

Appendix A. ESRS Manual and scoring sheet

Extrapyramidal symptom rating scale (ESRS) (Chouinard) © 1979

In case of doubt score the lesser severity.

I. QUESTIONNAIRE : Parkinsonism, Akathisia, Dystonia and Dyskinesia. *In this questionnaire, take into account the verbal report of the patient on the following: 1) the duration of the symptom during the day; 2) the number of days where the symptom was present during the last week; and, 3) the evaluation of the intensity of the symptom by the patient.*

Enquire into the status of each symptom and rate accordingly

	Absent	Mild	Moderate	Severe	
1. Impression of slowness or weakness, difficulty in carrying out routine tasks	0	1	2	3	<input type="checkbox"/>
2. Difficulty walking or with balance					
3. Stiffness, stiff posture	0	1	2	3	<input type="checkbox"/>
4. Restless, nervous, unable to keep still	0	1	2	3	<input type="checkbox"/>
5. Tremors, shaking					
6. Oculogyric crisis, abnormal sustained posture	0	1	2	3	<input type="checkbox"/>
7. Abnormal involuntary movements (dyskinesia) of tongue, jaw, lips, face, extremities or trunk	0	1	2	3	<input type="checkbox"/>

II. EXAMINATION: PARKINSONISM AND AKATHISIA

Items based on physical examinations for Parkinsonism.

	Occasional	Frequent	Constant or almost so		
1. Tremor					
None:	0			Right upper limb	<input type="checkbox"/>
Borderline:	1			Left upper limb	<input type="checkbox"/>
Small amplitude:	2	3	4	Right lower limb	<input type="checkbox"/>
Moderate amplitude:	3	4	5	Left lower limb	<input type="checkbox"/>
Large amplitude:	4	5	6	Head	<input type="checkbox"/>
				Tongue	<input type="checkbox"/>
				Jaw/Chin	<input type="checkbox"/>
				Lips	<input type="checkbox"/>
2. Bradykinesia	0: normal				
	1: global impression of slowness in movements				
	2: definite slowness in movements				
	3: very mild difficulty in initiating movements				<input type="checkbox"/>
	4: mild to moderate difficulty in initiating movements				
	5: difficulty in starting or stopping any movement, or freezing on initiating voluntary act				
	6: rare voluntary movement, almost completely immobile				
3. Gait & posture	0: normal				
	1: mild decrease of pendular arm movement				
	2: moderate decrease of pendular arm movement, normal steps				
	3: no pendular arm movement, head flexed, steps more or less normal				<input type="checkbox"/>

	4:	stiff posture (neck, back) small step (shuffling gait)		
	5:	more marked, festination or freezing on turning		
	6:	triple flexion, barely able to walk		
4. Postural stability	0:	normal		
	1:	hesitation when pushed but no retropulsion		
	2:	retropulsion but recovers unaided		
	3:	exaggerated retropulsion without falling		<input type="checkbox"/>
	4:	absence of postural response would fall if not caught by examiner		
	5:	unstable while standing, even without pushing		
	6:	unable to stand without assistance		<input type="checkbox"/>
5. Rigidity	0:	normal muscle tone	Right upper limb	<input type="checkbox"/>
	1:	very mild, barely perceptible	Left upper limb	<input type="checkbox"/>
	2:	mild (some resistance to passive movements)	Right lower limb	<input type="checkbox"/>
	3:	moderate (definite difficulty to move the limb)	Left lower limb	<input type="checkbox"/>
	4:	moderately severe (moderate resistance but still easy to move limb)		
	5:	severe (marked resistance with definite difficulty to move the limb)		
	6:	extremely severe (limb nearly frozen)		
<i>Items based on overall observation during examination for Parkinsonism.</i>				
6. Expressive automatic movements (Facial mask / speech)	0:	normal		
	1:	very mild decrease in facial expressiveness		
	2:	mild decrease in facial expressiveness		
	3:	rare spontaneous smile, decrease blinking, voice slightly monotonous		<input type="checkbox"/>
	4:	no spontaneous smile, staring gaze, low monotonous speech, mumbling		
	5:	marked facial mask, unable to frown, slurred speech		
	6:	extremely severe facial mask with unintelligible speech		
7. Akathisia	0:	absent		
	1:	looks restless, nervous, impatient, uncomfortable		
	2:	needs to move at least one extremity		
	3:	often needs to move one extremity or to change position		<input type="checkbox"/>

- 4: moves one extremity almost constantly if sitting, or stamps feet while standing
- 5: unable to sit down for more than a short period of time
- 6: moves or walks constantly

III. EXAMINATION: DYSTONIA

Based on examination and observation

Acute torsion, and non acute or chronic or tardive dystonia

0:	absent	Right upper limb	<input type="checkbox"/>
1:	very mild	Left upper limb	<input type="checkbox"/>
2:	mild	Right lower limb	<input type="checkbox"/>
3:	moderate	Left lower limb	<input type="checkbox"/>
4:	moderately severe	Head	<input type="checkbox"/>
5:	severe	Tongue	<input type="checkbox"/>
6:	extremely severe	Eyes	<input type="checkbox"/>
		Jaw/Chin	<input type="checkbox"/>
		Lips	<input type="checkbox"/>
		Trunk	<input type="checkbox"/>

IV. EXAMINATION: DYSKINETIC MOVEMENT

Based on examination and observation

	Occasional*	Frequent**	Constant or almost so	
1. Lingual movements (slow lateral or torsion movement of tongue)				
none:	0			
borderline:	1			
clearly present, within oral cavity:	2	3	4	
with occasional partial protrusion:	3	4	5	
with complete protrusion:	4	5	6	<input type="checkbox"/>
2. Jaw movements (lateral movement, chewing, biting clenching)				
none:	0			
borderline:	1			
clearly present, small amplitude:	2	3	4	
moderate amplitude: but without mouth opening:	3	4	5	
large amplitude: with mouth opening:	4	5	6	<input type="checkbox"/>
3. Bucco-labial movements (puckering, pouting, smacking, etc.)				
none:	0			
borderline:	1			
clearly present, small amplitude:	3	3	4	
moderate amplitude, forward movement of lips:	4	4	5	
large amplitude; marked, noisy smacking of lips:	5	5	6	<input type="checkbox"/>

4. Truncal movements (involuntary rocking, twisting, pelvic gyrations)					
none:	0				
borderline:	1				
clearly present, small amplitude:		2	3		4
moderate amplitude:		3	4		5
greater amplitude:		4			6
5. Upper extremities (choreoathetoid movements only: arms, wrists, hands, fingers)			5		6
none:	0				
borderline:	1				
clearly present, small amplitude, movement of one limb:		2	3		4
moderate amplitude, movement of one limb or movement of small amplitude involving two limbs:		3	4		5
greater amplitude, movement involving two limbs:		4	5		6
6. Lower extremities (choreoathetoid movements only: legs, knees, ankles, toes)					
none:	0				
borderline:	1				
clearly present, small amplitude, movement of one limb:		2	3		4
moderate amplitude, movement of one limb or movement of small amplitude involving two limbs:		3	4		5
greater amplitude, movement involving two limbs:		4	5		6
7. Other involuntary movements (swallowing, irregular respiration, frowning, blinking, grimacing, sighing, etc.)					
none:	0				
borderline:	1				
clearly present, small amplitude:		2	3		4
moderate amplitude:		4	4		5
greater amplitude:		5	5		6

Specify.....

* when activated or rarely spontaneous;
** frequently spontaneous and present when activated

V. CLINICAL GLOBAL IMPRESSION OF SEVERITY OF DYSKINESIA

Considering your clinical experience, how severe is the dyskinesia at this time?

0: absent	3: mild	6: marked
1: borderline	4: moderate	7: severe
2: very mild	5: moderately severe	8: extremely severe

VI. CLINICAL GLOBAL IMPRESSION OF SEVERITY OF PARKINSONISM

Considering your clinical experience, how severe is the parkinsonism at this time?

0: absent	3: mild	6: marked
1: borderline	4: moderate	7: severe
2: very mild	5: moderately severe	8: extremely severe

VII. CLINICAL GLOBAL IMPRESSION OF SEVERITY OF DYSTONIA

Considering your clinical experience, how severe is the dystonia at this time?

0: absent	3: mild	6: marked
1: borderline	4: moderate	7: severe
2: very mild	5: moderately severe	8: extremely severe

VIII. CLINICAL GLOBAL IMPRESSION OF SEVERITY OF AKATHISIA

Considering your clinical experience, how severe is the akathisia at this time?

0: absent	3: mild	6: marked
1: borderline	4: moderate	7: severe
2: very mild	5: moderately severe	8: extremely severe

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