

# A guide to using the non-motor symptoms questionnaire

The non-motor symptoms questionnaire is a 30-point, patient-based questionnaire used to determine the non-motor symptoms experienced by the patient during the past month.

The questionnaire takes approximately five minutes to complete.

- If the patient has a carer they should be encouraged to help fill in the questionnaire.
- The patient may need to ask the neurologist or Parkinson's nurse for help to complete if their carer is not able to.
- The questionnaire should be completed when the patient is waiting to be reviewed in clinic by the neurologist or Parkinson's nurse, as recommended by the NICE guidelines and Parkinson's UK.
- The points should be totalled to give a score out of 30. A score of under 10 is mild, 10-20 moderate and over 20, severe.
- The patient should be asked to list the three most troublesome problems to be discussed with the neurologist or Parkinson's nurse, in order of priority.

Further clarification should be sought on the following points if necessary:

- Question 2: Loss or change in your ability to taste or smell – specify which one or both.
- Question 11: Unexplained change in weight (not due to change in diet) – specify how the weight has changed (increase or decrease).
- Question 18: Feeling less interested in sex or more interested in sex – circle which one.
- Question 23: Difficulty getting to sleep at night or staying asleep at night – specify which one.