

## APPENDIX: MS IMPACT SCALE (MSIS-29)<sup>1</sup>

- The following questions ask for your views about the impact of MS on your day-to-day life during the past two weeks
- For each statement, please circle the one number that best describes your situation
- Please answer all questions

In the <u>past two weeks</u> , how much has your MS limited your ability to ...	<b>Not at all</b>	<b>A little</b>	<b>Moderately</b>	<b>Quite a bit</b>	<b>Extremely</b>
<b>1. Do physically demanding tasks?</b>	1	2	3	4	5
<b>2. Grip things tightly (e.g. turning on taps)?</b>	1	2	3	4	5
<b>3. Carry things?</b>	1	2	3	4	5

In the <u>past two weeks</u> , how much have you been bothered by ...	<b>Not at all</b>	<b>A little</b>	<b>Moderately</b>	<b>Quite a bit</b>	<b>Extremely</b>
<b>4. Problems with your balance?</b>	1	2	3	4	5
<b>5. Difficulties moving about indoors?</b>	1	2	3	4	5
<b>6. Being clumsy?</b>	1	2	3	4	5
<b>7. Stiffness?</b>	1	2	3	4	5
<b>8. Heavy arms and/or legs?</b>	1	2	3	4	5
<b>9. Tremor of your arms or legs?</b>	1	2	3	4	5
<b>10. Spasms in your limbs?</b>	1	2	3	4	5
<b>11. Your body not doing what you want it to do?</b>	1	2	3	4	5
<b>12. Having to depend on others to do things for you?</b>	1	2	3	4	5

<sup>1</sup> The MSIS-29 physical scale is derived by summing all items 1-20 inclusive; the MSIS-29 psychological scale is derived by summing all items 21-29 inclusive.

In the <u>past two weeks</u> , how much <b>have you been bothered by ...</b>	<b>Not at all</b>	<b>A little</b>	<b>Mod-erately</b>	<b>Quite a bit</b>	<b>Extremely</b>
<b>13. Limitations in your social and leisure activities at home?</b>	1	2	3	4	5
<b>14. Being stuck at home more than you would like to be?</b>	1	2	3	4	5
<b>15. Difficulties using your hands in everyday tasks?</b>	1	2	3	4	5
<b>16. Having to cut down the amount of time you spent on work or other daily activities?</b>	1	2	3	4	5
<b>17. Problems using transport (e.g. car, bus, train, taxi, etc.)?</b>	1	2	3	4	5
<b>18. Taking longer to do things?</b>	1	2	3	4	5
<b>19. Difficulty doing things spontaneously (e.g. going out on the spur of the moment)?</b>	1	2	3	4	5
<b>20. Needing to go to the toilet urgently?</b>	1	2	3	4	5
<b>21. Feeling unwell?</b>	1	2	3	4	5
<b>22. Problems sleeping?</b>	1	2	3	4	5
<b>23. Feeling mentally fatigued?</b>	1	2	3	4	5
<b>24. Worries related to your MS?</b>	1	2	3	4	5
<b>25. Feeling anxious or tense?</b>	1	2	3	4	5
<b>26. Feeling irritable, impatient, or short tempered?</b>	1	2	3	4	5
<b>27. Problems concentrating?</b>	1	2	3	4	5
<b>28. Lack of confidence?</b>	1	2	3	4	5
<b>29. Feeling depressed?</b>	1	2	3	4	5