

## APPENDIX 1. The International Prostate Symptom Score (IPSS)

Urinary symptoms over the past month (symptom score criteria)	Not at all	Less than one time in five	Less than half the time	About half the time	More than half the time	Almost always
<b>1. Incomplete emptying</b> How often have you had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5
<b>2. Frequency</b> How often have you had to urinate less than 2 hours after you finished urinating?	0	1	2	3	4	5
<b>3. Intermittency</b> How often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5
<b>4. Urgency</b> How often have you found it difficult to postpone urination?	0	1	2	3	4	5
<b>5. Weak stream</b> How often have you had a weak urinary stream?	0	1	2	3	4	5
<b>6. Straining</b> How often have you had to push or strain to begin urination?	0	1	2	3	4	5
	<b>None</b>	<b>One Time</b>	<b>Two Times</b>	<b>Three Times</b>	<b>Four Times</b>	<b>Five or More Times</b>
<b>7. Nocturia</b> 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?	0	1	2	3	4	5
<b>Symptom Score:</b> The final score is the sum of questions 1 to 7. Scoring: 0 to 7—mild symptoms; 8 to 19—moderate symptoms; 20 to 35—severe symptoms.						

Quality of life due to urinary problems	Delighted	Pleased	Mostly Satisfied	Mixed—about equally satisfied and unsatisfied	Mostly dissatisfied	Unhappy	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?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Sources:** **1)** Barry MJ, Fowler FJ Jr, O'Leary MP, et al. The American Urological Association symptom index for benign prostatic hyperplasia. Measurement Committee of the American Urological Association. *J Urol* 1992;148:1549-1557; **2)** O'Leary MP Validity of the Bother Score in the evaluation and treatment of symptomatic benign prostatic hyperplasia. *Reviews in Urology* 2005;7(1):1-10.

**IPSS: Online Clinical Calculator**  
**UroRecord:** Patient app for completing the IPSS and logging/tracking scores. Available on the Apple and Google Play app stores.

