

Supplemental Table 1. Overview of Comprehensive Self-Management Sessions

Diet	Relaxation	Alternative Thoughts	CSM Session Details	Homework
	X	X	1. Overview of IBS <ul style="list-style-type: none"> Relaxation skills: abdominal breathing, quieting response 	<ul style="list-style-type: none"> Abdominal breathing Quieting response
X			2. Diet <ul style="list-style-type: none"> Diet composition: vitamins Meal size and frequency Eating behaviors Food triggers 	<ul style="list-style-type: none"> Abdominal breathing Quieting response Eat frequently Food journaling
X			3. Trigger Foods & Healthy Thought Patterns <ul style="list-style-type: none"> Identifying personalized food triggers Cognitive restructuring: identify automatic thoughts, change to healthier thought 	<ul style="list-style-type: none"> Quieting response Trigger food listing Write problematic thoughts and healthier thinking
	X	X	4. Relaxation Skills & Problem Solving <ul style="list-style-type: none"> Progressive muscle relaxation (PMR) Body scan 6-step problem-solving process Find support when needed 	<ul style="list-style-type: none"> Quieting response Active PMR 6-step problem-solving worksheet
X		X	5. Fiber & Identification of False Beliefs <ul style="list-style-type: none"> Diet composition: fluids, fiber tolerance Challenging false beliefs: perfectionism, need for control, lack of assertiveness, poor self-esteem 	<ul style="list-style-type: none"> Active PMR Plan for fiber Self-examples of problematic thinking
X	X	X	6. Sleep & Autogenic Exercises <ul style="list-style-type: none"> Good sleeping habits Autogenic relaxation exercises 	<ul style="list-style-type: none"> Quieting response Autogenic tape Good sleep habits
X	X	X	7. Pain Control & Sex <ul style="list-style-type: none"> Cognitive restructuring: change your focus & distraction Visualization exercises Sex and IBS 	<ul style="list-style-type: none"> Quieting response Identify two diet changes and problematic thoughts Visualization exercises
X	X	X	8. Eating Out & Traveling <ul style="list-style-type: none"> Eating out and travel tips Mini-Relaxation Exercises <ul style="list-style-type: none"> Abbreviated active PMR Wave of relaxation 	<ul style="list-style-type: none"> Comprehensive plan
X	X	X	9. A Plan For the Future <ul style="list-style-type: none"> Evaluation of comprehensive plan 	<ul style="list-style-type: none"> Action Plan

Supplemental Table 2. Detailed Responses of Relevant CSM Strategies

Trigger foods	Supplements and vitamins	Exercise	Time for Self
N = 75	N = 32	N = 58	N = 52
Fatty foods (52%)	Multivitamin (44%)	Walking (60%)	Breaks (29%)
Specific fruits/vegetables (41%)	Fiber (38%)	Gym (33%)	Reading (25%)
Caffeine (37%)	Calcium (28%)	Swimming (19%)	Time for Self (25%)
Dairy (28%)	Herbal Tea (9%)	Aerobics (10%)	Music (17%)
Spicy foods (12%)	Lactaid (6%)	Biking (10%)	Journaling (10%)
Carbonated beverages (12%)	Beano (6%)	Running (9%)	Hobbies (10%)
Alcohol (12%)	Vitamin D (3%)	Golfing (3%)	
Sweets (11%)	Probiotics (3%)		
Beans (11%)	Vitamin B6 (3%)		
Chocolate (9%)			
Acidic foods (9%)			
Meat (9%)			
Popcorn/nuts (7%)			
Wheat/breads/pasta (4%)			
Processed foods (3%)			
Eggs (3%)			