



**STANFORD CHILDREN'S INFLAMMATORY BOWEL  
DISEASE (IBD) CENTER  
&  
IMPROVECARENOW**

# **IBD WELLNESS SURVEY**

**WHO:** Teens & Young Adults with IBD (ages 15-25)

**WHY:** Help us learn how mindfulness and other psychological resources impact IBD symptoms and wellbeing.

**HOW:** Complete this one-time, online survey\*

<https://redcap.stanford.edu/surveys/?s=CHP3WLPEAY>



*\*This survey asks questions about your thoughts, feelings, and IBD.*

*By answering these questions and sharing your experiences, you will help us learn how to best develop whole person treatments that improve the wellbeing of young people with IBD.*

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