

Talking about your symptoms

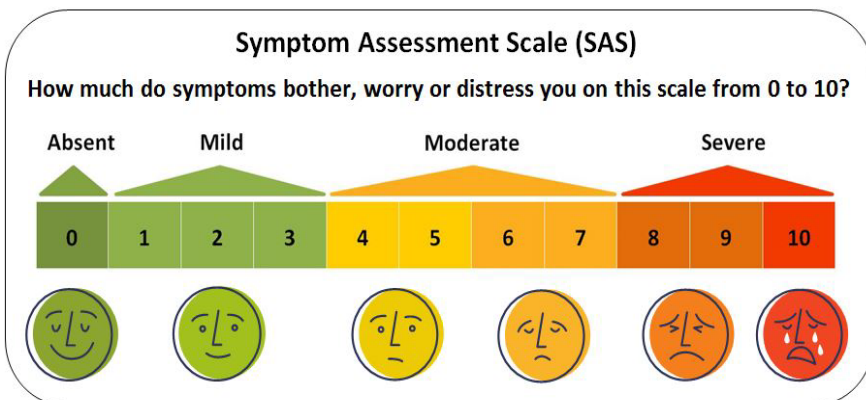
Talking about your symptoms is important

Symptoms are feelings or sensations in your body or mind that are causing you discomfort, pain or suffering. We want to know about the distress (concern or worry) caused by your symptoms. We need to understand this, so we can manage it well.

What will you be asked to do?

We will ask you to score each symptom between **0 and 10**. You will be asked to look at the scale below and pick the number that matches how you feel. Use the face, colour or word to help with this.

Before you answer, please think about your experience of each symptom on that day.



What do the scores mean?

- 0** means that you have no distress or worry from that symptom.
- 1** means that you are experiencing slight distress or worry from that symptom.
- 10** means that you are experiencing the worst possible distress or worry from that symptom.

The symptoms we will ask you about are:

- Difficulty sleeping
- Appetite problems
- Nausea
- Bowel problems
- Breathing problems
- Fatigue
- Pain
- *Any others for you?*

Please score your symptoms yourself. If needed, a member of your family or one of the clinical staff can help.