

Supplementary Table 1. Effectiveness outcomes measures.

Measure	Description	Scoring	Assessments		
			Baseline	4 weeks	8 weeks
Primary outcome					
<i>IBS-Symptom Severity Scale (IBS-SSS)</i>	The IBS-SSS is a five-question survey that asks the severity of abdominal pain, frequency of abdominal pain, severity of abdominal distention, dissatisfaction with bowel habits, and interference with QOL over the past 10 days. Subjects respond to each question on a 100-point visual analogue scale ²² . The IBS-SSS scale is the most frequently used severity measure for evaluating IBS severity and is commonly used as an outcome measure in clinical trials because it is highly responsive to change with treatment ²² .	Scores on the IBS-SSS range from 0 to 500 with higher scores indicating more severe symptoms. Participants can be categorized as having mild (75-175), moderate (175-300), or severe (>300) IBS. Symptom reduction of at least 50 points is considered clinically meaningful; however, the primary endpoint will be the proportion of participants in each group who demonstrate a symptom reduction of 83 points or more, based on the variables used in the sample size calculation ²² .	✓	✓	✓
Secondary outcomes					
<i>IBS-Quality of life (IBS-QOL)</i>	The IBS-QOL is a 34-item questionnaire that assesses the degree to which IBS interfered with QOL over the past 30 days. Each item is rated on a 1 to 5 Likert scale, with higher values indicating a lower QOL ²⁵ . The IBS-QOL is currently the most validated and highly responsive self-reported QOL measure specific to IBS that can be used to assess the impact of IBS and its treatment ²⁵ .	The individual responses to the 34 items are summed and averaged for a total score and then transformed to a 0-100 scale for ease of interpretation with higher scores indicating better IBS specific QOL ²⁵ . An increment of at least 14 points on the IBS-QOL scale from baseline will demonstrate efficacy.	✓	✓	✓
<i>Generalized Anxiety Disorder (GAD-7)</i>	GAD-7 is seven items, score from 0 (not at all) to 3 (nearly every day), providing a severity score between 0-21. Scores of 5, 10, and 15 represent cut points for	A 5-point change on the GAD-7 is considered clinically significant.	✓	✓	✓

	mild, moderate, and severe anxiety. The GAD-7 also is effective at identifying the presence of other anxiety disorders including panic disorder, social anxiety disorder, and post-traumatic stress disorder ²⁶ .				
<i>Physical Health Questionnaire (PHQ-9)</i>	The PHQ-9 is a 9-item survey with each item scored from 0 (not at all) to 3 (nearly every day) totalling from 0 to 27 points. Scores of 5, 10, 15, and 20 represent cut points for mild, moderate, moderately severe and severe depression. The PHQ assesses major depressive disorder, panic disorder, and anxiety disorder ²⁷ .	A 5-point change is considered clinically significant.	✓	✓	✓
<i>Perceived Stress Scale (PSS)</i>	The PSS is a 14-item survey that measures perceived stress, or the degree to which situations in one's life are appraised as stressful, on a four-point scale (0=never, 4=very often) over the last 30 days. The PSS is the most widely used psychological instrument for measuring the perception of stress ²⁹ .	An 11-point change is considered clinically significant ²⁸ .	✓	✓	✓
<i>COVID-19 Stress Scales (CSS)</i>	COVID-19 related stress and anxiety will be measured using the 36-item CSS survey on five scales: (1) COVID danger and contamination fears, (2) COVID fears about economic consequences, (3) COVID xenophobia, (4) COVID compulsive checking and reassurance seeking, and (5) COVID traumatic stress symptoms ³³ .	Not reported.	✓	✓	✓
<i>Modified Fatigue Impact Scale-21.</i>	This is a self-reported questionnaire consisting of 21 statements that reflect the perceived impact of fatigue on cognitive, physical, and psychosocial	A 16-point change is considered clinically significant ³⁰ .	✓	✓	✓

	functioning. Participants are asked to rate the extent to which fatigue has caused problems for them during the last four weeks. Each item is rated on a 5-point scale reflecting how often the person is limited in activities by fatigue, ranging from 0 (never) to 4 (almost always) ³¹ .				
<i>Patient Health Questionnaire-15 (PHQ-15)</i>	The PHQ-15 measures the severity of 15 somatic symptoms (e.g., fatigue, energy, sleeping trouble, and pain) during the past 4 weeks for a score of 0 to 30. Items can be scored as 0 (not at all), 1 (bothered a little), or 2 (bothered a lot). PHQ-15 scores of 5, 10, and 15 represent cut points for low, medium, and high somatic symptom severity, respectively ³² .	A 5-point change on the PHQ-15 is considered clinically significant.	✓	✓	✓
<i>Self-Compassion Scale – Short Form (SCS-SF)</i>	Participants will be asked to complete a 12-item self-reported scale measuring their self-compassion, including self-kindness, self-judgement, humanity, isolation, and mindfulness subscales. To encourage their practice and feelings of self-compassion, participants will receive self-compassion messages weekly by email.	Subscale scores are computed by calculating the mean of subscale items responses. Participants will indicate how often they behave in the stated manner, using a scale from 1 (almost never) to 5 (almost always) for a total of 60 points with lower scores indicating more self-compassion ³⁴ .	✓	✓	✓