

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

1. What does IBS stand for?

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

Answer: B. Irritable Bowel Syndrome

Explanation: IBS is a chronic gastrointestinal disorder that affects bowel habits and causes abdominal discomfort without visible structural damage.

2. Which symptom is most commonly associated with IBS?

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

Answer: B. Abdominal pain

Explanation: Abdominal pain or cramping is one of the hallmark symptoms of IBS and is often related to bowel movements.

3. IBS is considered which type of disorder?

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

Answer: B. Functional gastrointestinal disorder

Explanation: IBS is classified as a functional gastrointestinal disorder because symptoms occur without obvious structural abnormalities.

4. Which of the following may trigger IBS symptoms?

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

Answer: D. All of the above

Explanation: IBS symptoms may worsen due to stress, dietary triggers, and hormonal fluctuations.

5. IBS primarily affects which body system?

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

Answer: B. Digestive system

Explanation: IBS affects the gastrointestinal tract, especially the large intestine.

6. Which symptom is NOT commonly associated with IBS?

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

Answer: D. Bloody stools

Explanation: Bloody stools are not typical of IBS and may suggest another condition such as inflammatory bowel disease or colorectal cancer.

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

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

Answer: B. Teenagers and adults under 50

Explanation: IBS commonly develops in younger adults, though it can occur at any age.

8. Which gender is more commonly affected by IBS?

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

Answer: B. Females

Explanation: IBS is diagnosed more frequently in females, possibly due to hormonal and biological differences.

9. Which IBS subtype is characterized mainly by constipation?

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

Answer: B. IBS-C

Explanation: IBS-C refers to irritable bowel syndrome with constipation.

10. Which IBS subtype is characterized mainly by diarrhea?

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

Answer: A. IBS-D

Explanation: IBS-D refers to irritable bowel syndrome with diarrhea.

11. What does IBS-M mean?

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

Answer: C. Mixed bowel habits

Explanation: IBS-M involves alternating episodes of constipation and diarrhea.

12. Which diagnostic criteria are commonly used for IBS?

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

Answer: B. Rome IV Criteria

Explanation: The Rome IV Criteria help diagnose IBS based on symptom patterns.

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

Answer: B. At least once weekly in the last 3 months

Explanation: Rome IV Criteria require recurrent abdominal pain occurring at least once per week over the past 3 months.

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

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

Answer: D. All of the above

Explanation: Certain foods, especially high-fat and gas-producing foods, can aggravate IBS symptoms.

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

Answer: B. A diet restricting fermentable carbohydrates

Explanation: The low-FODMAP diet reduces certain carbohydrates that can trigger IBS symptoms.

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

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

D. Ophthalmologist

Answer: C. Registered dietitian

Explanation: Dietitians can help identify trigger foods and guide dietary management.

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

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

Answer: B. Abdominal pain

Explanation: IBS-related abdominal discomfort often lessens after defecation.

18. IBS does NOT usually cause which symptom?

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

Answer: A. Weight loss

Explanation: Unintentional weight loss is not typical of IBS and may suggest another condition.

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

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

Answer: D. All of the above

Explanation: These tests may help exclude infections, inflammatory bowel disease, or cancer.

20. IBS increases the risk of colon cancer.

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

Answer: B. False

Explanation: IBS does not increase the risk of colon cancer.

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

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

Answer: D. All of the above

Explanation: Emotional health and IBS are closely connected through the gut-brain axis.

22. Which organ is mainly affected in IBS?

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

Answer: C. Large intestine

Explanation: IBS mainly affects the large intestine, altering bowel habits and causing discomfort.

23. Which lifestyle habit may improve IBS symptoms?

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

Answer: A. Regular exercise

Explanation: Physical activity can improve digestion and reduce stress.

24. Which beverage may worsen IBS symptoms?

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

Answer: C. Carbonated drinks

Explanation: Carbonated beverages may increase bloating and gas.

25. Which medication type may help IBS-C?

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

Answer: A. Laxatives

Explanation: Certain laxatives can help relieve constipation in IBS-C.

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

- A. Antidiarrheal medications
- B. Steroids

- C. Chemotherapy
- D. Sedatives

Answer: A. Antidiarrheal medications

Explanation: Drugs like loperamide can help manage diarrhea symptoms.

27. IBS is diagnosed mainly based on:

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

Answer: A. Symptoms

Explanation: IBS diagnosis is primarily clinical and based on symptom criteria.

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

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

Answer: B. Fever

Explanation: Fever may indicate infection or inflammatory disease rather than IBS.

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

Answer: A. Stress affects the gut-brain connection

Explanation: Stress can worsen bowel sensitivity and motility.

30. Which therapy may help some IBS patients?

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

Answer: A. Cognitive behavioral therapy

Explanation: CBT may help patients manage stress and symptom perception.

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

Answer: A. Bloating and abdominal discomfort

Explanation: Bloating and discomfort are frequently reported by IBS patients.

32. Which dietary fiber may help some IBS patients?

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

Answer: A. Soluble fiber

Explanation: Soluble fiber may help regulate bowel movements and improve symptoms.

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

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

Answer: D. All of the above

Explanation: These foods are high in FODMAPs and may trigger symptoms.

34. IBS symptoms may vary from:

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

Answer: D. All of the above

Explanation: IBS symptoms are highly variable.

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

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

Answer: A. Menstrual cycle

Explanation: Hormonal fluctuations during menstruation may worsen symptoms.

36. IBS can be cured permanently.

- A. True

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

Answer: B. False

Explanation: IBS is a chronic condition that can be managed but not permanently cured.

37. Which symptom may accompany IBS bloating?

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

Answer: A. Excess gas

Explanation: Gas and bloating commonly occur together in IBS.

38. IBS is an inflammatory bowel disease.

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

Answer: B. False

Explanation: IBS is different from inflammatory bowel diseases such as Crohn's disease and ulcerative colitis.

39. Which condition may resemble IBS symptoms?

- A. Celiac disease
- B. Lactose intolerance
- C. Inflammatory bowel disease
- D. All of the above

Answer: D. All of the above

Explanation: Several gastrointestinal disorders can mimic IBS symptoms.

40. Which test may help rule out celiac disease?

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

Answer: A. Blood antibody test

Explanation: Blood tests can detect antibodies associated with celiac disease.

41. IBS symptoms often worsen after:

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

Answer: A. Eating meals

Explanation: Meals may stimulate bowel contractions and trigger symptoms.

42. Which IBS subtype has unspecified bowel habits?

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

Answer: A. IBS-U

Explanation: IBS-U refers to unclassified IBS symptoms.

43. Which factor may contribute to IBS development?

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

Answer: D. All of the above

Explanation: IBS likely results from multiple interacting factors.

44. Which type of pain is common in IBS?

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

Answer: A. Cramping pain

Explanation: Cramping abdominal pain is a classic IBS symptom.

45. IBS can affect quality of life.

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

Answer: A. True

Explanation: IBS can interfere with work, social life, and emotional well-being.

46. Which drink may help prevent dehydration during diarrhea?

- A. Water
- B. Soda

- C. Alcohol
- D. Energy drinks

Answer: A. Water

Explanation: Staying hydrated is important during diarrhea episodes.

47. Which symptom should prompt immediate medical evaluation?

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

Answer: A. Rectal bleeding

Explanation: Rectal bleeding may signal a serious condition requiring evaluation.

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

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

Answer: A. Rifaximin

Explanation: Rifaximin may help certain IBS-D patients by altering gut bacteria.

49. Which symptom pattern best describes IBS?

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

Answer: A. Chronic recurring digestive symptoms

Explanation: IBS typically causes long-term fluctuating digestive symptoms.

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

- A. Meditation
- B. Yoga
- C. Relaxation exercises
- D. All of the above

Answer: D. All of the above

Explanation: Stress-reduction techniques may lessen symptom severity.

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

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

Answer: A. Fermentable carbohydrates

Explanation: FODMAPs are poorly absorbed carbohydrates that may worsen IBS symptoms.

52. IBS can occur after a gastrointestinal infection.

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

Answer: A. True

Explanation: Post-infectious IBS may develop after food poisoning or gastroenteritis.

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

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

Answer: C. Alternating constipation and diarrhea

Explanation: IBS-M involves mixed bowel patterns.

54. Which medication category may help abdominal cramping?

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

Answer: A. Antispasmodics

Explanation: Antispasmodic medications may relax intestinal muscles.

55. Which symptom is common in IBS-C?

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

Answer: A. Hard stools

Explanation: Constipation often results in hard or infrequent stools.

56. IBS symptoms can be triggered by:

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

Answer: D. All of the above

Explanation: Many environmental and dietary factors can trigger symptoms.

57. Which medical specialty often treats IBS?

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

Answer: A. Gastroenterology

Explanation: Gastroenterologists specialize in digestive disorders.

58. IBS causes permanent intestinal damage.

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

Answer: B. False

Explanation: IBS does not cause structural damage to the intestines.

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

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

Answer: A. Bloating

Explanation: Some patients experience reduced bloating with probiotics.

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

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

Answer: A. Dietary fiber

Explanation: Increasing fiber too rapidly may cause gas and bloating.

61. Which symptom is associated with IBS-D?

- A. Frequent loose stools
- B. Hair loss
- C. Chest pain
- D. Kidney stones

Answer: A. Frequent loose stools

Explanation: IBS-D mainly involves diarrhea symptoms.

62. Which habit may help IBS symptoms?

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

Answer: A. Eating regular meals

Explanation: Consistent meal patterns may help regulate bowel function.

63. IBS symptoms may worsen during:

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

Answer: A. Stressful situations

Explanation: Stress can strongly influence digestive symptoms.

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

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

Answer: A. Colon cancer

Explanation: New bowel symptoms after age 50 may require further evaluation.

65. Which test may directly examine the colon?

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

Answer: A. Colonoscopy

Explanation: Colonoscopy allows visualization of the large intestine.

66. Which emotional factor may worsen IBS symptoms?

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

Answer: A. Anxiety

Explanation: Anxiety may heighten gut sensitivity and symptoms.

67. IBS is contagious.

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

Answer: B. False

Explanation: IBS cannot spread from person to person.

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

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

Answer: A. Symptoms after dairy consumption

Explanation: Lactose intolerance often causes digestive symptoms after dairy intake.

69. Which symptom commonly accompanies constipation?

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

D. Vision changes

Answer: A. Straining during bowel movements

Explanation: Constipation often leads to straining and hard stools.

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

Answer: A. Symptoms may come and go

Explanation: IBS symptoms often fluctuate over time.

71. Which food may help some IBS patients?

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

Answer: A. Oatmeal

Explanation: Oatmeal contains soluble fiber that may improve bowel regularity.

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

Answer: A. Nighttime symptoms waking a person from sleep

Explanation: Severe nighttime symptoms may suggest another gastrointestinal disorder.

73. Which medication may help constipation-predominant IBS?

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

Answer: A. Lubiprostone

Explanation: Lubiprostone increases intestinal fluid secretion to help constipation.

74. Which nutrient should be increased gradually in IBS?

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

Answer: A. Fiber

Explanation: Gradual fiber increases may reduce side effects like bloating.

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

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

Answer: A. Changes in bowel habits

Explanation: Altered bowel habits are central to IBS flare-ups.

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

Answer: A. Intestinal stretching

Explanation: People with IBS often have heightened visceral sensitivity.

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

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

Answer: A. Symptom tracking

Explanation: Tracking symptoms can help identify triggers and treatment effectiveness.

79. Which condition often overlaps with IBS?

- A. Fibromyalgia
- B. Chronic fatigue syndrome

- C. Anxiety disorders
- D. All of the above

Answer: D. All of the above

Explanation: IBS commonly overlaps with other chronic pain and stress-related disorders.

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

Answer: A. Smaller frequent meals

Explanation: Smaller meals may reduce digestive stress.

81. IBS can affect school or work attendance.

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

Answer: A. True

Explanation: Symptoms can disrupt daily activities and productivity.

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

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

Answer: A. Gut microbiome imbalance

Explanation: Changes in intestinal bacteria may influence IBS symptoms.

83. Which symptom is common after eating trigger foods?

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

Answer: A. Bloating

Explanation: Trigger foods often increase gas and abdominal swelling.

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

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

Answer: A. Food diary

Explanation: Food diaries help patients identify patterns between diet and symptoms.

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

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

Answer: A. Opioids

Explanation: Opioids can worsen constipation and digestive problems.

86. IBS symptoms may improve with adequate:

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

Answer: A. Sleep

Explanation: Good sleep habits may support digestive and emotional health.

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

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

Answer: A. Urgency to use the bathroom

Explanation: Diarrhea-predominant IBS often causes urgency.

88. Which factor may worsen constipation?

- A. Low fluid intake
- B. Drinking water
- C. Walking
- D. Eating fiber gradually

Answer: A. Low fluid intake

Explanation: Dehydration may harden stools and worsen constipation.

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

Answer: A. Individualized care

Explanation: IBS management varies according to symptoms and triggers.

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

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

Answer: A. Increased abdominal discomfort

Explanation: Stress can intensify bowel sensitivity and pain.

91. Which type of beverage may irritate IBS symptoms?

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

Answer: A. Alcohol

Explanation: Alcohol may irritate the digestive tract and worsen symptoms.

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

Answer: A. Hard and lumpy stools

Explanation: Constipation often produces hard stools.

93. Which condition may coexist with IBS?

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

Answer: D. All of the above

Explanation: IBS frequently coexists with other medical conditions.

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

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

Answer: A. Dizziness

Explanation: Excessive diarrhea can lead to dehydration and dizziness.

95. Which factor may reduce IBS symptoms over time?

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

Answer: A. Identifying triggers

Explanation: Understanding personal triggers helps symptom management.

96. Which IBS symptom may improve after passing gas?

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

Answer: A. Bloating

Explanation: Passing gas may relieve abdominal pressure and bloating.

97. Which diagnostic approach is common in IBS?

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

Answer: A. Excluding other diseases

Explanation: IBS diagnosis often involves ruling out other causes of symptoms.

98. Which symptom is commonly reported in IBS patients?

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

Answer: A. Feeling of incomplete bowel emptying

Explanation: Many IBS patients report incomplete evacuation after bowel movements.

99. Which action may help improve IBS symptoms?

- A. Drinking adequate fluids
- B. Smoking cigarettes

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

Answer: A. Drinking adequate fluids

Explanation: Proper hydration supports healthy bowel function.

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

Answer: A. Manage symptoms and improve quality of life

Explanation: IBS treatment focuses on symptom control, trigger management, and maintaining daily functioning.