

## Internet Impact and Effectiveness Questionnaire

The Internet Impact and Effectiveness Questionnaire measures patients' perceptions of an Internet intervention in terms of the program's effectiveness in resolving their targeted health condition. This measure has two main sections - generic and specific. The first 20 items make up the generic section and can be used across Internet interventions. Perceived impact is measured in terms of helpfulness, knowledge gains, treatment effectiveness for self, treatment effectiveness for others, long-term effectiveness, quality of life, mood, physical activity, family relationships, peer relationships, social activity, school/work attendance, school/work performance, treatment implementation, goal-orientation, confidence in ability to manage the health condition, relapse prevention, and service reduction. Participants respond to the questions on a 5-point likert scale from 0 ("not at all") to 4 ("very").

Questions specific to the particular Internet intervention being assessed follow the 20 generic questions. A general framework for intervention-specific questions is provided to help researchers develop questions tailored to the Internet intervention of interest. Lastly, questions specific to the pediatric encopresis Internet intervention, U-Can-Poop-Too, are provided as an example of intervention-specific items.

In an earlier version of this measure (Ritterband et al., 2008), good internal reliability was found on five subscales of the questionnaire, including physical symptoms (alpha = .88), comfort (alpha = .80), worry/mood (alpha = .65), school/social support (alpha = .94), and cost/time (alpha = .64). Detailed results of its use with a primary insomnia sample are also published (Thorndike et al., 2008). Reliability and validity estimates have yet to be established using this newest version of the measure (May, 2009).

### Publications:

Ritterband, L. M., Ardalán, K., Thorndike, F. P., Magee, J. C., Saylor, D. K., Cox, D. J., Sutphen, J. L., & Borowitz, S. M. (2008). Real world use of an Internet intervention for pediatric encopresis. *Journal of Medical Internet Research*, 10(2): e16. <http://www.jmir.org/2008/2/e16/>.

Thorndike, F. P., Saylor, D. K., Bailey, E. T., Gonder-Frederick, L. A., Morin, C. M., Ritterband, L. M. (2008). Development and perceived utility and impact of an Internet intervention for insomnia. *E-Journal of Applied Psychology*, 4(2), 32-42. <http://ojs.lib.swin.edu.au/index.php/ejap/issue/view/19>.

## Internet Impact and Effectiveness Questionnaire

These questions ask your opinions about the web program / website. These questions are about how helpful you felt it was for you. If the item does not apply, please choose "NA".

1. How helpful was the web program?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

2. After using the web program, how much did your knowledge about BLANK increase?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

3. How well did the web program work for you?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

4. How well would the web program work for others?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

5. How well would the web program work for a long term cure?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

6. How much did the web program help improve your (your child's) overall quality of life?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

7. How much did the web program help improve your (your child's) overall mood (e.g., happier)?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

8. How much did the web program help improve your (your child's) physical activities, such as exercise regimen or sports activities?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

9. How much did the web program help improve your (your child's) relationships with family?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

10. How much did the web program help improve your (your child's) relationships with friends, peers, and/or co-workers?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

11. How much did the web program help improve your (your child's) social life, like visiting friends, engaging in community activities, etc.?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

12. How much did the web program help improve your (your child's) school/work attendance?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

13. How much did the web program help improve your (your child's) school/work performance?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

14. How well were you able to follow through with the web program recommendations?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

15. How well did the web program help you reach your goals?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

16. How much did the web program help you to feel more sure of your ability to BLANK?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

17. How likely would you be to recommend this web program to others?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

18. How prepared do you feel to handle problems with BLANK in the future?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

19. How much did the web program help reduce the number of office visits with a health professional?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

20. How much did the web program help reduce the number of phone calls and emails with a health professional?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

## General Framework for Intervention – Specific Questions

21. How helpful was \_\_\_\_\_ (*individual components of program*) in improving the problem for which you sought help?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

22. How much did the web program help improve \_\_\_\_\_ (*specific symptoms of targeted problem*)?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

23. How well were you able to \_\_\_\_\_ (*list specific treatment recommendation, e.g., keep diaries*) during the treatment period?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

### *Intervention-Specific Questions*

[General](#)

[U-Can-Poop-Too](#)

BGATHome

SHUTi

U-Can-Poop-Too – Specific Questions

21. How much did the web program help decrease your child’s number of poop accidents?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

22. How much did the web program help increase the number of times your child goes to the bathroom on his/her own to try and have a poop?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

23. How much did the web program help reduce the number of times you, the parent, had to tell your child to go the bathroom to try to have a poop?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

24. How much did the web program help decrease your child’s use of diapers?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

25. How much did the web program increase your child’s number of poops in the toilet?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

26. How much did the web program help your child feel more comfortable using the toilet at home?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

27. How much did the web program help your child feel more comfortable using the toilet at school?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

28. How much did the web program help your child feel more comfortable using the toilet outside the home (i.e. restaurants, mall)?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

29. How much did the web program help reduce your child's fear that something "bad" would happen while sitting on the toilet (i.e. falling in, something coming out of the toilet)?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

30. How much did the web program help reduce your child's fear about having a poop because of pain or difficulty in getting out the poop?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

31. How much did the web program help reduce your child's worry about having poop accidents?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

32. How much did the web program help your child have less pain when having a poop?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

33. How much did the web program help improve your child's appetite?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

34. How much did the web program help reduce your child's stomach pain?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4

35. How well were you able to follow the medication recommendations (i.e. laxatives, clean outs)?

Not at all	Slightly	Somewhat	Mostly	Very
0	1	2	3	4