Appendix A: Questionnaire

1. How many sessions of biofeedback have you received?
2. Did you learn how to relax the external anal sphincter or to contract the external anal sphincter?
3. Explain to me how to do Kegel exercises?
4. How many times do you practice per day?
5. How many times do you soil your underwear per month prior to the biofeedback/Kegel?
6. How many times do you soil your underwear per month during the biofeedback/Kegel?
7. How many times do you soil your underwear per month after the biofeedback/Kegel?
8. How many times do you soil your underwear per month now?
9. How many times do you move your bowel per week prior to biofeedback/Kegel?
10. How many times do you move your bowel per week during the biofeedback/Kegel?
11. How many times do you move your bowels per week after the biofeedback/Kegel?
12. How many times do you move your bowel per week now?
13. Do you have abdominal pain with bowel movement now, how long each episode?
14. Did you have abdominal pain with bowel movement prior to biofeedback/Kegel, how long each episode?
15. Did you have abdominal pain with bowel movement after the biofeedback/Kegel, how long each episode?
16. Do you use laxative? (before, during or after biofeedback/Kegel)
17. Do you use enema? (before, during or after biofeedback/Kegel)
18. Do you use suppositories? (before, during or after biofeedback/Kegel)
19. Do you have to strain to move your bowel, how many minutes? (before, during or after biofeedback/Kegel)
20. Do you use your finger to disimpact the rectum when you move your bowel? (before, during or after biofeedback or Kegel)
21. Overall, what is your assessment of your symptoms as better, same, or worse than usual?