

SUPPLEMENTARY MATERIAL

Results of the IBS-QoL subscales

Supplementary Table 1: Responder 75 before and after four months of GFD

IBS-QoL subscale	Before GFD (n=11)	After GFD (n=9)	P
Dysphoria	44.4±20.5	81.6±23.6	0.008
Interference with activity	48.4±11.6	77.1±16.3	0.008
Body image	44.9±23.0	81.9±19.1	0.008
Health worry	65.9±16.4	88.3±11.9	0.012
Food avoidance	33.3±28.6	44.2±24.3	n.s.
Social reaction	56.3±27.8	76.9±24.6	0.028
sexual	70.5±32.7	86.1±18.6	n.s.
relationships	67.4±27.0	81.3±17.2	n.s.
total	51.1±16.3	77.6±16.4	0.011

Supplementary Table 2: Non-responder 75 before and after four months of GFD

IBS-QoL subscale	Before GFD (n=17)	After GFD (n=17)	P
Dysphoria	39.5±21.8	59.0±29.5	0.003
Interference with activity	51.5±28.5	64.5±30.3	0.020
Body image	52.9±21.7	71.1±25.9	0.012
Health worry	59.1±25.6	67.9±19.2	n.s.
Food avoidance	40.0±33.2	44.6±24.6	n.s.
Social reaction	50.6±24.0	64.6±28.3	0.005
sexual	75.0±25.8	79.4±21.6	n.s.
relationships	57.8±30.4	72.1±25.7	n.s.
total	50.4±21.0	64.2±23.1	0.025

Supplementary Table 3: Responder (R75) versus Non-responder 75 (NR75) after four months of GFD

IBS-QoL subscale	R75 (n=9)	NR75 (n=17)	P
Dysphoria	81.6±23.6	59.0±29.5	0.049
Interference with activity	77.1±16.3	64.5±30.3	n.s.
Body image	81.9±19.1	71.1±25.9	n.s.
Health worry	88.3±11.9	67.9±19.2	0.008
Food avoidance	44.2±24.3	44.6±24.6	n.s.
Social reaction	76.9±24.6	64.6±28.3	n.s.
sexual	86.1±18.6	79.4±21.6	n.s.
relationships	81.3±17.2	72.1±25.7	n.s.
total	77.6±16.4	64.2±23.1	n.s.

Supplementary Table 4: Responder 50 before and after four months of GFD

IBS-QoL subscale	Before GFD (n=17)	After GFD (n=16)	P
Dysphoria	47.3±20.0	83.6±19.4	0.001
Interference with activity	54.4±22.2	81.7±15.0	0.001
Body image	48.2±20.6	85.2±15.3	0.001
Health worry	66.2±21.5	82.3±17.4	0.024
Food avoidance	40.2±34.6	47.4±20.3	n.s.
Social reaction	58.1±25.1	79.7±20.6	0.004
sexual	74.3±31.7	89.2±18.2	n.s.
relationships	67.2±27.6	82.6±16.5	n.s.
total	54.5±19.0	79.8±13.9	0.001

Supplementary Table 5: Non-responder 50 before and after four months of GFD

IBS-QoL subscale	Before GFD (n=11)	After GFD (n=11)	P
Dysphoria	32.3±20.2	43.8±23.9	n.s.
Interference with activity	43.8±24.0	51.0±28.9	n.s.
Body image	52.3±25.2	60.4±26.3	n.s.
Health worry	54.9±22.9	65.5±18.1	n.s.
Food avoidance	33.0±25.6	40.2±28.1	n.s.
Social reaction	44.7±24.4	53.8±28.1	n.s.
sexual	71.6±23.1	71.6±22.4	n.s.
relationships	53.0±30.4	65.2±27.8	n.s.
total	44.8±18.1	53.7±21.1	n.s.

Supplementary Table 6: Responder (R50) versus Non-responder 50 (NR50) after four months of GFD

IBS-QoL subscale	R50 (n=16)	NR50 (n=11)	P
Dysphoria	83.6±19.4	43.8±23.9	0.000
Interference with activity	81.7±15.0	51.0±28.9	0.008
Body image	85.2±15.3	60.4±26.3	0.010
Health worry	82.3±17.4	65.5±18.1	0.030
Food avoidance	47.4±20.3	40.2±28.1	n.s.
Social reaction	79.7±20.6	53.8±28.1	0.013
sexual	89.2±18.2	71.6±22.4	0.026
relationships	82.6±16.5	65.2±27.8	n.s.
total	79.8±13.9	53.7±21.1	0.003

All data are given as mean±SD. P< 0.05 was considered significant.