

American Urological Association (AUA) Symptom Index

1. INCOMPLETE EMPTYING

Over the last month, how often have you had a sensation of not emptying your bladder completely after you finished urinating?	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
	0	1	2	3	4	5

2. FREQUENCY

During the last month, how often have you had to urinate again less than 2 hours after you finished urinating?	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
	0	1	2	3	4	5

3. INTERMITTENCY

During the last month, how often have you stopped and started again several times when you urinated?	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
	0	1	2	3	4	5

4. URGENCY

During the last month, how often have you found it difficult to postpone urination?	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
	0	1	2	3	4	5

5. WEAK STREAM

During the last month, how often have you had a weak urinary stream?	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
	0	1	2	3	4	5

6. STRAINING

During the last month, how often have you had to push or strain to begin urination?	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
	0	1	2	3	4	5

7. NOCTURIA

During the last month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	Never	1 time a night	2 times a night	3 times a night	4 times a night	5 times or more a night
	0	1	2	3	4	5

Now add up your Symptom Score (1-7 = Mild, 8-19 = Moderate, 20-35 = Severe):

Name and date:

Adapted from American Urological Association. Guideline on the Management of Benign Prostatic-Hyperplasia (BPH). Linthicum, Md: American Urological Association Education and Research, Inc; 2003: 1-22, 1-23, 3-51.

The Disease Specific Quality of Life Question

The International Prostate Symptom Score uses the same 7 questions as the AUA Symptom Index (presented above) with the addition of the following Disease Specific Quality of Life Question (bother score) scored on the scale from 0 to 6 points (delighted to terrible).

If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that?	Delighted	Pleased	Mostly satisfied	Mixed	Mostly disappointed	Unhappy	Terrible
	0	1	2	3	4	5	6