

ASSESSMENT

GUT-BRAIN ASSESSMENT

(Page 81, *Eat Yourself Healthy*, Dr Megan Rossi)

Below are statements that describe how some of us respond to symptoms in our gut. I'll get you to answer how strongly you agree or disagree with each of these statements, as they relate to you. These answers are to help personalize the way you manage your gut symptoms, so try to answer as accurately and honestly as you can.

	Strongly agree	Moderately agree	Mildly agree	Mildly disagree	Moderately disagree	Strongly disagree
1. I worry that whenever I eat during the day, bloating and distension in my belly will get worse	1	2	3	4	5	6
2. I get anxious when I go to a new restaurant	1	2	3	4	5	6
3. I often worry about problems in my belly	1	2	3	4	5	6
4. I have a difficult time enjoying myself because I cannot get my mind off of discomfort in my belly	1	2	3	4	5	6
5. I often fear that I won't be able to have a normal bowel movement	1	2	3	4	5	6
6. Because of fear of developing abdominal discomfort, I seldom try new foods	1	2	3	4	5	6
7. No matter what I eat, I will probably feel uncomfortable	1	2	3	4	5	6
8. As soon as I feel abdominal discomfort I begin to worry and feel anxious	1	2	3	4	5	6
9. When I enter a place I haven't been before, one of the first things I do is to look for a bathroom	1	2	3	4	5	6
10. I am constantly aware of the feelings I have in my belly	1	2	3	4	5	6
11. I often feel discomfort in my belly could be a sign of a serious illness	1	2	3	4	5	6
12. As soon as I awake, I worry that I will have discomfort in my belly during the day	1	2	3	4	5	6
13. When I feel discomfort in my belly, it frightens me	1	2	3	4	5	6
14. In stressful situations, my belly bothers me a lot	1	2	3	4	5	6
15. I constantly think about what is happening inside my belly	1	2	3	4	5	6

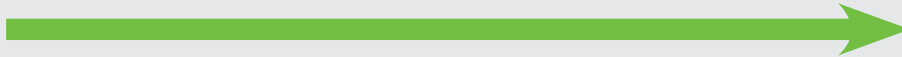
Tally your score: _____

Score interpretation:

Altered central
stress response

Normal central
stress response

15 Points



90 Points

If your score is towards the lower end of this scale, it suggests that psychological factors, including certain forms of stress as well as gut-specific anxiety, are likely to be playing some role in maintaining and even exacerbating your gut symptoms. That is not saying your symptoms are all in your head (I hate it when I hear that, because it shows the depth of people's misunderstanding); what it is suggesting is that the signals going from your brain to your gut are out of whack, triggering, at least to some degree, your symptoms. With this in mind, if your score is below 60, I recommend you also include strategies that target your central nervous system (your brain) in your gut health action plan. We'll discuss this in Chapter 6.