

Gastrointestinal Symptom Questionnaire

Herbal Formula in the Management of Type 2 Diabetes Mellitus: A Three-Arm, Open-Label, Non-Inferiority Randomized Controlled Trial

Participant Code: _____

Purpose: This questionnaire is designed to assess the frequency and severity of any gastrointestinal symptoms you may be experiencing. This information is crucial for understanding how these symptoms might be affecting your overall health and well-being, especially in relation to your diabetes management.

Instructions: For each symptom listed below, please indicate how often you experience it and how severe it typically is. Use the scales provided to rate each symptom. Your responses will help us better understand your symptoms and tailor our study accordingly.

Frequency Scale:

- **0:** Never
- **1:** Rarely (less than once a month)
- **2:** Occasionally (1-3 times a month)
- **3:** Frequently (1-2 times a week)
- **4:** Very Frequently (3 or more times a week)

Severity Scale:

- **0:** No symptoms
- **1:** Mild (symptoms are noticeable but do not interfere with daily activities)
- **2:** Moderate (symptoms interfere with some activities)
- **3:** Severe (symptoms interfere with most activities)
- **4:** Very Severe (symptoms are debilitating and prevent daily activities)

1. Nausea:

- Frequency: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
- Severity: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

2. Vomiting:

- Frequency: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
- Severity: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

3. Abdominal Pain or Discomfort:

- Frequency: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
- Severity: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

4. Bloating:

- Frequency: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
- Severity: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

5. Diarrhea:

- Frequency: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
- Severity: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

6. Constipation:

- Frequency: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
- Severity: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

7. Heartburn or Acid Reflux:

- Frequency: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
- Severity: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

8. Flatulence (Excessive Gas):

- Frequency: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
- Severity: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4

9. Difficulty Swallowing:

- Frequency: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
- Severity: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4