



**17. What do you think are the challenges individuals with IBD face in their daily lives?**

- 1) Constant need to use the bathroom
- 2) Abdominal pain and discomfort
- 3) Fatigue and weakness
- 4) Dietary restrictions
- 5) Stress and anxiety
- 6) Sleep disorders
- 7) Social isolation
- 8) Difficulties at work and in education
- 9) Financial difficulties
- 10) Psychological effects (depression, loss of self-confidence)
- 11) Relationship difficulties
- 12) Hospital visits and medical interventions
- 13) Other.....

**18. Are you knowledgeable about the dietary habits of individuals with IBD?**

- 1) Yes
- 2) No

**19. In your opinion, which of the following foods may be harmful for individuals with IBD to consume? (You may select more than one option)**

- 1) Spicy foods (e.g., hot peppers, black pepper)
- 2) Fried foods (e.g., French fries, crispy chicken)
- 3) Processed foods (e.g., instant soups, packaged snacks)
- 4) Dairy products (e.g., milk, cheese, yogurt)
- 5) High-fiber foods (e.g., raw vegetables, whole grains)
- 6) Alcohol
- 7) Carbonated drinks (e.g., cola, soda)
- 8) Fatty meat products (e.g., sausage, salami)
- 9) Caffeinated beverages (e.g., coffee, energy drinks)
- 10) Acidic fruits (e.g., oranges, lemons)
- 11) Chocolate and sweets
- 12) Foods containing gluten (e.g., bread, pasta)
- 13) Other (Please specify: \_\_\_\_\_)

**20. Would you consider participating in a campaign to raise awareness about IBD?**

- 1) Yes
- 2) No
- 3) Undecided

**21. Do you think awareness campaigns targeting individuals living with chronic illnesses should be increased at universities?**

- 1) Yes
- 2) No
- 3) I'm not sure

**22. Would being in the same class as individuals with IBD bother you?**

- 1) Yes
- 2) No
- 3) I'm not sure

**23. Do you support the participation of individuals with chronic illnesses in education and social life?**

- 1) Yes
- 2) No
- 3) I'm not sure

**24. Would you like to learn more about IBD?**

- 1) Yes
- 2) No
- 3) I'm not sure

**25. Which methods would you prefer to learn more about IBD?**

- 1) Online courses
- 2) Seminars and conferences
- 3) Written sources (books, articles)
- 4) Other (Please specify).....