Non-Motor Symptom assessment scale for Parkinson's Disease

Patient ID No: _____ Initials: _____ Age: _____

Symptoms assessed over the last month. Each symptom scored with respect to:

Severity: 0 = None, 1 = Mild: symptoms present but causes little distress or disturbance to patient;
2 = Moderate: some distress or disturbance to patient; 3 = Severe: major source of distress or disturbance to patient.

Frequency: 1 = Rarely (<1/wk); 2 = Often (1/wk); 3 = Frequent (several times per week);
4 = Very Frequent (daily or all the time).

Domains will be weighed differentially. Yes/ No answers are not included in final frequency x severity calculation.
(Bracketed text in questions within the scale is included as an explanatory aid).

	Severity	Frequency	Frequency x Severity
Domain 1: Cardiovascular including falls			
1. Does the patient experience light-headedness, dizziness, weakness on standing from sitting or lying position?	☐	☐	☐
2. Does the patient fall because of fainting or blacking out?	☐	☐	☐
SCORE:			☐
Domain 2: Sleep/fatigue			
3. Does the patient doze off or fall asleep unintentionally during daytime activities? (For example, during conversation, during mealtimes, or while watching television or reading).	☐	☐	☐
4. Does fatigue (tiredness) or lack of energy (not slowness) limit the patient's daytime activities?	☐	☐	☐
5. Does the patient have difficulties falling or staying asleep?	☐	☐	☐
6. Does the patient experience an urge to move the legs or restlessness in legs that improves with movement when he/she is sitting or lying down inactive?	☐	☐	☐
SCORE:			☐
Domain 3: Mood/cognition			
7. Has the patient lost interest in his/her surroundings?	☐	☐	☐
8. Has the patient lost interest in doing things or lack motivation to start new activities?	☐	☐	☐
9. Does the patient feel nervous, worried or frightened for no apparent reason?	☐	☐	☐
10. Does the patient seem sad or depressed or has he/she reported such feelings?	☐	☐	☐
11. Does the patient have flat moods without the normal "highs" and " lows"?	☐	☐	☐
12. Does the patient have difficulty in experiencing pleasure from their usual activities or report that they lack pleasure?	☐	☐	☐
SCORE:			☐
Domain 4: Perceptual problems/hallucinations			
13. Does the patient indicate that he/she sees things that are not there?	☐	☐	☐
14. Does the patient have beliefs that you know are not true? (For example, about being harmed, being robbed or being unfaithful)	☐	☐	☐
15. Does the patient experience double vision? (2 separate real objects and not blurred vision)	☐	☐	☐
SCORE:			☐

	Severity	Frequency	Frequency x Severity
Domain 5: Attention/memory			
16. Does the patient have problems sustaining concentration during activities? (For example, reading or having a conversation)	☐	☐	☐
17. Does the patient forget things that he/she has been told a short time ago or events that happened in the last few days?	☐	☐	☐
18. Does the patient forget to do things? (For example, take tablets or turn off domestic appliances?)	☐	☐	☐
SCORE:			☐
Domain 6: Gastrointestinal tract			
19. Does the patient dribble saliva during the day?	☐	☐	☐
20. Does the patient have difficulty swallowing?	☐	☐	☐
21. Does the patient suffer from constipation? (Bowel action less than three times weekly)	☐	☐	☐
SCORE:			☐
Domain 7: Urinary			
22. Does the patient have difficulty holding urine? (Urgency)	☐	☐	☐
23. Does the patient have to void within 2 hours of last voiding? (Frequency)	☐	☐	☐
24. Does the patient have to get up regularly at night to pass urine? (Nocturia)	☐	☐	☐
SCORE:			☐
Domain 8: Sexual function			
25. Does the patient have altered interest in sex? (Very much increased or decreased, please underline)	☐	☐	☐
26. Does the patient have problems having sex?	☐	☐	☐
SCORE:			☐
Domain 9: Miscellaneous			
27. Does the patient suffer from pain not explained by other known conditions? (Is it related to intake of drugs and is it relieved by antiparkinson drugs?)	☐	☐	☐
28. Does the patient report a change in ability to taste or smell?	☐	☐	☐
29. Does the patient report a recent change in weight (not related to dieting)?	☐	☐	☐
30. Does the patient experience excessive sweating (not related to hot weather)?	☐	☐	☐
SCORE:			☐
TOTAL SCORE:			☐

Developed by the International Parkinson's Disease Non-Motor Group.
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