

Sino-nasal outcome test - 22

Below you will find a list of symptoms and social/emotional consequences of your nasal disorder. We would like to know more about these problems and would appreciate your answering the following questions to the best of your ability. There are no right or wrong answers, and only you can provide us with this information. Thank you for your participation.

Considering how severe the problem is when you experience it and how frequently it happens, please rate each item below on the how "bad" it is by circling the number that corresponds with how you feel, using this scale.	No problem	Very mild problem	Mild or slight problem	Moderate problem	Severe problem	Problem as bad as it can be	Most Important items
1. Need to blow nose	0	1	2	3	4	5	
2. Sneezing	0	1	2	3	4	5	
3. Runny nose	0	1	2	3	4	5	
4. Cough	0	1	2	3	4	5	
5. Postnasal discharge	0	1	2	3	4	5	
6. Thick nasal discharge	0	1	2	3	4	5	
7. Ear fullness	0	1	2	3	4	5	
8. Dizziness	0	1	2	3	4	5	
9. Ear pain/pressure	0	1	2	3	4	5	
10. Facial pain/pressure	0	1	2	3	4	5	
11. Sense of taste/smell	0	1	2	3	4	5	
12. blockage/congestion of nose	0	1	2	3	4	5	
13. Lack of a good night sleep	0	1	2	3	4	5	
14. Waking up tired	0	1	2	3	4	5	
15. Fatigue during the day	0	1	2	3	4	5	
16. Reduced productivity	0	1	2	3	4	5	
17. Reduced concentration	0	1	2	3	4	5	
18. Frustrated/restless/irritable	0	1	2	3	4	5	
19. Sad	0	1	2	3	4	5	
20. Embarrassed	0	1	2	3	4	5	
21. Difficulty falling asleep	0	1	2	3	4	5	
22. Waking up at night	0	1	2	3	4	5	

Name:.....

Date:.....