

Supplementary file**Disease Severity Questionnaire**

Year Disease Activity	This year	One year ago	Two years ago
No Symptoms-0			
Mild Symptoms-1			
Medium Symptoms-2			
Active Disease- 3			
Hospitalisation- 4			
Surgery- 5			
Stoma- 5			
a. Highest score			
Treatment:			
No Treatment-0			
5-ASA or Antibiotics-1			
Low dose steroids-2			
Steroids-3			
Immunosuppressive-4			
Biologics-5			
b. Sum of treatments			
Total year score (a+b)			

*Disease severity= average of total score of each year