

Neuro-11 Neurosis Scale

This scale is used to assist doctors to know your bodily distress and emotional changes, to serve you and your doctor as a reference to find the best diagnoses and treatment. Please read the following items and choose the best answer. During the past month, how much have you been bothered by the following problems?

1. Muscle pain (shoulder and neck, waist or limbs)

- A. Absent
- B. Several days
- C. More than half of the time
- D. Almost daily

2. Headaches or dizziness

- A. Absent
- B. Several days
- C. More than half of the time
- D. Almost daily

3. Chest oppressed, heart pound or race, shortness of breath

- A. Absent
- B. Several days
- C. More than half of the time
- D. Almost daily

4. Low appetite, stomach or bowel problems

- A. Absent
- B. Several days
- C. More than half of the time
- D. Almost daily

5. Trouble falling asleep, more awakenings, wake up early, or sleep disturbed by dreams, or oversleeping

- A. Absent
- B. Several days
- C. More than half of the time
- D. Almost daily

6. Reduced attention & thinking abilities, forgetful, easy to feel tired

- A. Absent
- B. Several days
- C. More than half of the time
- D. Almost daily

7. Other problems, please describe _____ (e.g. feeling abnormal, dry mouth, excessive sweating, frequent urination etc.)

- A. Absent

- B. Several days
- C. More than half of the time
- D. Almost daily

8. Fears, worries, feeling tensions

- A. Absent
- B. Several days
- C. More than half of the time
- D. Almost daily

9. Tendency to weep, depressed mood, loss of interest in activities, hobbies, or work

- A. Absent
- B. Several days
- C. More than half of the time
- D. Almost daily

10. Have you experienced events that are extremely unpleasant or stressful in recent years?

- A. Yes
- B. No

11. Do you have chronic diseases that requires ongoing medications (e.g. hypertension, diabetes, coronary artery disease, insomnia, peptic ulcer)?

- A. Yes
- B. No

Score1-9: A: 0 B: 1 C: 2 D: 3

Score10-11: A: 0 B: 3

Entries 1-7 are somatic dimensions, 8-9 are affective dimensions, and 10-11 are negative event dimensions.

Total score 33 points, 10 or more judged with SSD