Please rate the degree to which you believe each of the following statements

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| **Item** |
| 1. I try hard to identify foods that trigger GI symptoms |
| 1. I cannot tolerate certain foods |
| 1. I try to avoid eating trigger foods |
| 1. The range of foods it feels "safe" to eat has grown pretty narrow |
| 1. Sometimes I don't eat in order to avoid dealing with GI symptoms |
| 1. If I could survive without eating, it would be a huge relief |
| 1. I'm afraid of experiencing GI symptoms when I eat |
| 1. I'm afraid to eat certain foods |
| 1. Food sometimes feels like the enemy |
| 1. If a certain food triggers GI symptoms, I worry about eating it again |
| 1. I have lost too much weight because I avoid eating |
| 1. My restricted diet makes it harder to go out and socialize |
| 1. People in my life don't always support my efforts to eliminate trigger foods from my diet |
| 1. My restricted diet sometimes causes conflicts with people in my life |
| 1. I can't enjoy foods the way I used to |
| 1. I have had to give up foods that I enjoy |
| 1. I really miss eating certain foods |
| 1. My restrictive diet frustrates me |

**Response scale**:

0 = Not at all

1 = A little

2 = Somewhat

3 = Moderately

4 = Quite a bit

5 = Absolutely