Multimedia Appendix 1. Living with Inflammatory Bowel Disease (IBD) timetable of measure administration.

Measure	Week																										
	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52
Demographics	1																										
IBD Disease Characteristics	1																										
Chronic Conditions	1																										>
Previous Non-IBD surgery	/																										
Health: new illness or injury or worsening of chronic condition		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	√	√	√	√	1	1	1	1	1	√	\
Menstruation (if reported at baseline)	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	√	√	√	√	1	1	1	1	1	√	1
Pregnancy (if menstruation was reported at baseline)																											1
Cigarettes and Alcohol	1																										
Diet: Harvard Food Frequency Questionnaire		1																								1	

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52
Psychological Distress (K6)	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Psychological Stress (PSS-10)	1													1													1
Psychological Stress (PSS-4)		1	1	1	1	1	1	1	1	1	1	1	1		1	1	1	1	✓	1	1	1	1	1	1	1	
General Self-Efficacy (GSES-10)	1													1													1
General Self-Efficacy (GSES-6)		1	1	1	1	1	1	1	1	1	1	1	1		1	1	1	1	1	1	1	1	1	1	1	1	
Health Anxiety (HAI)	1													1													1
Intolerance of Uncertainty (IUS-12)	1													1													1
Optimism (LOT-R)	1													1													1
Inflammation: fecal calprotectin	1													1													1
Triggers of Symptom Exacerbation	1																										1

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52
IBD Symptom Inventory Long Form (IBDSI-LF)	1													1													1
IBD Symptom Inventory Short Form (IBDSI-SF)		\	\	1	\	1	1	1	\	1	1	>	√		1	1	\	√	>	\	1	1	1	1	1	1	
Manitoba IBD Index (MIBDI)	\													√													<
IBD Symptom Change Indicator (SCI)		√	\	1	√	1	1	1	√	1	1	>	√	>	1	1	\	√	>	>	1	1	1	1	1	1	1
Flare Certainty Indicator		√	√	1	√	1	1	1	√	1	1	\	√	√	1	1	√	✓	\	√	1	1	1	1	1	1	✓
Active vs Inactive Disease		√	√	1	√	1	1	1	√	1	1	\	√	√	1	1	√	✓	\	√	1	1	1	1	1	1	✓
Short IBD Questionnaire (SIBDQ)	\	√	√	1	√	1	1	1	√	1	1	\	✓	√	1	1	√	✓	\	√	1	1	1	1	1	1	\
Disability		√	√	1	√	1	1	1	√	1	1	\	1	√	1	1	√	1	\	√	1	1	1	1	1	1	✓
Health Care Utilization		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	✓	1	1	1	1	1	1	1	1
IBD Investigations	✓							1						\							1						1

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52
IBD Medications	1	1	1	1	1	1	1	1	1	1	1	1	1	✓	1	1	1	1	✓	1	1	1	1	1	1	1	1
Non-IBD Medications: full list	1							1						1							1						1
Non-IBD Medications: changes		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Pain Medications		1	1	1	1	1	1	1	1	1	1	1	1	1	√	1	1	1	√	√	1	1	1	1	1	1	1
Medication Adherence (MARS-5)	1																										1

Witges K, Targownik LE, Haviva C, Walker JR, Graff LA, Sexton KA, Lix L, Sargent M, Vagianos K, Bernstein CN Living With Inflammatory Bowel Disease: Protocol for a Longitudinal Study of Factors Associated With Symptom Exacerbations JMIR Res Protoc 2018;7(10):e11317 http://www.researchprotocols.org/2018/10/e11317/