

See “Quality of life in inflammatory bowel diseases: it is not all about the bowel” on page 45-52.

Supplementary Table 1. Summarized Patient Characteristics of the Examined Cohort

Characteristic	No. of patients (%)		
	IBD	UC	CD
Patient data	631 (100)	235 (37.2)	393 (62.3)
Sex			
Male	159 (25.4)	77 (33.0)	80 (20.6)
Female	466 (74.6)	156 (67.0)	309 (79.4)
Total	625	233	389
Relationship status			
Single	185 (29.4)	68 (28.9)	116 (29.7)
In a relationship	213 (33.9)	80 (34.0)	132 (33.8)
Married	231 (36.7)	87 (37.0)	143 (36.6)
Total	629	235	391
Age (yr)			
≤ 30	231 (37.3)	92 (40.4)	139 (35.7)
> 30	389 (62.7)	136 (59.6)	250 (64.3)
Total	620	228	389
Duration of the IBD (yr)			
≤ 1	37 (6.1)	11 (4.8)	25 (6.6)
2–10	271 (44.7)	119 (52.4)	151 (40.2)
> 10	298 (49.2)	97 (42.7)	200 (53.2)
Total	606	227	376
No. of prescribed pharmaceuticals for IBD			
None	45 (7.1)	10 (4.3)	34 (8.7)
1–3	482 (76.4)	189 (80.4)	293 (74.6)
≥ 4	104 (16.5)	36 (15.3)	66 (16.8)
Total	631	235	393
No. of inpatient treatments (last 3 yr)			
None	245 (42.8)	108 (49.3)	136 (38.9)
1–3	283 (49.5)	100 (45.7)	181 (51.7)
≥ 4	44 (7.7)	11 (5.0)	33 (9.4)
Total	572	219	350
Undergone IBD-surgery			
No	314 (54.6)	202 (86.0)	166 (42.2)
Yes	261 (45.4)	33 (14.0)	227 (57.8)
Total	575	235	393
Psychotherapy experience			
No	309 (50.1)	119 (51.5)	189 (49.3)
Yes	308 (49.9)	112 (48.5)	194 (50.7)
Total	617	231	383

(Continued to the next)

Supplementary Table 1. Continued

Characteristic	No. of patients (%)		
	IBD	UC	CD
Extraintestinal manifestations			
No	320 (51.8)	148 (64.1)	171 (44.5)
Yes	298 (48.2)	83 (35.9)	213 (55.5)
Total	618	231	384
Smoking			
No	481 (77.0)	207 (88.5)	272 (70.1)
Yes	144 (23.0)	27 (11.5)	116 (29.9)
Total	625	234	388
Stoma			
No	530 (86.2)	208 (90.8)	320 (83.6)
Yes, transient	33 (5.4)	14 (6.1)	19 (5.0)
Yes, currently	52 (8.5)	7 (3.1)	44 (11.5)
Total	615	229	383
DCCV member			
No	224 (39.8)	77 (36.8)	146 (41.6)
Yes	339 (60.2)	132 (63.2)	205 (58.4)
Total	563	209	351
Quality of life (SIBDQ)			
Impaired QUOL (< 60)	540 (89.7)	200 (87.3)	337 (91.1)
Normal QUOL (≥ 60)	62 (10.3)	29 (12.7)	33 (8.9)
Total	602	229	370
Fear of progression (FoP-Q-SF)			
Low FoP (< 36)	240 (39.8)	110 (47.8)	130 (35.1)
High FoP (≥ 36)	363 (60.2)	120 (52.2)	240 (64.9)
Total	603	230	370
Demand for psychotherapy (ADAPT)			
Low demand (≤ 60)	256 (44.3)	93 (42.5)	162 (45.5)
High demand (> 60)	322 (55.7)	126 (57.5)	194 (54.5)
Total	578	219	356

IBD, inflammatory bowel disease; UC, ulcerative colitis; CD, Crohn's disease; DCCV, Deutsche Morbus Crohn/Colitis ulcerosa Vereinigung; SIBDQ, Short Inflammatory Bowel Disease Questionnaire; QUOL, quality of life; FoP-Q-SH, Fear of Progression Questionnaire Short Form; ADAPT, Assessment of the Demand for Additional Psychological Treatment.