

Irritable Bowel Syndrome (IBS) – 100 Question Multiple-Choice Quiz

1. What does IBS stand for?

- A. Intestinal Bacteria Syndrome
- B. Irritable Bowel Syndrome
- C. Inflammatory Bowel Syndrome
- D. Internal Bowel Swelling

2. Which symptom is most commonly associated with IBS?

- A. Chest pain
- B. Abdominal pain
- C. Vision changes
- D. Skin rash

3. IBS is considered which type of disorder?

- A. Infectious disorder
- B. Functional gastrointestinal disorder
- C. Autoimmune disease
- D. Neurological disease

4. Which of the following may trigger IBS symptoms?

- A. Stress
- B. Certain foods
- C. Hormonal changes
- D. All of the above

5. IBS primarily affects which body system?

- A. Respiratory system
- B. Digestive system
- C. Endocrine system
- D. Skeletal system

6. Which symptom is NOT commonly associated with IBS?

- A. Bloating
- B. Diarrhea
- C. Constipation
- D. Bloody stools

7. IBS is most commonly diagnosed in which age group?

- A. Infants
- B. Teenagers and adults under 50
- C. Adults over 80
- D. Newborns

8. Which gender is more commonly affected by IBS?

- A. Males
- B. Females
- C. Equal in both genders
- D. Children only

9. Which IBS subtype is characterized mainly by constipation?

- A. IBS-D
- B. IBS-C
- C. IBS-M
- D. IBS-U

10. Which IBS subtype is characterized mainly by diarrhea?

- A. IBS-D
- B. IBS-C
- C. IBS-M
- D. IBS-U

11. What does IBS-M mean?

- A. Mild IBS
- B. Muscular IBS
- C. Mixed bowel habits
- D. Metabolic IBS

12. Which diagnostic criteria are commonly used for IBS?

- A. Glasgow Criteria
- B. Rome IV Criteria
- C. APGAR Score
- D. Framingham Criteria

13. How long must abdominal pain occur to meet Rome IV Criteria?

- A. Once yearly
- B. At least once weekly in the last 3 months
- C. Daily for 1 week
- D. Every month for a year

14. Which food may worsen IBS symptoms in some people?

- A. Beans
- B. Fried foods
- C. Dairy products
- D. All of the above

15. What is a low-FODMAP diet?

- A. A high-fat diet
- B. A diet restricting fermentable carbohydrates
- C. A liquid-only diet
- D. A gluten-only diet

16. Which healthcare professional often helps IBS patients with dietary changes?

- A. Dentist
- B. Physical therapist
- C. Registered dietitian
- D. Ophthalmologist

17. Which symptom often improves after a bowel movement in IBS?

- A. Headache
- B. Abdominal pain
- C. Fever
- D. Rash

18. IBS does NOT usually cause which symptom?

- A. Weight loss
- B. Cramping
- C. Gas
- D. Bloating

19. Which test may be performed to rule out other conditions?

- A. Blood tests
- B. Stool studies
- C. Colonoscopy
- D. All of the above

20. IBS increases the risk of colon cancer.

- A. True
- B. False
- C. Only in males
- D. Only in females

21. Which mental health condition is commonly linked with IBS?

- A. Anxiety
- B. Depression
- C. Stress-related disorders
- D. All of the above

22. Which organ is mainly affected in IBS?

- A. Liver
- B. Stomach
- C. Large intestine
- D. Pancreas

23. Which lifestyle habit may improve IBS symptoms?

- A. Regular exercise
- B. Smoking
- C. Sleep deprivation
- D. Skipping meals

24. Which beverage may worsen IBS symptoms?

- A. Water
- B. Herbal tea
- C. Carbonated drinks
- D. Clear broth

25. Which medication type may help IBS-C?

- A. Laxatives
- B. Antibiotics
- C. Antivirals
- D. Antifungals

26. Which medication may help reduce diarrhea in IBS-D?

- A. Antidiarrheal medications
- B. Steroids
- C. Chemotherapy
- D. Sedatives

27. IBS is diagnosed mainly based on:

- A. Symptoms
- B. X-rays only
- C. Surgery
- D. Genetic testing alone

28. Which symptom is considered an alarm feature rather than IBS?

- A. Bloating

- B. Fever
- C. Cramping
- D. Gas

29. Stress management may help IBS because:

- A. Stress affects the gut-brain connection
- B. Stress cures IBS
- C. Stress has no effect
- D. IBS is imaginary

30. Which therapy may help some IBS patients?

- A. Cognitive behavioral therapy
- B. Radiation therapy
- C. Chemotherapy
- D. Dialysis

31. Which symptom combination is common in IBS?

- A. Bloating and abdominal discomfort
- B. Hair loss and fever
- C. Jaundice and confusion
- D. Vision loss and chest pain

32. Which dietary fiber may help some IBS patients?

- A. Soluble fiber
- B. Metal fiber
- C. Plastic fiber
- D. Stone fiber

33. Which of the following is a common IBS trigger food?

- A. Onions
- B. Garlic
- C. Wheat products
- D. All of the above

34. IBS symptoms may vary from:

- A. Day to day
- B. Person to person
- C. Mild to severe
- D. All of the above

35. Which hormone-related factor may influence IBS symptoms?

- A. Menstrual cycle
- B. Growth hormone only
- C. Thyroid surgery
- D. Insulin injections only

36. IBS can be cured permanently.

- A. True
- B. False
- C. Only with surgery
- D. Only with antibiotics

37. Which symptom may accompany IBS bloating?

- A. Excess gas
- B. Paralysis
- C. Hearing loss
- D. Blindness

38. IBS is an inflammatory bowel disease.

- A. True
- B. False
- C. Only sometimes
- D. Only in children

39. Which condition may resemble IBS symptoms?

- A. Celiac disease
- B. Lactose intolerance

- C. Inflammatory bowel disease
- D. All of the above

40. Which test may help rule out celiac disease?

- A. Blood antibody test
- B. Eye exam
- C. ECG
- D. Bone scan

41. IBS symptoms often worsen after:

- A. Eating meals
- B. Sleeping
- C. Brushing teeth
- D. Reading

42. Which IBS subtype has unspecified bowel habits?

- A. IBS-U
- B. IBS-C
- C. IBS-D
- D. IBS-M

43. Which factor may contribute to IBS development?

- A. Gut sensitivity
- B. Altered gut motility
- C. Gut microbiome imbalance
- D. All of the above

44. Which type of pain is common in IBS?

- A. Cramping pain
- B. Sharp bone pain
- C. Muscle tearing pain
- D. Burning skin pain

45. IBS can affect quality of life.

- A. True
- B. False
- C. Only in elderly people
- D. Only in hospitalized patients

46. Which drink may help prevent dehydration during diarrhea?

- A. Water
- B. Soda
- C. Alcohol
- D. Energy drinks

47. Which symptom should prompt immediate medical evaluation?

- A. Rectal bleeding
- B. Mild bloating
- C. Temporary gas
- D. Occasional constipation

48. Which bacteria-targeting medication may sometimes be used in IBS?

- A. Rifaximin
- B. Penicillin only
- C. Insulin
- D. Morphine

49. Which symptom pattern best describes IBS?

- A. Chronic recurring digestive symptoms
- B. Sudden paralysis
- C. Permanent fever
- D. Severe bleeding

50. Which of the following may help reduce IBS stress?

- A. Meditation
- B. Yoga

- C. Relaxation exercises
- D. All of the above

51. Which food component is reduced in a low-FODMAP diet?

- A. Fermentable carbohydrates
- B. Protein
- C. Vitamins
- D. Minerals

52. IBS can occur after a gastrointestinal infection.

- A. True
- B. False
- C. Never
- D. Only in children

53. Which bowel habit may occur in IBS-M?

- A. Only constipation
- B. Only diarrhea
- C. Alternating constipation and diarrhea
- D. No bowel movements

54. Which medication category may help abdominal cramping?

- A. Antispasmodics
- B. Antibiotics only
- C. Chemotherapy drugs
- D. Blood thinners

55. Which symptom is common in IBS-C?

- A. Hard stools
- B. Bloody vomiting
- C. Persistent fever
- D. Severe bleeding

56. IBS symptoms can be triggered by:

- A. Large meals
- B. Fatty foods
- C. Emotional stress
- D. All of the above

57. Which medical specialty often treats IBS?

- A. Gastroenterology
- B. Dermatology
- C. Orthopedics
- D. Ophthalmology

58. IBS causes permanent intestinal damage.

- A. True
- B. False
- C. Only in elderly patients
- D. Only in severe cases

59. Which symptom may improve with probiotics in some patients?

- A. Bloating
- B. Blindness
- C. Hearing loss
- D. Joint fractures

60. Which type of fiber may worsen bloating if increased too quickly?

- A. Dietary fiber
- B. Metal fiber
- C. Glass fiber
- D. Cotton fiber

61. Which symptom is associated with IBS-D?

- A. Frequent loose stools
- B. Hair loss

- C. Chest pain
- D. Kidney stones

62. Which habit may help IBS symptoms?

- A. Eating regular meals
- B. Skipping breakfast
- C. Excess alcohol intake
- D. Smoking

63. IBS symptoms may worsen during:

- A. Stressful situations
- B. Relaxation
- C. Sleep only
- D. Cold weather exclusively

64. Which condition must be ruled out when IBS symptoms begin after age 50?

- A. Colon cancer
- B. Asthma
- C. Cataracts
- D. Migraine

65. Which test may directly examine the colon?

- A. Colonoscopy
- B. MRI brain scan
- C. Mammogram
- D. Bone density scan

66. Which emotional factor may worsen IBS symptoms?

- A. Anxiety
- B. Calmness
- C. Joy alone
- D. Relaxation alone

67. IBS is contagious.

- A. True
- B. False
- C. Only during flare-ups
- D. Only in children

68. Which symptom may suggest lactose intolerance instead of IBS?

- A. Symptoms after dairy consumption
- B. Broken bones
- C. Skin bruising
- D. Hearing loss

69. Which symptom commonly accompanies constipation?

- A. Straining during bowel movements
- B. Severe bleeding
- C. Coughing blood
- D. Vision changes

70. Which of the following is true about IBS?

- A. Symptoms may come and go
- B. Symptoms are always constant
- C. IBS only affects men
- D. IBS always requires surgery

71. Which food may help some IBS patients?

- A. Oatmeal
- B. Greasy fast food
- C. Excess caffeine
- D. Carbonated soda

72. Which symptom is a red flag for conditions other than IBS?

- A. Nighttime symptoms waking a person from sleep

- B. Mild gas
- C. Temporary bloating
- D. Occasional cramps

73. Which medication may help constipation-predominant IBS?

- A. Lubiprostone
- B. Insulin
- C. Penicillin
- D. Acetaminophen only

74. Which nutrient should be increased gradually in IBS?

- A. Fiber
- B. Salt
- C. Sugar
- D. Cholesterol

75. Which symptom is most associated with IBS flare-ups?

- A. Changes in bowel habits
- B. Broken bones
- C. Paralysis
- D. Blindness

76. Which of the following may worsen diarrhea in IBS-D?

- A. Caffeine
- B. Water
- C. Bananas
- D. Rice

Answer: A. Caffeine

Explanation: Caffeine can stimulate bowel activity and worsen diarrhea.

77. IBS may involve increased sensitivity to:

- A. Intestinal stretching
- B. Loud sounds only
- C. Bright lights only
- D. Cold temperatures only

78. Which factor is important in long-term IBS management?

- A. Symptom tracking
- B. Ignoring symptoms
- C. Avoiding healthcare visits
- D. Excessive fasting

79. Which condition often overlaps with IBS?

- A. Fibromyalgia
- B. Chronic fatigue syndrome
- C. Anxiety disorders
- D. All of the above

80. Which meal habit may help IBS symptoms?

- A. Smaller frequent meals
- B. Very large meals
- C. Skipping meals entirely
- D. Eating only junk food

81. IBS can affect school or work attendance.

- A. True
- B. False
- C. Only in children
- D. Never

82. Which bacteria-related factor may contribute to IBS?

- A. Gut microbiome imbalance
- B. Bone infection
- C. Ear infection
- D. Skin infection

83. Which symptom is common after eating trigger foods?

- A. Bloating
- B. Blindness
- C. Hearing loss
- D. Rash only

84. Which of the following may help identify food triggers?

- A. Food diary
- B. X-ray
- C. ECG
- D. Bone biopsy

85. Which type of pain relief should be used cautiously in IBS?

- A. Opioids
- B. Water
- C. Fiber supplements
- D. Probiotics

86. IBS symptoms may improve with adequate:

- A. Sleep
- B. Stress
- C. Dehydration
- D. Smoking

87. Which symptom may occur during IBS flare-ups?

- A. Urgency to use the bathroom
- B. Broken teeth
- C. Hair growth
- D. Severe burns

88. Which factor may worsen constipation?

- A. Low fluid intake

- B. Drinking water
- C. Walking
- D. Eating fiber gradually

89. Which healthcare approach is important in IBS treatment?

- A. Individualized care
- B. Identical treatment for everyone
- C. Surgery for all patients
- D. Ignoring diet

90. Which symptom is common in IBS patients during stress?

- A. Increased abdominal discomfort
- B. Broken bones
- C. Vision improvement
- D. Hearing enhancement

91. Which type of beverage may irritate IBS symptoms?

- A. Alcohol
- B. Water
- C. Oral rehydration solution
- D. Clear soup

92. Which type of stool is common in IBS-C?

- A. Hard and lumpy stools
- B. Watery stools only
- C. Bloody stools
- D. Black tarry stools

93. Which condition may coexist with IBS?

- A. Gastroesophageal reflux disease
- B. Diabetes
- C. Anxiety
- D. All of the above

94. Which symptom may indicate dehydration from IBS-D?

- A. Dizziness
- B. Improved energy
- C. Weight gain
- D. Increased sweating only

95. Which factor may reduce IBS symptoms over time?

- A. Identifying triggers
- B. Ignoring symptoms
- C. Severe fasting
- D. Smoking more

96. Which IBS symptom may improve after passing gas?

- A. Bloating
- B. Fever
- C. Rash
- D. Paralysis

97. Which diagnostic approach is common in IBS?

- A. Excluding other diseases
- B. Immediate surgery
- C. Chemotherapy
- D. Radiation therapy

98. Which symptom is commonly reported in IBS patients?

- A. Feeling of incomplete bowel emptying
- B. Blindness
- C. Frequent fractures
- D. Hearing loss

99. Which action may help improve IBS symptoms?

- A. Drinking adequate fluids
- B. Smoking cigarettes

- C. Excessive alcohol use
- D. Avoiding all exercise

100. What is the overall goal of IBS treatment?

- A. Manage symptoms and improve quality of life
- B. Remove the intestines
- C. Eliminate all bacteria permanently
- D. Prevent all eating