

## Supplementary **Table S1**: Cherries Checklist for Web Surveys

**DESIGN:** The target population is represented by IBD patients—convenience sample

**IRB:** Ethical review and approval were waived for this study, due to the fact that this was only a survey on IBD patients submitted to remote monitoring

**DATA information:** The patients were informed via e-mail about the purpose of the study

**DATA PROTECTION:** No personal information were stored.

**DEVELOPMENT AND PRE-TESTING:** The survey was developed by using the SIBDQ (to evaluate the QoL) and the IBDSI (to evaluate symptoms as patients' reported outcomes). All patients sent by email results of blood tests: Erythrocyte Sedimentation Rate (ESR), C-Reactive Protein (CRP), complete blood count (CBC), faecalcalprotectin, ferritin, serum iron. Harvey Bradshaw Index and Mayo Ulcerative Colitis score were calculated by the treating physicians.

### RECRUITMENT PROCESS

**OPEN vs CLOSE survey:** CLOSE survey, since the patients were contacted via e-mail personally

**CONTACT MODE:** Questionnaires were sent via e-mail

**ADVERTISING THE SURVEY:** No advertisement was used to influence participant.

### SURVEY ADMINISTRATION

**WEB/EMAIL:** e-survey was sent via e-mail

**CONTEXT:** patients with IBD

**MANDATORY/VOLUNTARY:** Survey participation was voluntary

**INCENTIVES:** no incentives were offered

**TIME/DATE:** from March 2020 to February 2021

**RANDOMIZATION OF ITEMS:** N/A

ADAPTATIVE QUESTIONING: Yes

NUMBER OF ITEMS: 48

NUMBER OF SCREEN: 14

COMPLETENESS CHECK: N/A

REVIEW STEP: N/A

### **RESPONSE RATES**

UNIQUE SITE VISITOR: N/A

VIEW RATE: N/A

PARTICIPATION RATE: 424/565 (75%)

COMPLETION RATE: all the patients completed the questionnaires (100%)

### **PREVENTING MULTIPLE ENTRIES FROM THE SAME INDIVIDUAL**

COOKIES USED: N/A

IP CHECK: N/A

LOG FILE ANALYSIS: N/A

REGISTRATION: N/A

### **ANALYSIS**

HANDLING OF INCOMPLETE QUESTIONNAIRES: only complete questionnaires were analyzed

QUESTIONNAIRE SUBMITTED WITH AN ATYPICAL TIMESTAMP: N/A

STATISTICAL CORRECTION: NO STATISTICAL CORRECTION WAS NEEDED

Adapted from:

Eysenbach G. Improving the quality of Web surveys: the Checklist for Reporting Results of Internet E-Surveys (CHERRIES) [published correction appears in doi:10.2196/jmir.2042]. *J Med Internet Res.* 2004;6(3):e34. Published 2004 Sep 29. doi:10.2196/jmir.6.3.e34

**Table S2.** Short Inflammatory Bowel Disease Questionnaire (SIBDQ) in our population.

How often has the feeling of fatigue or of being tired and worn out been a problem for you during the last 2 wk?	
-All of the time, n (%)	6 (1.4)
-Most of the time, n (%)	12 (2.8)
-A good bit of the time, n (%)	13 (3.0)
-Some of the time, n (%)	45 (10.6)
-A little of the time, n (%)	30 (7.0)
-Hardly any of the time, n (%)	54 (12.7)
-None of the time, n (%)	263 (62.1)
How often during the last 2 wk have you had to delay or cancel a social engagement because of your bowel problem?	
-All of the time, n (%)	2 (0.4)
-Most of the time, n (%)	7 (1.6)
-A good bit of the time, n (%)	9 (2.1)
-Some of the time, n (%)	30 (7.0)
-A little of the time, n (%)	17 (4.0)
-Hardly any of the time, n (%)	40 (9.4)
-None of the time, n (%)	318 (75.0)
How much difficulty have you had, as a result of your bowel problems, doing leisure or sports activities you would have liked to have done over the last 2 wk?	
-A great deal of difficulty, n (%)	3 (0.7)
-A lot of difficulty, n (%)	12 (2.8)
-Some difficulty, n (%)	30 (7.0)
-Hardly any difficulty, n (%)	56 (13.2)
-No difficulty, n (%)	322 (76.1)
How often during the last 2 wk have you been troubled by pain in the abdomen?	
-All of the time, n (%)	3 (0.7)
-Most of the time, n (%)	9 (2.1)
-A good bit of the time, n (%)	14 (3.3)
-Some of the time, n (%)	58 (13.7)
-A little of the time, n (%)	23 (5.4)
-Hardly any of the time, n (%)	42 (9.9)
-None of the time, n (%)	274 (64.7)

How often during the last 2 wk have you felt depressed or discouraged? -All of the time, n (%) -Most of the time, n (%) -A good bit of the time, n (%) -Some of the time, n (%) -A little of the time, n (%) -Hardly any of the time, n (%) -None of the time, n (%)	4 (0.9)13 (3.0)11 (2.6)61 (14.4)23 (5.4)46 (10.8)265 (62.6)
Overall, in the last 2 wk, how much of a problem have you had passing large amounts of gas? -A major problem, n (%) -A big problem, n (%) -A significant problem, n (%) -Some trouble, n (%) -A little trouble, n (%) -Hardly any trouble, n (%) -No trouble, n (%)	2 (0.4)4 (0.9)7 (1.6)22 (5.2)21 (4.9)29 (6.8)338 (79.9)
Overall, in the last 2 wk, how much of a problem have you had maintaining or getting to the weight you would like to be? -A major problem, n (%) -A big problem, n (%) -A significant problem, n (%) -Some trouble, n (%) -A little trouble, n (%) -Hardly any trouble, n (%) -No trouble, n (%)	-9 (2.1)8 (1.8)25 (5.9)12 (2.8)26 (6.1)343 (81.0)
How often during the last 2 wk have you felt relaxed and free of tension? -None of the time, n (%) -A little of the time, n (%) -Some of the time, n (%) -A good bit of the time, n (%) -Most of the time, n (%) -Almost all of the time, n (%) -All of the time, n (%)	28 (6.6)23 (5.4)16 (3.7)61 (14.4)38 (8.9)212 (50.1)45 (10.6)
How much of the time during the last 2 wk have you been troubled by a feeling of having to go to the toilet even though your bowels were empty? -All of the time, n (%) -Most of the time, n (%) -A good bit of the time, n (%) -Some of the time, n (%) -A little of the time, n (%) -Hardly any of the time, n (%) -None of the time, n (%)	-5 (1.1)20 (4.7)37 (8.7)11 (2.6)33 (7.8)317 (74.9)
How much of the time during the last 2 wk have you felt angry as a result of your bowel problem? -All of the time, n (%) -Most of the time, n (%) -A good bit of the time, n (%) -Some of the time, n (%) -A little of the time, n (%) -Hardly any of the time, n (%) -None of the time, n (%)	5 (1.1)16 (3.7)12 (2.8)42 (9.9)21 (4.9)40 (9.4)287 (67.8)

**Table S3.** IBD Symptom Inventory (IBDSI)—Long Form in our population.

**I Part - Bowel symptoms**

My health was: -Very Good/Good, n (%) -Slightly Below Par, n (%) -Poor, n (%) -Very Poor, n (%) -Terrible, n (%)	299 (70.6)95 (22.4)8 (1.8)5 (1.1)16 (3.7)
I had abdominal pain: -None, n (%) -Mild, n (%) -Moderate, n (%) -Prolonged/ Severe, n (%)	249 (58.8)73 (17.2)70 (16.5)31 (7.3)

On average, the number of bowel movements I had each day was:-Less than one a day, n (%)	7 (1.6)	305 (72.1)
-1-2, n (%)	93 (21.9)	18 (4.2)
-3-5, n (%)		
-More than 6, n (%)		
The number of loose/liquid bowel movements or diarrhea I had most days was:		
-None/Some, but less than one a day, n (%)	347 (82.0)	44 (10.4)
-1-2, n (%)	(4.9)	11 (2.6)
-3-5, n (%)		
-More than 6, n (%)		
My stool consistency was generally:		
-Formed, n (%)	221 (52.4)	175 (41.5)
-Loose, n (%)		25 (5.9)
-Liquid, n (%)		
I noticed blood in my stool:-None, n (%)		
-Trace amounts, n (%)	346 (81.7)	56 (13.2)
-Obvious bleeding, n (%)		21 (4.9)
I had loss of appetite:		
-None, n (%)	399 (94.3)	13 (3.0)
-Mild, n (%)		8 (1.8)
-Moderate, n (%)		3 (0.7)
-Prolonged/ Severe, n (%)		
I had nausea:		
-None, n (%)	391 (92.4)	20 (4.7)
-Mild, n (%)		11 (2.6)
-Moderate, n (%)		1 (0.2)
-Prolonged/ Severe, n (%)		
I had vomiting:		
-None, n (%)	409 (96.6)	10 (2.3)
-Mild, n (%)		4 (0.9)
-Moderate, n (%)		
-Prolonged/ Severe, n (%)		
I had tenderness in my abdomen when touched:		
-None, n (%)	306 (72.3)	62 (14.6)
-Minimal, n (%)		45 (10.6)
-Moderate, n (%)		9 (2.1)
-Severe, n (%)		1 (0.2)
-So severe that I pull away when touched, n (%)		

## II-III Parts— Abdominal discomfort and fatigue symptoms

	None, n (%)	A Little, n (%)	Moderate, n (%)	Quite a Lot, n (%)	Severe, n (%)
Feeling fatigued or tired and worn out, n (%)	322 (76.1)	59 (13.9)	25 (5.9)	12 (2.8)	5 (1.1)
Excessive bowel gas (farting) , n (%)	329 (77.7)	47 (11.1)	35 (8.2)	11 (2.6)	1 (0.2)
Losing control of bowel movements, n (%)	330 (78.0)	41 (9.6)	29 (6.8)	17 (4.0)	6 (1.4)
Abdominal bloating, n (%)	324 (76.5)	45 (10.6)	39 (9.2)	14 (3.3)	1 (0.2)

Waking because of urge to have bowelmovements, n (%)	400 (94.5)	16 (3.7)	6 (1.4)	1 (0.2)	-
Waking because of abdominal pain, n (%)	391 (92.4)	21 (4.9)	7 (1.6)	3 (0.7)	1 (0.2)
Urgency of bowelmovements, n (%)	-	-	-	-	-
Finding it hard to get things done, n (%)	371 (87.7)	27 (6.3)	11 (2.6)	5 (1.1)	7 (1.6)
Difficulty releasing gas, n (%)	392 (92.6)	21 (4.9)	4 (0.9)	5 (1.1)	1 (0.2)
Urge for bowel movement despite emptybowels, n (%)	379 (89.5)	22 (5.2)	15 (3.5)	4 (0.9)	3 (0.7)
Feeling generally unwell, n (%)	364 (86.0)	31 (7.3)	14 (3.3)	13 (3.0)	1 (0.2)
Soiling underwear, n (%)	392 (92.6)	22 (5.2)	8 (1.8)	1 (0.2)	-
Abdominal cramps, n (%)	351 (82.9)	60 (14.1)	7 (1.6)	5 (1.1)	-
Having low energy, n (%)	346 (81.7)	44 (10.4)	19 (4.4)	12 (2.8)	2 (0.4)
Having trouble maintaining or gaining weight, n (%)	374 (88.4)	20 (4.7)	15 (3.5)	14 (3.3)	-
Fever over 37.8 °C or 100 °F, n (%)	412 (97.3)	7 (1.6)	3 (0.7)	1 (0.2)	-
a) Has your doctor ever told you that you have a mass or a lump in your abdomen? -No, n (%) -Yes, n (%)	411 (97.1) 12 (2.8)	409 (96.6)	10 (2.3)	4 (0.9)	
b) Inthe past week, I had a lump in my abdomen: -No, n (%) -Maybe, hard to tell, n (%) -Definitely, n (%) -Definitely, and it is tender whentouched, n (%)					

#### IV Part—Bowel and systemic complications

	None	Mild	Moderate	Severe
Joint pain (arthralgia/arthritis), n (%)	324 (76.5)	43 (10.1)	46 (10.8)	10 (2.3)
Inflammation of the coloured part of the eyes (uveitis/iritis), n (%)	408 (96.4)	10 (2.3)	5 (1.1)	-
Tender red lumps on shins or arms (erythema nodosum), n (%)	411 (97.1)	9 (2.1)	2 (0.4)	1 (0.2)
Small painful canker sores or ulcers in the mouth (aphthous ulcers/aphthous stomatitis), n (%)	407 (96.2)	9 (2.1)	7 (1.6)	-

Painful sores or ulcerations on the skin (pyoderma gangrenosum), n (%)	417 (98.5)	4 (0.9)	1 (0.2)	1 (0.2)
Anal fissure (a tear around the anus), n (%)	389 (91.9)	23 (5.4)	7 (1.6)	4 (0.9)
Abscess (a localized collection of pus surrounded by inflamed or infected tissue – inside the body or on the skin), n (%)	417 (98.5)	4 (0.9)	1 (0.2)	1 (0.2)
a) Do you have a fistula? Yes, n (%)No, n (%)				
b) If Yes please mark all that apply:				
-Around your anus, n (%)				
-Within your intestine, n (%)				
-To your skin, n (%)	23 (5.4)	400 (94.5)		
-To your bladder, n (%)				
-To your vagina, n (%)				
-To your scrotum or penis, n (%)				
c) Has the fistula been active (sore, swollen, or draining) during the past week?				
-No, n (%)				
-A Little, n (%)				
-Moderately, n (%)				
-Quite a Lot, n (%)				
-Severely, n (%)				
d) Is this a new fistula you have developed in the past week?				
-No, n (%)				
-Yes, and it is mildly active, n (%)				
-Yes, and it is moderately active, n (%)				
-Yes, it is severe, n (%)				