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](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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