

The APA is offering a number of “emerging measures” for further research and clinical evaluation. These patient assessment measures were developed to be administered at the initial patient interview and to monitor treatment progress. They should be used in research and evaluation as potentially useful tools to enhance clinical decision-making and not as the sole basis for making a clinical diagnosis. Instructions, scoring information, and interpretation guidelines are provided; further background information can be found in DSM-5. The APA requests that clinicians and researchers provide further data on the instruments’ usefulness in characterizing patient status and improving patient care at <http://www.dsm5.org/Pages/Feedback-Form.aspx>.

Measure: Clinician-Rated Severity of Somatic Symptom Disorder

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CLINICIAN-RATED SEVERITY OF SOMATIC SYMPTOM DISORDER

Name: _____ Age: _____ Sex: Male Female Date: _____

| | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|------------------------------------------|--------------------------------------|-----------------------------------------|---------------------------------------|-------------------|
| Instructions: | | | | | | |
| Based on all the information you have on the individual receiving care and using your clinical judgment, please rate (✓) the presence and severity of the following symptoms as experienced by the individual in the past seven (7) days. | | | | | | |
| <i>On a scale of 0 to 4, please rate the severity of the individual's misattributions, excessive concerns, and/or preoccupations with the somatic symptom(s):</i> | | | | | | |
| | 0 | 1 | 2 | 3 | 4 | Item score |
| 1. Does the individual have or show disproportionate and persistent concerns about the medical seriousness of his/her symptoms? | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> Very much | |
| 2. Does the individual have or show a high level of health-related anxiety? | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> Very much | |
| 3. Does the individual spend excessive time and energy devoted to these symptoms or health concerns? | <input type="checkbox"/> Not at all | <input type="checkbox"/> A little bit | <input type="checkbox"/> Somewhat | <input type="checkbox"/> Quite a bit | <input type="checkbox"/> Very much | |
| Total Raw Score: | | | | | | |
| Average Total Score: | | | | | | |

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Instructions to Clinicians

The Clinician-Rated Severity of Somatic Symptom Disorder is a 3-item measure that assesses the severity of the individual's misattributions, excessive concerns, and/or preoccupations with the somatic symptom(s). The measure is intended to capture meaningful variation in the severity of symptoms, which may help with treatment planning and prognostic decision-making. The measure is completed by the clinician at the time of the clinical assessment. Each item asks the clinician to rate the severity of each symptom as experienced by the individual in the past seven days.

Scoring and Interpretation

Each item on the measure is rated on a 5-point scale (0=Not at all; 1=A little bit; 2=Somewhat; 3=Quite a bit; and 4=Very much). The measure has a range in total raw score from 0 to 12, with higher scores indicating greater severity. The clinician is asked to review all available information for the individual and, based on his or her clinical judgment, select (✓) the level that most accurately describes the severity of the individual's condition. The clinician is then asked to indicate the score for each item in the "Item score" column provided. The raw scores on the 3 items should be summed to obtain a **total raw score**. In addition, the clinician is asked to calculate and use the **average total score**. The **average total score** is calculated by dividing the total raw score by the number of items on the measure (i.e., 3). The **average total score** is comparable to the 5-point scale, which allows the clinician to think of the severity of the individual's condition in terms of none (0), mild (1), moderate (2), severe (3), or extreme (4).

Note: If 1 or more items are left unanswered, the total score on the measure should not be calculated. Therefore, the individual should be encouraged to complete both items on the measure.

Frequency of Use

To track changes in the individual's symptom severity over time, the measure may be completed at regular intervals as clinically indicated, depending on the stability of the individual's symptoms and treatment status. Consistently high scores on a particular domain may indicate significant and problematic areas for the individual that might warrant further assessment, treatment, and follow-up. Your clinical judgment should guide your decision.