Table 1: Sample characteristics

|  |  |
| --- | --- |
| *Patients (n)* | n=13 (100%) |
| **Disease duration (years)** | **n (%)** |
| ≤ 1  1-2  3-5  6-10  10 + | - (0)  1 (8)  - (0)  7 (54)  5 (38) |
| **Age** **(years)**, median, range | 45, 20-70 |
| **Sex, female, n (%)** | 6 (46%) |
| **Employment, n (%)**  Employed  Unemployed  Pensioner  Student | 6 (46)  2 (15)  4 (31)  1 (8) |
| **Disease subtype n (%)**  CD  UC | 9 (69)  4 (31) |
| *Health Professionals n (%)* | n=12 |
| Gastroenterologist  IBD nurse  Dietitian  Psychologist  Nurse other | 5 (42)  4 (33)  1 (8)  1 (8)  1 (8) |
| **Sex, n (%)**  Male  Female | 4 (33%)  8 (67%) |