

Problem Area	Measurement	Operationalisation of an “active” problem	Overview of recommendations
Impaired Psychological functions			
Disease-related worries	HeiQ (2 items)	I often worry about my health (strongly agree) and I get upset when I think about my health (strongly agree) Score = 8	Talk to doctor, self-help group, contact to DCCV, learning relaxation techniques
Depression	PHQ-9	Score ≥ 12	Psychotherapy, self-help group, contact to DCCV
Shame	Single item	I am ashamed of my illness (totally true)	Self-help group, contact to DCCV
Impaired Somatic functions			
Reduced vitality	SF-36 subscale	Score < 23.7 (♀), < 30.2 (♂)	Medical check-up (e.g. test for anaemia, malnutrition), physiotherapy, psychotherapy
Disabling pain	2 single items	Pain during last 3 months “often” or “always” <u>and</u> pain-related disability “strong” or “very strong”	Pain therapy, pain management psychotherapy Rheumatologist (if painful joints)
Stoma	2 single items	Insufficiently informed about handling or currently problems with stoma	Stoma therapy
Acute flare with moderate/ severe disease activity	GIBDI-Score	Score > 7	To contact specialised gastroenterology practice
Extraintestinal manifestations	4 items	Suffering from painful joints <u>or</u> inflamed eyes <u>or</u> skin disorders <u>or</u> fistulae or abscess in the last week	To contact rheumatologist, ophthalmologist, dermatologist, proctologist, gastroenterologist
Participation restrictions			
Daily activities	4 IMET-Items (1-4)	At least 1 item > 6 (NRS 0=not restricted to 10=highly restricted)	Physiotherapy, ergotherapy, nursing service, social counselling, medical rehabilitation
Recreational and social activities	2 IMET-Items (5, 6)	Both items > 6 (NRS 0=not restricted to 10=highly restricted)	Self-help, DCCV
Partnership	1 IMET-Item (7)	> 6 (NRS 0=not restricted to 10=highly restricted)	Self-help group, contact to DCCV, psychologist
Sex life	1 IMET-Item (8)	> 6 (NRS 0=not restricted to 10=highly restricted)	Talk to physician, sexual therapy
Nutrition	Single item	> 6 (NRS 0=not restricted to 10=highly restricted)	Nutritionist
Work participation at risk	SPE	SPE-Score ≥ 2	Medical vocational rehabilitation

Environmental risk factors			
Financial problems	Single item	To raise money for additional payment “(very) difficult”	Financial counselling, social counselling
Denial of certain insurance benefits	Two items	Denial in the past 12 months (yes) <u>and</u> dissatisfied with insurance company (NRS: 0=very dissatisfied – 10=very satisfied; score ≤ 3)	Social law counselling, contact to DCCV, consumer associations
Unsatisfactory social support	Single item	Supporting person within reach “not at all”	Counselling services of the statutory health insurance, contact to DCCV, social law counselling
Chronic stress	CSS	Score > 7	Stress management course, relaxation techniques training course, Psychotherapy
Personal risk factors			
Medication intake	3 items	ineffectiveness (NRS 0=totally ineffective - 10= very effective; score < 3) or suffering from side effects (strong) or non-adherence (often or very often not compliant)	Talking to the doctor
Complementary and alternative medicine	2 items	Treatment with complementary or alternative medicine (yes) <u>and</u> attending doctor not informed	Talking to the doctor
Information deficit	List of 11 topics Single item	More information needed on 5 or more topics <u>or</u> NRS (0=not informed – 10=totally informed) score ≤ 3	Participation in patient education programme, health seminar, online IBD information portal of DCCV, German Medical Association
Smoking (only CD)	Single item	current smoking “yes”	Smoking cessation treatment