

Supplementary Material #2

The Gastrointestinal Symptom Rating Scale (GSRS)

GSRS score will be calculated as per Revicki 1997 (1):

Response scale

- (1) No discomfort at all
- (2) Slight discomfort
- (3) Mild discomfort
- (4) Moderate discomfort
- (5) Moderately severe discomfort
- (6) Severe discomfort
- (7) Very severe discomfort

Items

1. Have you been bothered by PAIN OR DISCOMFORT IN YOUR UPPER ABDOMEN OR THE PIT OF YOUR STOMACH during the past week?
2. Have you been bothered by HEARTBURN during the past week? (By heartburn we mean an unpleasant stinging or burning sensation in the chest.)
3. Have you been bothered by ACID REFLUX during the past week? (By acid reflux we mean the sensation of regurgitating small quantities of acid or flow of sour or bitter fluid from the stomach up to the throat.)
4. Have you been bothered by HUNGER PAINS in the stomach during the past week? (This hollow feeling in the stomach is associated with the need to eat between meals.)
5. Have you been bothered by NAUSEA during the past week? (By nausea we mean a feeling of wanting to throw up or vomit.)
6. Have you been bothered by RUMBLING in your stomach during the past week? (Rumbling refers to vibrations or noise in the stomach.)
7. Has your stomach felt BLOATED during the past week? (Feeling bloated refers to swelling often associated with a sensation of gas or air in the stomach.)
8. Have you been bothered by BURPING during the past week? (Burping refers to bringing up air or gas from the stomach via the mouth, often associated with easing a bloated feeling.)
9. Have you been bothered by PASSING GAS OR FLATUS during the past week? (Passing gas or flatus refers to the need to release air or gas from the bowel, often associated with easing a bloated feeling.)
10. Have you been bothered by CONSTIPATION during the past week? (Constipation refers to a reduced ability to empty the bowels.)
11. Have you been bothered by DIARRHEA during the past week? (Diarrhea refers to a too frequent emptying of the bowels.)
12. Have you been bothered by LOOSE STOOLS during the past week? (If your stools (motions) have been alternately hard and loose, this question only refers to the extent you have been bothered by the stools being loose.)
13. Have you been bothered by HARD STOOLS during the past week? (If your stools (motions) have been alternately hard and loose, this question only refers to the extent you have been bothered by the stools being hard.)
14. Have you been bothered by and URGENT NEED TO HAVE A BOWEL MOVEMENT during the past week? (This urgent need to go to the toilet is often associated with a feeling that you are not in full control.)

15. When going to the toilet during the past week, have you had the SENSATION OF NOT COMPLETELY EMPTYING THE BOWELS? (This feeling of incomplete emptying means that you still feel a need to pass more stool despite having exerted yourself to do so.)

Calculation of GSRS-score

1. Reflux-score: Average score of items 2 and 3
2. Abdominal pain-score: Average score of items 1, 4, and 5
3. Indigestion-score: Average score of items 6, 7, 8, and 9
4. Diarrhea-score: Average score of items 11, 12, and 14
5. Constipation-score: Average score of items 10,13, and 15
6. GSRS-score: Average of all five sub-scores

References:

1. Revicki DA, Wood M, Wiklund I, Crawley J. Reliability and validity of the gastrointestinal symptom rating scale in patients with gastroesophageal reflux disease. *Qual Life Res.* 1997 Jan 1;7(1):75–83.