

# SYMPTOM SCREEN

Please circle **one number that best describes how MS has affected each function**. For example, if it takes you longer to type or text, you might rate your hand function as 'mildly limited' (circle '2'), but if you gave up typing completely, you might rate your hand function as 'very limited' (circle '4').

	0 – not affected at all	1 – very mild limitation/ I make minor adjustments	2 – mild limitation/ I make frequent adjustments	3 – moderate limitation/ I reduced my daily activities	4 – severe limitation/ I gave up some activities	5 – very severe limitation/ I'm unable to do many daily activities	6 – total limitation/ I'm unable to do most daily activities
<b>Walking</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Hand function/Dexterity</b> Poor hand coordination, tremors	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Spasticity &amp; Stiffness</b> Muscle cramping or muscle tightness	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Bodily pain</b> Achiness, tenderness	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Sensory symptoms</b> Numbness, tingling, or burning	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Bladder control</b> Urinary urgency, frequency	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Fatigue</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Vision</b> Blurry vision, double vision	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Dizziness</b> Feeling off-balance, 'spinning'/vertigo	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Cognitive function</b> Memory, concentration problems	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Depression</b> Depressed thoughts, low mood	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Anxiety</b> Feelings of stress; panic attacks	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

