

Supplementary results:

Breakdown of demographic data from patient survey

	n	Percentage %	
Total	210	-	
Median age	55 (IQR 23)	-	
Gender			
	Female	113	53.8%
	Male	96	45.7
	Prefer not to say	1	0.5%
Ethnicity			
	White English	173	82.4%
	Indian	19	9%
	Pakistani	4	1.9%
	Caribbean	3	1.4%
	White Irish	2	1%
	White European	2	1%
	Other	2	1%
	Prefer not to say	2	1%
	African	1	0.5%
	Mixed White and Black	1	0.5%
	Mixed White and Asian	1	0.5%
Level of education	University degree or higher qualification	59	28.1%
	No formal qualification	124	59%
	Prefer not to say	27	12.9
IBD			
	Ulcerative Colitis	97	46.2%
	Crohn's disease	88	41.9%
	Indeterminate Colitis	10	4.8%
	Unsure	15	7.1%

Current medications			
	5ASA ^a	115	54.8%
	Immunosuppressant ^b AZA/6MP/MTX	67	31.9%
	Biological therapy ^c	44	21%
	Herbal/OTC ^d	5	2.4%
	Dietary Therapy	7	3.3%
	Other/no medication	45	21.4%