

<p>Frequency of bowel movements</p> <ol style="list-style-type: none"> 0. 1-2 times per 1-2 days 1. 2 times per week 2. Once per week 3. Less than once per week 4. Less than once per month 	<p>Minutes in the toilet to defecate</p> <ol style="list-style-type: none"> 0. Less than 5 minutes 1. 5-10 minutes 2. 10-20 minutes 3. 20-30 minutes 4. More than 30 minutes
<p>Painful evacuation effort</p> <ol style="list-style-type: none"> 0. Never 1. Rarely 2. Sometimes 3. Usually 4. Always 	<p>Type of assistance</p> <ol style="list-style-type: none"> 0. No assistance 1. Stimulative laxatives 2. Digital assistance or enema
<p>Feeling incomplete evacuation</p> <ol style="list-style-type: none"> 0. Never 1. Rarely 2. Sometimes 3. Usually 4. Always 	<p>Unsuccessful attempts for evacuation per 24 hours</p> <ol style="list-style-type: none"> 0. Never 1. 1-3 2. 3-6 3. 6-9 4. More than 9
<p>Abdominal pain</p> <ol style="list-style-type: none"> 0. Never 1. Rarely 2. Sometimes 3. Usually 4. Always 	<p>Duration of constipation</p> <ol style="list-style-type: none"> 0. Less than 1 year 1. 1-3 years 2. 3-5 years 3. 5-7 years 4. More than 7 years