaluable monitoring tools for clinical care, audit and research.

Methods and analysis: This is a prospective multi-site validation study of two new outcome measures, the Crohn's and Colitis quality of life (CCQ) questionnaire and the Clinical IBD severity score (CISS). We plan to recruit patients with ulcerative colitis or Crohn's disease. Questionnaire items will be selected through extensive literature review and a focus group involving patients, methodologists, statisticians and IBD specialists. The CCQ questionnaire will be completed by patients attending IBD clinics, having endoscopy procedures or when admitted to hospital. The CISS will be completed by clinicians while assessing patients with IBD. Psychometric analysis will be carried out to test the validity and the reliability of the questionnaires and determine the potential to produce shorter versions of CISS and CCQ. The construct validity of the CCQ will be tested against short form-12 (SF12) and the European Quality of Life Five Dimensions (EQ5D). The construct validity of CISS will be tested against biochemical markers, clinical and endoscopic indices to assess severity.

Ethics: This study was approved by the South East Wales Research Ethics Committee (Ref 11/WA/0239).

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3 **Article summary:**
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5 Article focus:
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- 7
- 8 • None of the currently used clinical severity indices for patients with inflammatory
9 bowel disease (IBD) have been properly validated.
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 - 11 • Most of the health related quality of life (HRQoL) measures for patients with IBD
12 have been designed for use in outpatient settings and are, therefore, not suitable for
13 use in acute inpatient settings
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 - 15 • This article describes the protocol for a prospective multi-site validation study of two
16 new outcome measures; the Crohn's and Colitis Health related quality of life (CCQ)
17 questionnaire and the Clinical IBD severity score (CISS).
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25 Key measures:
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- 28 • The main focus of the article is the development and validation of two outcome
29 measures to assess the quality of life and disease severity of patients with IBD.
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 - 31 • This article provides an insight into the methods used to develop and validate new
32 outcome measures which can applied to any disease.
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39 Strength and limitations of this study:
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- 42 • The CISS will be the first fully validated clinical severity index for patients with IBD.
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 - 44 • The CCQ will be the first health related quality of life tool that will be applicable to all
45 types and presentations of IBD.
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 - 47 • It may be difficult to recruit adequate numbers of patients with less common
48 presentations of IBD like perianal Crohn's disease or patients with extra-intestinal
49 manifestations.
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Introduction:

Inflammatory bowel disease (IBD) affects approximately one person in every 250 in the United Kingdom population¹. The cost of IBD to the NHS has been estimated at about £720 million per annum, based on the prevalence and an average cost of £3,000 per year per patient². The lifetime medical costs associated with the care of IBD are comparable with major chronic diseases such as diabetes mellitus or cancer². Anti Tumour Necrosis factor α (Anti TNF- α) drugs are new and effective biological treatments for both ulcerative colitis³ and Crohn's disease⁴ but long-term outcomes are still unknown and there are a number of safety issues⁵. Therefore, the National Institute for Health and Clinical Excellence (NICE) has recommended the establishment of a Registry for patients with IBD treated with biological therapy⁶. Assessment of response to treatment will require measurement of both HRQoL and disease severity.

HRQoL questionnaires are often employed as measures of health status and are important outcome measures in clinical trials. They should form an integral part of any outcome monitoring efforts but are often omitted from large scale registries because of constraints on the amount of data these registries can collect. To facilitate adoption of HRQoL measures in large IBD registries, it is important to develop instruments which are short and easy to complete, yet valid, reliable and applicable to all IBD patients.

IBD has a great impact on the quality of life as it is not curable and follows an unpredictable relapsing and remitting course with significant variation in the pattern and complexity of symptoms that may affect each patient, sometimes leading to hospital admission, surgery and bowel resection, which may leave the patient with a stoma. There are several specific HRQoL measurement tools for patients with inflammatory bowel disease^{7, 8, and 9}. However, all of them have been designed for use in the outpatient setting with stable patients and there is no

1
2
3 HRQoL instrument that is validated for use both in the community and by patients who are
4
5 acutely ill, have a stoma or perianal disease.
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8 In clinical practice, assessing disease severity is an important part of IBD management and a
9
10 standardized and quantitative evaluation of the severity of IBD is needed for the registry. Due
11
12 to the varied presentations of IBD, a number of clinical indices have been put forward using
13
14 different parameters which are based on different principles^{10, 11}. Currently available disease
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16 severity indices measure disease severity at a single point of time rather than over a longer
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18 time period which is an important outcome to assess quality of care. Therefore, a new index
19
20 that assesses the chronic severity of IBD over a long period of time is needed. A recently
21
22 reported disability measurement tool for patients with IBD has good correlation with other
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24 quality of life and disease severity tools, but has not been validated on acutely unwell
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26 patients, only those seen in outpatients¹². An instrument has been developed to assess the
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28 cumulative bowel damage in Crohn's disease but this index is specific for Crohn's disease
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30 and requires imaging reports for completion¹³. In order to be widely utilised and
31
32 generalisable, the index should include as few items as possible which are easily obtainable in
33
34 any clinical setting and applicable to the majority of patients. An index should also possess
35
36 the required psychometric properties such as validity and reliability^{14,15}. In IBD, there are
37
38 several different disease severity indices available^{10, 11}. However, none of them have been
39
40 properly validated. Therefore, for a successful IBD registry, there is a need for a short yet
41
42 reliable and valid severity score index to assess response to treatment and to detect early
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44 relapse for all types and presentations of IBD.
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50 **Aim:**

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52 The aim of the study is to develop valid and reliable HRQoL and disease severity
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54 measurement tools that are suitable for use with patients at any stage of their IBD. These tools
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3 will be easily recorded at the point of care to support their use for a registry of patients with
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5 IBD.
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7 **Objectives of the study:**

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10 1. To validate a HRQoL questionnaire (Crohn's and Colitis Quality of Life (CCQ)
11 questionnaire) and derive a short form (Short CCQ) that is suitable for acute and stable
12 patients with IBD and covers patients with a stoma or fistula.
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16 2. To validate a single clinical severity index (Clinical IBD severity index (CISS)) and
17 derive a short form that is suitable for all types and presentations of IBD.
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22 **Methods and analysis:**

23 **Developing the outcome measures:**

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25 **1. The Crohn's and Colitis Health related quality of life questionnaire**

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28 The initial version of the Crohn's and Colitis Health related quality of life questionnaire
29 (CCQ) will be based on the UK Inflammatory Bowel Disease Questionnaire (UK IBDQ) ⁹
30 that was developed and validated in 2000. An extensive literature review will be carried out to
31 identify supplementary items to reflect the wide range and frequency of symptoms of IBD
32 when patients are seen as outpatients, inpatients, with perianal disease and with a stoma. The
33 first draft of CCQ will be as inclusive as possible to cover all patients with IBD. We will
34 validate the CCQ with a wider group of patients to include patients with both Crohn's disease
35 (CD) and Ulcerative colitis (UC) as well as patients with a stoma and Crohn's perianal
36 disease. The questionnaire will be examined by IBD specialists, methodologists and
37 statisticians to ensure good face and content validity of the items. To ensure that the resulting
38 questionnaire is clear to patients, we will conduct a feasibility study, asking a small sample of
39 patients to complete the questionnaires. Quality of life will thus be presented as a simple score
40 that will be derived from items completed by patients with different IBD phenotypes in a
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3 broad spectrum of settings. The score will enable monitoring over time and comparative
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5 assessment across different UK locations.
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7 8 **2. The Clinical IBD Severity Score (CISS)**

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10 The development of Clinical IBD Severity Score (CISS) will follow a clinimetric approach
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12 ^{14,15}. Items will be selected through reviewing 17 existing clinical severity indices commonly
13
14 used in studies for UC and CD (Table 1). To ensure the selected items are applicable to
15
16 patients with IBD, a focus group of at least 6 IBD specialists from different UK hospitals ,
17
18 statisticians and methodologists will review these items and ensure good face and content
19
20 validity. The CISS will assess the acute and chronic severity of IBD. It will have
21
22 supplementary questions for perianal disease (to be used when applicable). The CISS will be
23
24 the first clinical severity index to include all presentations of patients with IBD in one single
25
26 index.
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29 30 **Recruitment:**

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32 This is a prospective multi-centre study which will be carried out over a 3 year period. Sites
33
34 will be invited and patients' will be recruited over a 24 month period Data analysis and
35
36 production of the final version of the questionnaires will be carried out in the following 12
37
38 months We will recruit patients with Ulcerative colitis (UC) or Crohn's disease (CD).
39
40 Invitations will be sent to teaching and general district hospitals across the UK. We will aim
41
42 to recruit at least 4 different UK sites. Patients' medical records will be reviewed to confirm
43
44 their eligibility as below:
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47 48 **Inclusion criteria:**

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50 1. Confirmed diagnosis of UC, Crohn's disease or indeterminate colitis
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52 2. Age 18 years and above
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54 3. Not in a vulnerable group (such as people with mental illness or memory problems,
55
56 learning difficulties, or physical disabilities)
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4. Able to consent.

Exclusion criteria:

1. Patients without a definite diagnosis of UC, Crohn's disease or indeterminate colitis
2. Age less than 18 years
3. Patients within a vulnerable group (such as people with mental illness or memory problems, learning difficulties, or physical disabilities)
4. Unable to consent

If patients meet the inclusion criteria, they will be invited to participate in the study when they attend outpatients or are admitted to hospital. Patients will be asked to give written consent following an oral and written explanation of the study.

The long version of Crohn's and Colitis Quality of life (CCQ) questionnaire will be completed by patients while they are in hospital, in outpatients or at home. Patients will also complete the generic Short Form 12 (SF12)¹⁶ and EuroQoL (EQ5D)¹⁷ questionnaires. They will be asked to complete the same questionnaires within 6 weeks after the initial completion to check test-retest reliability and responsiveness.

The clinical IBD severity score (CISS) will be recorded by the health care professionals when reviewing patients in clinic or on the ward. CISS will be recorded again within 6 weeks after the initial completion in order to check CISS test-retest reliability and responsiveness.

Sample size:

When validating a questionnaire it is important that the sample used is representative of the population in which the instrument is to be used. There are no general criteria for the required sample size in a validation study¹⁵, which is typically based on the assumption that the number of respondents should exceed the number of items in the questionnaire by at least a

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3 factor of three²². Some authors suggest that rather than the overall sample size it is the ratio of
4 subjects to items that is important and recommends a 10 to 1 ratio for each item²⁵. We anticipate
5 the CISS will have 17 different items and the CCQ will have 32 different items. We will
6 therefore aim to recruit a minimum of 170 patients and 320 patients for the validation study of
7 initial versions of CISS and CCQ respectively.
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10 11 12 13 14 15 **Psychometric analysis:**

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18 Data will be analysed using the Statistical Package for Social Sciences (SPSS) version 19
19 licensed for Swansea University. The main components of psychometric analysis will be:
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21

22 23 24 **1. Internal consistency**

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27 The internal consistency is a measure of reliability. It measures the degree of correlation
28 between different items in the scale. Internal consistency will be assessed by item-total
29 correlations and Cronbach α . Items with item total correlation below 0.2 or more than 0.8 will
30 be rejected^{14,15} as they add little information to the scale. Items will also be considered for
31 rejection if more than 80% or less than 20% of patients gave the same response because they
32 won't be able to differentiate different levels of severity. Items that are ambiguous or found
33 difficult to be answered will be considered for removal or re-wording. Cronbach α of the
34 resulting scale should be > 0.7 ¹⁵. Item discrimination power which is the ability of items to
35 discriminate between patients with different level of severity should be > 0.4 ¹⁵ otherwise it
36 will be considered for rejection. We will carry out stepwise regression of the total scores on
37 the individual items and will select the items that represent 95% of the variation in the scores
38 to produce short versions of the CCQ and CISS¹⁵.
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2. Validity

Construct validity refers to the correlation of the scale with other instruments that are believed to assess the same attribute with high degrees of validity and reliability¹³. It is commonly measured using Pearson correlation coefficient (*r*). Construct validity will be accepted if Pearson correlation is 0.4 – 0.8^{14,15}. Lower correlations mean either one of the tests has low validity or the two tests are measuring different phenomena while high correlations means the two tests are very similar and the new scale is not needed. Construct validity of CCQ will be assessed using Short Form 12 (SF12)¹⁶ and EuroQoL (EQ5D)¹⁷. Construct validity of CISS will be checked using biochemical markers: C-reactive protein, white cell count, haemoglobin, albumin and clinical indices: Harvey Bradshaw index¹⁸ (for Crohn's disease), Simple clinical colitis activity index¹⁹ (for Ulcerative colitis) and perianal disease activity index²⁰ (for perianal Crohn's disease). These clinical indices will be selected because they are easy to use and widely cited^{10,11} in the literature. When patients undergo endoscopy the following endoscopic indices will be recorded: Mayo clinic score²¹, Rachmilewitz scores²² in UC and simple endoscopic score²³ in CD.

3. Test-retest reliability or reproducibility

Reproducibility is used to assess reliability of the test applied on two occasions. To measure reproducibility, CCQ and CISS will be administered to 20% of patients in two occasions. There should be no overall change in their clinical condition between these two intervals. For CCQ, patients will be asked if their health has changed since they last filled the questionnaires. For CISS, we will use physician global assessment to assess if patients' conditions have changed or not. Patients with no change will be included in the reproducibility analysis using intra-class correlation coefficient. For practical reasons, we will allow a period of 2-6 weeks after the first assessment or since the first questionnaire was

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3 completed. Previous studies have illustrated that a period of less than 2 weeks is not reliable
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5 as patients might remember their answers and select them again^{14,15}. Therefore we expect to
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7 include patients with quiescent to moderate IBD for the reproducibility analysis because
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9 patients with severe IBD will more likely have their disease changed or have surgery within 2
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11 weeks. A value of intra-class correlation of 0.75^{14,15} will be accepted.
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14 15 **4. Responsiveness:**

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17 Responsiveness is the ability to detect change. This will be computed by applying CCQ and
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19 CISS to 20% of patients in two occasions. For CCQ, patients will be asked if their health
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21 has changed since they last filled the questionnaires. For CISS, we will use physician global
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23 assessment to assess if patients' conditions have changed or not. Patients whose clinical
24
25 conditions have changed will be included in the responsiveness analysis using the
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27 responsiveness ratio. Responsiveness ratio will be calculated by dividing the mean change in
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29 scores for patients who reported a change with the standard deviation of the scores of those
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31 who remained stable¹⁵. A ratio more than 0.5 will be accepted^{14,15}. For practical reasons,
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33 we will allow a maximum of 6 weeks after the first assessment or since the first questionnaire
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35 was completed.
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41 42 **5. Inter-Observer Reliability:**

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44 This is a measure of reliability to assess the degree of consistency between different
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46 observers. We will check the inter-observer reliability of CISS on 20% of patients using
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48 inter-class correlation. Two observers will use CISS to assess the same group of patients. We
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50 will divide the patients into 2 groups. First group will be assessed by a physician and a
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52 specialist nurse while the second group will be assessed by two physicians. A correlation of >
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54 0.75 will be acceptable¹⁵.
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Ethics and dissemination:

This study has been approved by the South East Wales Research Ethics Committee (Reference 11/WA/0239). NHS code of confidentiality and Data protection will be adhered to. Once patients are identified, all personal details will be anonymised. Only study related staff will have access to the data. Access will be permitted to appropriately qualified personnel and in accordance with the data protection Act 1998. All data acquisition, storage and transmission will comply with Data Protection Act.

We are committed to publishing our results as widely as possible in peer reviewed journals and to ensuring that appropriate recognition is given to everyone who works on the study.

Authors' contributions: LA is the chief investigator of the study. He contributed in writing the protocol, designing the questionnaires, data analysis and analysis. JGW and HH contributed to designing the questionnaires, all drafts of the protocol and data analysis.

Funding statement: This work was supported by the Welsh Clinical Academic training (WCAT) scheme and is collaboration between Swansea University and Wales deanery.

Competing interests: None.

Appendices:**Table 1: The commonly used clinical severity indices in literature****Ulcerative Colitis:**

1. Truelove and Witts severity index ²⁶
2. Powell Tuck index ²⁷
3. Simple clinical colitis severity index ¹⁹
4. Lichtiger score ²⁸
5. Clinical Activity Index (CAI) ²²
6. Physician global assessment ²⁹
7. Improvement based on individual symptom score ³⁰
8. Ulcerative colitis clinical severity score ³¹
9. Seo Score ³²
10. Mayo Clinic activity score ²¹

Crohn's disease:

1. Crohn's disease activity index ³³
2. Harvey Bradshaw index ¹⁸
3. Van Hees index ³⁴
4. The Cape Town Index ³⁵
5. Fistula Drainage assessment ³⁶
6. Perianal Disease Activity Index (PDAI) ³⁷
7. Perianal Crohn's disease Activity Index (PCDAI) ²⁰

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5 **Protocol for a prospective multicentre cohort study to develop and validate two new**
6 **outcome measures for patients with inflammatory bowel disease.**
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21 Centre for Health Information, Research and Evaluation (CHIRAL), Swansea University,
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23 Singleton Park, Swansea SA2 8PP
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29
30 Corresponding author:
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32 Dr. Laith Alrubaiy
33

34 Room 220, Grove building
35

36 College of Medicine
37

38 Swansea University
39

40 Swansea SA2 8PP
41

42
43 Email: l.alrubaiy@swansea.ac.uk
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46 Tel: 0044 7809670683
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50 Keywords: Outcome measures, inflammatory bowel disease, health related quality of life ,
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52 disease severity index
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Abstract:

Introduction: Most of the health related quality of life (HRQoL) measures for patients with inflammatory bowel disease (IBD) were designed to be used in outpatient settings and are, therefore, not suitable for use in acute inpatient settings. None of the currently used clinical severity indices for patients with IBD have been properly validated. The aim of this study is to describe the development of a new health related quality of life questionnaire and a clinical severity index for patients with ulcerative colitis or Crohn's disease that are short, valid and suitable at any stage of their disease. These new outcome measurement tools will be easily used at the point of care, and invaluable monitoring tools for clinical care, audit and research.

Methods and analysis: This is a prospective multi-site validation study of two new outcome measures, the Crohn's and Colitis quality of life (CCQ) questionnaire and the Clinical IBD severity score (CISS). We plan to recruit patients with ulcerative colitis or Crohn's disease. Questionnaire items will be selected through extensive literature review and a focus group involving patients, methodologists, statisticians and IBD specialists. The CCQ questionnaire will be completed by patients attending IBD clinics, having endoscopy procedures or when admitted to hospital. The CISS will be completed by clinicians while assessing patients with IBD. Psychometric analysis will be carried out to test the validity and the reliability of the questionnaires and determine the potential to produce shorter versions of CISS and CCQ. The construct validity of the CCQ will be tested against short form-12 (SF12) and the European Quality of Life Five Dimensions (EQ5D). The construct validity of CISS will be tested against biochemical markers, clinical and endoscopic indices to assess severity.

Ethics: This study was approved by the South East Wales Research Ethics Committee (Ref 11/WA/0239).

Article summary:

Article focus:

- None of the currently used clinical severity indices for patients with inflammatory bowel disease (IBD) have been properly validated.
- Most of the health related quality of life (HRQoL) measures for patients with IBD have been designed for use in outpatient settings and are, therefore, not suitable for use in acute inpatient settings
- This article describes the protocol for a prospective multi-site validation study of two new outcome measures; the Crohn's and Colitis Health related quality of life (CCQ) questionnaire and the Clinical IBD severity score (CISS).

Key measures:

- The main focus of the article is the development and validation of two outcome measures to assess the quality of life and disease severity of patients with IBD.
- This article provides an insight into the methods used to develop and validate new outcome measures which can applied to any disease.

Strength and limitations of this study:

- The CISS will be the first fully validated clinical severity index for patients with IBD.
- The CCQ will be the first health related quality of life tool that will be applicable to all types and presentations of IBD.
- It may be difficult to recruit adequate numbers of patients with less common presentations of IBD like perianal Crohn's disease or patients with extra-intestinal manifestations.

Introduction:

Inflammatory bowel disease (IBD) affects approximately one person in every 250 in the United Kingdom population¹. The cost of IBD to the NHS has been estimated at about £720 million per annum, based on the prevalence and an average cost of £3,000 per year per patient². The lifetime medical costs associated with the care of IBD are comparable with major chronic diseases such as diabetes mellitus or cancer². Anti Tumour Necrosis factor α (Anti TNF- α) drugs are new and effective biological treatments for both ulcerative colitis³ and Crohn's disease⁴ but long-term outcomes are still unknown and there are a number of safety issues⁵. Therefore, the National Institute for Health and Clinical Excellence (NICE) has recommended the establishment of a Registry for patients with IBD treated with biological therapy⁶. Assessment of response to treatment will require measurement of both HRQoL and disease severity.

HRQoL questionnaires are often employed as measures of health status and are important outcome measures in clinical trials. They should form an integral part of any outcome monitoring efforts but are often omitted from large scale registries because of constraints on the amount of data these registries can collect. To facilitate adoption of HRQoL measures in large IBD registries, it is important to develop instruments which are short and easy to complete, yet valid, reliable and applicable to all IBD patients.

IBD has a great impact on the quality of life as it is not curable and follows an unpredictable relapsing and remitting course with significant variation in the pattern and complexity of symptoms that may affect each patient, sometimes leading to hospital admission, surgery and bowel resection, which may leave the patient with a stoma. There are several specific HRQoL measurement tools for patients with inflammatory bowel disease^{7, 8, and 9}. However, all of them have been designed for use in the outpatient setting with stable patients and there is no

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3 HRQoL instrument that is validated for use both in the community and by patients who are
4
5 acutely ill, have a stoma or perianal disease.
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8 In clinical practice, assessing disease severity is an important part of IBD management and a
9
10 standardized and quantitative evaluation of the severity of IBD is needed for the registry. Due
11
12 to the varied presentations of IBD, a number of clinical indices have been put forward using
13
14 different parameters which are based on different principles^{10, 11}. **Currently available disease**
15
16 **severity indices measure disease severity at a single point of time rather than over a longer**
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18 **time period which is an important outcome to assess quality of care. Therefore, a new index**
19
20 **that assesses the chronic severity of IBD over a long period of time is needed. A recently**
21
22 **reported disability measurement tool for patients with IBD has good correlation with other**
23
24 **quality of life and disease severity tools, but has not been validated on acutely unwell**
25
26 **patients, only those seen in outpatients¹². An instrument has been developed to assess the**
27
28 **cumulative bowel damage in Crohn's disease but this index is specific for Crohn's disease**
29
30 **and requires imaging reports for completion¹³. In order to be widely utilised and**
31
32 **generalisable, the index should include as few items as possible which are easily obtainable in**
33
34 **any clinical setting and applicable to the majority of patients. An index should also possess**
35
36 **the required psychometric properties such as validity and reliability^{14,15}. In IBD, there are**
37
38 **several different disease severity indices available^{10, 11}. However, none of them have been**
39
40 **properly validated. Therefore, for a successful IBD registry, there is a need for a short yet**
41
42 **reliable and valid severity score index to assess response to treatment and to detect early**
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44 **relapse for all types and presentations of IBD.**
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49
50 **Aim:**

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52 The aim of the study is to develop valid and reliable HRQoL and disease severity
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54 measurement tools that are suitable for use with patients at any stage of their IBD. These tools
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3 will be easily recorded at the point of care to support their use for a registry of patients with
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5 IBD.
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7 **Objectives of the study:**

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9
10 **1.** To validate a HRQoL questionnaire (Crohn's and Colitis Quality of Life (CCQ)
11 questionnaire) and derive a short form (Short CCQ) that is suitable for acute and stable
12 patients with IBD and covers patients with a stoma or fistula.
13
14

15
16 **2.** To validate a single clinical severity index (Clinical IBD severity index (CISS)) and
17 derive a short form that is suitable for all types and presentations of IBD.
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19
20

21 **Methods and analysis:**

22 **Developing the outcome measures:**

23 **1. The Crohn's and Colitis Health related quality of life questionnaire**

24
25 The initial version of the Crohn's and Colitis Health related quality of life questionnaire
26 (CCQ) will be based on the UK Inflammatory Bowel Disease Questionnaire (UK IBDQ) ⁹
27 that was developed and validated in 2000. An extensive literature review will be carried out to
28 identify supplementary items to reflect the wide range and frequency of symptoms of IBD
29 when patients are seen as outpatients, inpatients, with perianal disease and with a stoma. The
30 first draft of CCQ will be as inclusive as possible to cover all patients with IBD. We will
31 validate the CCQ with a wider group of patients to include patients with both Crohn's disease
32 (CD) and Ulcerative colitis (UC) as well as patients with a stoma and Crohn's perianal
33 disease. The questionnaire will be examined by IBD specialists, methodologists and
34 statisticians to ensure good face and content validity of the items. To ensure that the resulting
35 questionnaire is clear to patients, we will conduct a feasibility study, asking a small sample of
36 patients to complete the questionnaires. **Quality of life will thus be presented as a simple score
37 that will be derived from items completed by patients with different IBD phenotypes in a**
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3 broad spectrum of settings. The score will enable monitoring over time and comparative
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5 assessment across different UK locations.
6

7 **2. The Clinical IBD Severity Score (CISS)**

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9 The development of Clinical IBD Severity Score (CISS) will follow a clinimetric approach
10
11 ^{14,15}. Items will be selected through reviewing 17 existing clinical severity indices commonly
12
13 used in studies for UC and CD (Table 1). To ensure the selected items are applicable to
14
15 patients with IBD, a focus group of at least 6 IBD specialists from different UK hospitals,
16
17 statisticians and methodologists will review these items and ensure good face and content
18
19 validity. The CISS will assess the acute and chronic severity of IBD. It will have
20
21 supplementary questions for perianal disease (to be used when applicable). The CISS will be
22
23 the first clinical severity index to include all presentations of patients with IBD in one single
24
25 index.
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29 **Recruitment:**

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31 This is a prospective multi-centre study which will be carried out over a 3 year period. Sites
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33 will be invited and patients' will be recruited over a 24 month period. Data analysis and
34
35 production of the final version of the questionnaires will be carried out in the following 12
36
37 months. We will recruit patients with Ulcerative colitis (UC) or Crohn's disease (CD).
38
39 Invitations will be sent to teaching and general district hospitals across the UK. We will aim
40
41 to recruit at least 4 different UK sites. Patients' medical records will be reviewed to confirm
42
43 their eligibility as below:
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47 **Inclusion criteria:**

- 48
49 1. Confirmed diagnosis of UC, Crohn's disease or indeterminate colitis
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51 2. Age 18 years and above
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53 3. Not in a vulnerable group (such as people with mental illness or memory problems,
54
55 learning difficulties, or physical disabilities)
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4. Able to consent.

Exclusion criteria:

1. Patients without a definite diagnosis of UC, Crohn's disease or indeterminate colitis
2. Age less than 18 years
3. Patients within a vulnerable group (such as people with mental illness or memory problems, learning difficulties, or physical disabilities)
4. Unable to consent

If patients meet the inclusion criteria, they will be invited to participate in the study when they attend outpatients or are admitted to hospital. Patients will be asked to give written consent following an oral and written explanation of the study.

The long version of Crohn's and Colitis Quality of life (CCQ) questionnaire will be completed by patients while they are in hospital, in outpatients or at home. Patients will also complete the generic Short Form 12 (SF12)¹⁶ and EuroQoL (EQ5D)¹⁷ questionnaires. They will be asked to complete the same questionnaires within 6 weeks after the initial completion to check test-retest reliability and responsiveness.

The clinical IBD severity score (CISS) will be recorded by the health care professionals when reviewing patients in clinic or on the ward. CISS will be recorded again in 2-6 weeks after the initial completion in order to check CISS test-retest reliability and responsiveness.

Sample size:

When validating a questionnaire it is important that the sample used is representative of the population in which the instrument is to be used. There are no general criteria for the required sample size in a validation study¹⁵, which is typically based on the assumption that the number of respondents should exceed the number of items in the questionnaire by at least a

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3 factor of three²². Some authors suggest that rather than the overall sample size it is the ratio of
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5 subjects to items that is important and recommends a 10 to 1 ratio for each item²⁵. We anticipate
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7 the CISS will have 17 different items and the CCQ will have 32 different items. We will
8
9 therefore aim to recruit a minimum of 170 patients and 320 patients for the validation study of
10
11 initial versions of CISS and CCQ respectively.
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14 **Psychometric analysis:**

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18 Data will be analysed using the Statistical Package for Social Sciences (SPSS) version 19
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20 licensed for Swansea University. The main components of psychometric analysis will be:
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22

23 **1. Internal consistency**

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27 The internal consistency is a measure of reliability. It measures the degree of correlation
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29 between different items in the scale. Internal consistency will be assessed by item-total
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31 correlations and Cronbach α . Items with item total correlation below 0.2 or more than 0.8 will
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33 be rejected^{14,15} as they add little information to the scale. Items will also be considered for
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35 rejection if more than 80% or less than 20% of patients gave the same response because they
36
37 won't be able to differentiate different levels of severity. Items that are ambiguous or found
38
39 difficult to be answered will be considered for removal or re-wording. Cronbach α of the
40
41 resulting scale should be > 0.7 ¹⁵. Item discrimination power which is the ability of items to
42
43 discriminate between patients with different level of severity should be >0.4 ¹⁵ otherwise it
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45 will be considered for rejection. We will carry out stepwise regression of the total scores on
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47 the individual items and will select the items that represent 95% of the variation in the scores
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49 to produce short versions of the CCQ and CISS¹⁵.
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2. Validity

Construct validity refers to the correlation of the scale with other instruments that are believed to assess the same attribute with high degrees of validity and reliability¹³. It is commonly measured using Pearson correlation coefficient (r). Construct validity will be accepted if Pearson correlation is 0.4 – 0.8^{14,15}. Lower correlations mean either one of the tests has low validity or the two tests are measuring different phenomena while high correlations means the two tests are very similar and the new scale is not needed. Construct validity of CCQ will be assessed using Short Form 12 (SF12)¹⁶ and EuroQoL (EQ5D)¹⁷. Construct validity of CISS will be checked using biochemical markers: C-reactive protein, white cell count, haemoglobin, albumin and clinical indices: Harvey Bradshaw index¹⁸ (for Crohn's disease), Simple clinical colitis activity index¹⁹ (for Ulcerative colitis) and perianal disease activity index²⁰ (for perianal Crohn's disease). **These clinical indices will be selected because they are easy to use and widely cited^{10,11} in the literature.** When patients undergo endoscopy the following endoscopic indices will be recorded: Mayo clinic score²¹, Rachmilewitz scores²² in UC and simple endoscopic score²³ in CD.

3. Test-retest reliability or reproducibility

Reproducibility is used to assess reliability of the test applied on two occasions. To measure reproducibility, CCQ and CISS will be administered to 20% of patients in two occasions. There should be no overall change in their clinical condition between these two intervals. For CCQ, patients will be asked if their health has changed since they last filled the questionnaires. For CISS, we will use physician global assessment to assess if patients' conditions have changed or not. Patients with no change will be included in the reproducibility analysis using intra-class correlation coefficient. **For practical reasons, we will allow a period of 2-6 weeks after the first assessment or since the first questionnaire was**

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2
3 completed. Previous studies have illustrated that a period of less than 2 weeks is not reliable
4 as patients might remember their answers and select them again^{14,15}. Therefore we expect to
5 include patients with quiescent to moderate IBD for the reproducibility analysis because
6 patients with severe IBD will more likely have their disease changed or have surgery within 2
7 weeks. A value of intra-class correlation of 0.75^{14,15} will be accepted.
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14 **4. Responsiveness:**

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16 Responsiveness is the ability to detect change. This will be computed by applying CCQ and
17 CISS to 20% of patients in two occasions. For CCQ, patients will be asked if their health
18 has changed since they last filled the questionnaires. For CISS, we will use physician global
19 assessment to assess if patients' conditions have changed or not. Patients whose clinical
20 conditions have changed will be included in the responsiveness analysis using the
21 responsiveness ratio. Responsiveness ratio will be calculated by dividing the mean change in
22 scores for patients who reported a change with the standard deviation of the scores of those
23 who remained stable¹⁵. A ratio more than 0.5 will be accepted^{14,15}. For practical reasons,
24 we will allow a maximum of 6 weeks after the first assessment or since the first questionnaire
25 was completed.
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42 **5. Inter-Observer Reliability:**

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44 This is a measure of reliability to assess the degree of consistency between different
45 observers. We will check the inter-observer reliability of CISS on 20% of patients using
46 inter-class correlation. Two observers will use CISS to assess the same group of patients. We
47 will divide the patients into 2 groups. First group will be assessed by a physician and a
48 specialist nurse while the second group will be assessed by two physicians. A correlation of >
49 0.75 will be acceptable¹⁵.
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Ethics and dissemination:

This study has been approved by the South East Wales Research Ethics Committee (Reference 11/WA/0239). NHS code of confidentiality and Data protection will be adhered to. Once patients are identified, all personal details will be anonymised. Only study related staff will have access to the data. Access will be permitted to appropriately qualified personnel and in accordance with the data protection Act 1998. All data acquisition, storage and transmission will comply with Data Protection Act.

We are committed to publishing our results as widely as possible in peer reviewed journals and to ensuring that appropriate recognition is given to everyone who works on the study.

Authors' contributions: LA is the chief investigator of the study. He contributed in writing the protocol, designing the questionnaires, data analysis and analysis. JGW and HH contributed to designing the questionnaires, all drafts of the protocol and data analysis.

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Competing interests: None.

Appendices:**Table 1: The commonly used clinical severity indices in literature****Ulcerative Colitis:**

1. Truelove and Witts severity index ²⁶
2. Powell Tuck index ²⁷
3. Simple clinical colitis severity index ¹⁹
4. Lichtiger score ²⁸
5. Clinical Activity Index (CAI) ²²
6. Physician global assessment ²⁹
7. Improvement based on individual symptom score ³⁰
8. Ulcerative colitis clinical severity score ³¹
9. Seo Score ³²
10. Mayo Clinic activity score ²¹

Crohn's disease:

1. Crohn's disease activity index ³³
2. Harvey Bradshaw index ¹⁸
3. Van Hees index ³⁴
4. The Cape Town Index ³⁵
5. Fistula Drainage assessment ³⁶
6. Perianal Disease Activity Index (PDAI) ³⁷
7. Perianal Crohn's disease Activity Index (PCDAI) ²⁰

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Appendices:**Table 1: The commonly used clinical severity indices in literature****Ulcerative Colitis:**

1. Truelove and Witts severity index ²⁶
2. Powell Tuck index ²⁷
3. Simple clinical colitis severity index ¹⁹
4. Lichtiger score ²⁸
5. Clinical Activity Index (CAI) ²²
6. Physician global assessment ²⁹
7. Improvement based on individual symptom score ³⁰
8. Ulcerative colitis clinical severity score ³¹
9. Seo Score ³²
10. Mayo Clinic activity score ²¹

Crohn's disease:

1. Crohn's disease activity index ³³
2. Harvey Bradshaw index ¹⁸
3. Van Hees index ³⁴
4. The Cape Town Index ³⁵
5. Fistula Drainage assessment ³⁶
6. Perianal Disease Activity Index (PDAI) ³⁷
7. Perianal Crohn's disease Activity Index (PCDAI) ²⁰