

International Restless Legs Syndrome Study Group Rating Scale for Severity of Restless Legs Syndrome

Ask the patient to rate his or her symptoms for the following 10 questions. The patient, not make the ratings, but the examiner should be available to clarify any misunderstandings th the questions. The examiner should mark the patient's answers on the form. Point values at each answer.

Please rate your average symptoms during the preceding week.

1. Overall, how would you rate the restless legs syndrome (RLS) discomfort in your legs or arms?
 - Very severe (4)
 - Severe (3)
 - Moderate (2)
 - Mild (1)
 - None (0)
2. Overall, how would you rate the need to move around because of your RLS symptoms?
 - Very severe (4)
 - Severe (3)
 - Moderate (2)
 - Mild (1)
 - None (0)
3. Overall, how much relief of your RLS arm or leg discomfort did you get from moving around?
 - No relief (4)
 - Mild relief (3)
 - Moderate relief (2)
 - Complete or almost complete relief (1)
 - No RLS symptoms; question does not apply (0)
4. Overall, how severe was your sleep disturbance because of your RLS symptoms?
 - Very severe (4)
 - Severe (3)
 - Moderate (2)
 - Mild (1)
 - None (0)
5. How severe was your tiredness or sleepiness because of your RLS symptoms?
 - Very severe (4)
 - Severe (3)
 - Moderate (2)
 - Mild (1)
 - None (0)
6. Overall, how severe was your
 - Very severe (4)
 - Severe (3)
 - Moderate (2)
 - Mild (1)
 - None (0)
7. How often did you have RLS s
 - Very often; six to seven day
 - Often; four to five days (3)
 - Sometimes; two to three d
 - Occasionally; one day or les
 - Never (0)
8. When you had RLS symptoms an average day?
 - Very severe; at least eight h
 - Severe; three to eight hour
 - Moderate; one to three ho
 - Mild; less than one hour pe
 - None (0)
9. Overall, how severe was the ir on your ability to carry out yo carrying out a satisfactory fan work life)?
 - Very severe (4)
 - Severe (3)
 - Moderate (2)
 - Mild (1)
 - None (0)
10. How severe was your mood d your RLS symptoms (for exam anxious, or irritable)?
 - Very severe (4)
 - Severe (3)
 - Moderate (2)
 - Mild (1)
 - None (0)

Online Figure A. International Restless Legs Syndrome Study Group Rating Scale for Syndrome.

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