**Symptom Assessment Scale**

Form for completion by patients

Name: _______________________________________________________________

1. Write the day or date in the space provided (purple box)
2. Select a number between 0 and 10 using the diagram below
3. Record your score
4. Add in any other symptoms or problems that are causing you distress in the blank spaces, below the listed symptoms

<table>
<thead>
<tr>
<th>Absent or no distress</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>Worst possible distress</th>
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</thead>
</table>

0 = means the symptom is absent or you have no distress caused by the symptom.
10 = means you are experiencing the worst possible distress caused by the symptom.

<table>
<thead>
<tr>
<th>Date/Day</th>
<th>Difficulty Sleeping</th>
<th>Appetite problems</th>
<th>Nausea</th>
<th>Bowel problems</th>
<th>Breathing problems</th>
<th>Fatigue</th>
<th>Pain</th>
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When this form is full please ask for a replacement from your health professional.

**What is the Symptom Assessment Scale?**

The Symptom Assessment Scale, or SAS, is one of the assessments that your health care professionals use to determine how best to plan your care.

It is an important assessment as it helps your health professional understand what symptoms (or problems) are concerning you the most. This assessment is also useful to see whether treatments or medications are working.
What does the Symptom Assessment Scale measure?
The Symptom Assessment Scale measures how severe your distress is, relating to each of the following symptoms:

- Difficulty sleeping
- Appetite problems
- Nausea
- Bowel problems
- Breathing problems
- Fatigue
- Pain

If you are experiencing distress from any other symptoms or problems not listed above, please let your health professional know.

How do I use the Symptom Assessment Scale?
Your health professional will ask you to rate each of the symptoms or problems listed above between 0 and 10, using the scale below:

- A score of 0: means the symptom or problem is absent or that you have no distress associated with that symptom.
- A score of 1: means that you are experiencing minimal distress from the symptom or problem.
- A score of 10: means you are experiencing the worst possible distress associated with the symptom or problem.

For accuracy and consistency, it is best if you score your symptoms on your own using the Symptom Assessment Scale provided for you (see the back of this leaflet). If you would prefer, you may like to do this with a family member or carer. Your health professional will also be able to help you.

If you are the carer of a person who is unable to rate their own symptoms, your health professional may ask you to do this on their behalf. It is important that you look for signs of distress and rate according to how much distress you think each symptom is causing for the person you are caring for.

When do I use the Symptom Assessment Scale?
Your scores may change daily and it is important that your health professionals know this information.

Your health professional will tell you how often and when you need to score your symptoms.

If you have any questions about the Symptom Assessment Scale please speak to your health professional.

Acknowledgement: The SAS was developed by Curtin University, Western Australia.

Think about your experience of the individual symptom or problem over the last 24 hours and rate according to how severe your distress has been. Record your rating on the form on the back of this leaflet.