



Mind Matters
HYPNOTHERAPY

BRAIN-GUT AXIS QUESTIONNAIRE FOR IRRITABLE BOWEL SYNDROME

Please circle your response to each statement as it applied during the past 2 weeks. Don't think too much about your response – your first answer is the best one.

Statement	Strongly Disagree 0	Disagree 1	Agree 2	Strongly Agree 3
1. I find it difficult to switch my mind off	0	1	2	3
2. I find it difficult to relax	0	1	2	3
3. I get easily frustrated or irritated	0	1	2	3
4. I am worried about my IBS symptoms	0	1	2	3
5. I think a lot about my IBS symptoms	0	1	2	3
6. I monitor my IBS symptoms closely	0	1	2	3
7. I worry about which foods to eat	0	1	2	3
8. I think excessively about my dietary intake	0	1	2	3
9. I am highly aware of physical sensations in my body	0	1	2	3
10. When I feel physically unwell, I become upset	0	1	2	3
11. When I feel physically unwell, I find it hard to enjoy life	0	1	2	3
12. When I feel physically unwell, I can't concentrate on other things	0	1	2	3
13. I am often running late	0	1	2	3
14. I find it difficult to sit still	0	1	2	3
15. Meditation is difficult for me	0	1	2	3
16. I worry about most things	0	1	2	3
17. I worry about my health	0	1	2	3
18. When I'm stressed, my IBS symptoms become worse	0	1	2	3
19. I find it hard to calm down when I become upset	0	1	2	3
20. I experienced a major life event prior to or at the beginning of my initial IBS symptoms (study, illness, death of loved one, move, job change or loss, relationship change etc.)	0	1	2	3
Column Totals				
Total Score				



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SCORING TO DETERMINE IF GUT-DIRECTED HYPNOTHERAPY IS REQUIRED TO ELIMINATE SYMPTOMS OF IBS

0-20	20-40	40-60
Unlikely that the brain-gut axis is the main cause of symptoms.	A substantial factor of the mind is affecting the gut. Gut-Directed Hypnotherapy will help reduce and eliminate IBS symptoms and prevent future exacerbation.	The brain-gut axis is a major cause of IBS. Gut-Directed Hypnotherapy is highly recommended to reduce and eliminate IBS symptoms and prevent future exacerbation.

Name _____ Date _____

For further reading on the brain-gut axis and Gut Directed Hypnotherapy, visit www.mmhypnotherapy.com.au

For enquiries or bookings, please make contact on the details below.

Skype consultations are available for residents outside of Sydney.

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