

1. Speaking

- 0 = Normal.
- 1 = Slight voice tremulousness, only when "nervous".
- 2 = Mild voice tremor. All words easily understood.
- 3 = Moderate voice tremor. Some words difficult to understand.
- 4 = Severe voice tremor. Most words difficult to understand.

Name / ID # _____

Date _____ Examiner _____

2. Feeding with a spoon

- 0 = Normal
- 1 = Slightly abnormal. Tremor is present but does not interfere with feeding with a spoon.
- 2 = Mildly abnormal. Spills a little.
- 3 = Moderately abnormal. Spills a lot or changes strategy to complete task such as using two hands or leaning over.
- 4 = Severely abnormal. Cannot feed with a spoon.

3. Drinking from a glass

- 0 = Normal.
- 1 = Slightly abnormal. Tremor is present but does not interfere with drinking from a glass.
- 2 = Mildly abnormal. Spills a little.
- 3 = Moderately abnormal. Spills a lot or changes strategy to complete task such as using two hands or leaning over.
- 4 = Severely abnormal. Cannot drink from a glass or uses straw or sippy cup.

4. Hygiene

- 0 = Normal.
- 1 = Slightly abnormal. Tremor is present but does not interfere with hygiene.
- 2 = Mildly abnormal. Some difficulty but can complete task.
- 3 = Moderately abnormal. Unable to do most fine tasks such as lipstick or shaving unless changes strategy i.e two hands or less affected hand.
- 4 = Severely abnormal. Cannot complete hygiene activities independently.

5. Dressing

- 0 = Normal.
- 1 = Slightly abnormal. Tremor is present but does not interfere with dressing.
- 2 = Mildly abnormal. Able to do everything but has difficulty due to tremor.
- 3 = Moderately abnormal. Unable to do most dressing unless changes strategy i.e. Velcro, buttoning shirt before putting it on or laceless shoes.
- 4 = Severely abnormal. Cannot dress independently.

6. Pouring

- 0 = Normal.
- 1 = Slightly abnormal. Tremor is present but does not interfere with pouring.
- 2 = Mildly abnormal. Must be very careful to avoid spilling but may spill occasionally.
- 3 = Moderately abnormal. Must use two hands or uses other strategies to avoid spilling.
- 4 = Severely abnormal. Cannot pour.

7. Carrying food trays, plates or similar items

- 0 = Normal
- 1 = Slightly abnormal. Tremor is present but does not interfere with carrying food trays, plates or similar items.
- 2 = Mildly abnormal. Must be very careful to avoid spilling items on food tray.
- 3 = Moderately abnormal. Uses strategies such as holding tightly against body to carry.
- 4 = Severely abnormal. Cannot carry food trays or similar items.

8. Using Keys

- 0 = Normal
- 1 = Slightly abnormal. Tremor is present but can insert key with one hand without difficulty.
- 2 = Mildly abnormal. Commonly misses target but still routinely puts key in lock with one hand.
- 3 = Moderately abnormal. Needs to use two hands or other strategies to put key in lock.
- 4 = Severely abnormal. Cannot put key in lock.

9. Writing

- 0 = Normal
- 1 = Slightly abnormal. Tremor present but does not interfere with writing.
- 2 = Mildly abnormal. Difficulty writing due to the tremor
- 3 = Moderately abnormal. Cannot write without using strategies such as bracing the writing hand, holding pen differently or using large pen.
- 4 = Severely abnormal. Cannot write.

10. Working. If patient is retired, ask as if they were still working. If the patient is at home, ask about housework:

- 0 = Normal .
- 1 = Slightly abnormal. Tremor is present but does not affect performance at work or at home.
- 2 = Mildly abnormal. Tremor interferes with work; able to do everything, but with errors. .
- 3 = Moderately abnormal. Unable to continue working without using strategies such as changing jobs or using special equipment.
- 4 = Severely abnormal. Cannot perform any job or household work.

11. Overall disability with the most affected task (Name task, _____)

- 0 = Normal.
- 1 = Slightly abnormal. Tremor present but does not affect task.
- 2 = Mildly abnormal. Tremor interferes with task but is still able to perform task.
- 3 = Moderately abnormal. Can do task but must use strategies.
- 4 = Severely abnormal. Cannot do the task.

12. Social Impact

- 0 = None
- 1 = Aware of tremor, but it does not affect lifestyle or professional life.
- 2 = Feels embarrassed by tremor in some social situations or professional meetings.
- 3 = Avoids participating in some social situations or professional meetings because of tremor.
- 4 = Avoids participating in most social situations or professional meetings because of tremor

Total Score: _____