



Supplementary Table 1. Comparison of subjectively perceived quality of life in SF-36 domains for the control group compared to the IBS group.

Control Group	PF	RP	BP	GH	VT	SF	RE	MH	HP (QOL Index)
IBS group <i>p</i>	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001
Men <i>p</i>	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001
Women <i>p</i>	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001
< 35 years <i>p</i>	0.769	0.022	0.001	0.001	0.001	0.012	0.001	0.001	0.001
35–50 years <i>p</i>	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.018
> 50 years <i>p</i>	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001

Mann-Whitney U-test was used for group comparisons (control group vs. IBS), *p*–*p* value. IBS—irritable bowel syndrome; PF—physical functioning; SF—social functioning; RP—role physical; RE—role emotional; BP—bodily pain; GH—general health; VT—vitality; MH—mental health.

Supplementary Table 2. Comparison of subjectively perceived quality of life in SF-36 domains for IBS patients before and after education.

Patients	PE	RP	BP	GH	VT	SF	RE	MH	HP (QOL Index)
IBS group <i>p</i>	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001
Men <i>p</i>	0.014	0.007	0.001	0.001	0.007	0.123	0.001	0.001	0.001
Women <i>p</i>	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001
< 35 years <i>p</i>	0.042	0.003	0.001	0.001	0.001	0.014	0.001	0.001	0.001
35–50 years <i>p</i>	0.001	0.001	0.001	0.001	0.001	0.175	0.001	0.001	0.001
> 50 years <i>p</i>	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001	0.001

Wilcoxon paired test was used for IBS group comparisons (before and after education), *p*–*p* value. IBS—irritable bowel syndrome; PF—physical functioning; SF—social functioning; RP—role physical; RE—role emotional; BP—bodily pain; GH—general health; VT—vitality; MH—mental health.