

**Supplementary Table S2    The mean and the Cronbach's  $\alpha$  values of the domains in IBD-SES**

<i>Domains</i>	<i>mean values of patients' self-efficacy (SD)</i>	<i>Cronbach's <math>\alpha</math></i>
<i>managing medical care</i>	4.002 ( $\pm$ 1.053)	0.585
<i>managing everyday life with IBD</i>	3.892 ( $\pm$ 0.978)	0.472
<i>managing feelings</i>	4.004 ( $\pm$ 1.039)	0.617

IBD: inflammatory bowel disease