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## Development of a questionnaire to assess the quality of life in inflammatory bowel disease in Mainland China

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**Background & Aims:** Inflammatory bowel disease affects the quality of a patient's life in many ways. Although there is validated Mainland Chinese Version of the Inflammatory Bowel Disease Questionnaire, the copyright and related charge limited its use in China. The aim of our study was to develop and validate a Chinese version of Inflammatory Bowel Disease Questionnaire (CIBDQ) by assessing its validity, reliability, and sensitivity to change.

**Methods:** A 30-item draft questionnaire was developed based on qualitative interview, literature and consulting with patients and experts. 148 patients (42 Ulcerative colitis and 106 Crohns' disease) from 3 hospital-based gastroenterology clinics and wards completed the CIBDQ, the Chinese version of Short Form-36, and the general information scale. Disease activity was assessed by the Walmsley and Harvey-Bradshaw simple indices. A subgroup of 61 patients (39 stable and 22 changed ) completed the CIBDQ and the general information scale on a second occasion. Internal consistency was assessed by Cronbach's alpha and exploratory factor analysis assessed construct validity. Stability was examined by use of test-retest reliability.

**Results:** Three items were deleted based on factor analysis. The remaining 27 items were categorized into 4 factors: emotional symptoms, social function, physical symptoms, as well as bowel movement and use of facilities. Each subscale had excellent internal consistency (Cronbach's alpha ranged from 0.81 to 0.89). Test-retest reliability was also excellent (intraclass correlation coefficient 0.76-0.92). The CIBDQ was able to discriminate between active and inactive disease ( $P < 0.001$  for all domains). However, besides emotional dimension ( $P < 0.05$ ), there was no significant difference between the baseline and follow-up measurement in patients whose disease activity index changed.

**Conclusions:** The CIBDQ is a reliable and valid instrument for measuring disease specific quality of life in patients with inflammatory bowel disease but the sensitivity to change needs further testing in Chinese context.

### Biography

Yunxian Zhou has completed her PhD from Queensland University of Technology, Brisbane, Australia. She is working as a Professor at School of Nursing, Zhejiang Chinese Medical University, Hangzhou, China. She has published more than 35 papers in reputed journals.

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