

Headache Research Report

APPENDIX M

Gastrointestinal Symptom Rating Scale (GSRS)

Name: _____

A rating scale for gastrointestinal symptoms in patients with irritable bowel syndrome and peptic ulcer disease. Circle the number which best represents the current severity of the symptom.

1. Abdominal pains. Representing subjectively experienced bodily discomfort, aches and pains.

The type of pain may be classified according to the patient's description of the appearance and quality of the pain as epigastric, on the basis of typical location, association with acid-related symptoms, and relief of pain by food or antacids; as colicky when occurring in bouts, usually with a high intensity, and located in the lower abdomen; and as dull when continuous, often for several hours, with moderate intensity.

Rate according to intensity, frequency, duration, request for relief, and impact on social performance.

- 0 No or transient pain
- 1 Occasional aches and pains interfering with some social activities
- 2 Prolonged and troublesome aches and pains causing requests for relief and interfering with many social activities
- 3 Severe or crippling pains with impact on all social activities

2. Heartburn. Representing retrosternal discomfort or burning sensations. Rate according to intensity, frequency, duration, and request for relief.

- 0 No or transient heartburn
- 1 Occasional discomfort of short duration
- 2 Frequent episodes of prolonged discomfort; requests for relief
- 3 Continuous discomfort with only transient relief by antacids

3. Acid regurgitation. Representing sudden regurgitation of acid gastric content. Rate according to intensity, frequency, and request for relief.

- 0 No or transient regurgitation
- 1 Occasional troublesome regurgitation
- 2 Regurgitation once or twice a day; requests for relief
- 3 Regurgitation several times a day; only transient and insignificant relief by antacids

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4. Sucking sensations in the epigastrium. Representing a sucking sensation in the epigastrium with relief by food or antacids. If food or antacids are not available, the sucking sensations progress to ache, and pains. Rate according to intensity, frequency, duration, and request for relief.

- 0 No or transient sucking sensation
- 1 Occasional discomfort of short duration; no requests for food or antacids between meals
- 2 Frequent episodes of prolonged discomfort, requests for food and antacids between meals
- 3 Continuous discomfort; frequent requests for food or antacids between meals

5. Nausea and vomiting. Representing nausea which may increase to vomiting. Rate according to intensity, frequency, and duration.

- 0 No nausea
- 1 Occasional episodes of short duration
- 2 Frequent and prolonged nausea; no vomiting
- 3 Continuous nausea; frequent vomiting

6. Borborygmus. Representing reports of abdominal rumbling. Rate according to intensity, frequency, duration, and impact on social performance

- 0 No or transient borborygmus
- 1 Occasional troublesome borborygmus of short duration
- 2 Frequent and prolonged episodes which can be mastered by moving without impairing social performance
- 3 Continuous borborygmus severely interfering with social performance

7. Abdominal distension. Representing bloating with abdominal gas. Rate according to intensity, frequency, duration, and impact on social performance.

- 0 No or transient distension
- 1 Occasional discomfort of short duration
- 2 Frequent and prolonged episodes which can be mastered by adjusting the clothing
- 3 Continuous discomfort seriously interfering with social performance

8. Eructation. Representing reports of belching. Rate according to intensity, frequency, and impact on social performance.

- 0 No or transient eructation
- 1 Occasional troublesome eructation
- 2 Frequent episodes interfering with some social activities
- 3 Frequent episodes seriously interfering with social performance

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9. Increased flatus. Representing reports of excessive wind. Rate according to intensity, frequency, duration, and impact on social performance

- 0 No increased flatus
- 1 Occasional discomfort of short duration
- 2 Frequent and prolonged episodes interfering with some social activities
- 3 Frequent episodes seriously interfering with social performance

10. Decreased passage of stools. Representing reported reduced defecation. Rate according to frequency. Distinguish from consistency.

- 0 Once a day
- 1 Every third day
- 2 Every fifth day
- 3 Every seventh day or less frequently

11. Increased passage of stools. Representing reported increased defecation. Rate according to frequency. Distinguish from consistency.

- 0 Once a day
- 1 Three times a day
- 2 Five times a day
- 3 Seven times a day or more frequently

12. Loose stools. Representing reported loose stools. Rate according to consistency independent of frequency and feelings of incomplete evacuation.

- 0 Normal consistency
- 1 Somewhat loose
- 2 Runny
- 3 Watery

13. Hard Stools. Representing reported hard stools. Rate according to consistency independent of frequency and feelings of incomplete evacuation.

- 0 Normal consistency
- 1 Somewhat hard
- 2 Hard
- 3 Hard and fragmented, sometimes in combination with diarrhea

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14. Urgent need for defecation. Representing reports of urgent need for defecation, feelings of incomplete control, and inability to control defecation. Rate according to intensity, frequency, and impact on social performance.

- 0 Normal control
- 1 Occasional feelings of urgent need for defecation
- 2 Frequent feelings of urgent need for defecation with sudden need for a toilet interfering with social performance
- 3 Inability to control defecation

15. Feeling of incomplete evacuation. Representing reports of defecation with straining and a feeling of incomplete evacuation of stools. Rate according to intensity and frequency.

- 0 Feeling of complete evacuation without straining
- 1 Defecation somewhat difficult; occasional feelings of incomplete evacuation
- 2 Defecation definitely difficult; often feelings of incomplete evacuation
- 3 Defecation extremely difficult; regular feelings of incomplete evacuation