

The International Prostate Symptom Score (I-PSS) is based on the answers to 7 questions concerning urinary symptoms and 1 question concerning the effect of symptoms. Each question concerning urinary symptoms allows the patient to choose 1 of 6 answers indicating increasing severity of the particular symptom. The answers are assigned points from 0 to 5. The total score can therefore range from 0 to 35 (asymptomatic to very symptomatic).

The questions refer to the following urinary symptoms:

Questions	Symptoms
1	Incomplete Emptying
2	Frequency
3	Intermittency
4	Urgency
5	Weak Stream
6	Straining
7	Nocturia

The first 7 questions of the I-PSS are identical to the questions appearing on the American Urological Association (AUA) Symptom Index, which currently categorizes symptoms as follows³:

Mild	(symptom score less than or equal to 7)
Moderate	(symptom score range 8–19)
Severe	(symptom score range 20–35)

The International Scientific Committee (SCI), under the patronage of the World Health Organization (WHO) and the International Union Against Cancer (UICC), recommends the use of the additional question to begin a discussion with patients about the effect of symptoms on their lives. The answers to this question range from “delighted” to “terrible” or 0 to 6.

References:

1. Denis L, Griffiths K, Khoury S, Cockett ATK, McConnell J, Chatelain C, et al, eds. Diagnostic work-up of men presenting with lower urinary tract symptoms (LUTS) suggestive of benign prostatic obstruction. In: *Proceedings of the 4th International Consultation on Benign Prostatic Hyperplasia (BPH)*. Paris, France, July 2–5, 1997;671–673.
2. Chatelain C, Denis L, Foo JKT, Khoury S, McConnell J, Abrams P, et al, eds. Diagnostic work-up of men presenting with lower urinary tract symptoms (LUTS). In: *Recommendations of the International Scientific Committee: evaluation and treatment of lower urinary tract symptoms (LUTS) in older men. Proceedings of the 5th International Consultation on Benign Prostatic Hyperplasia (BPH)*. Paris, France, July 26–28, 2000;519–523.
3. AUA Practice Guidelines Committee. AUA guideline on management of benign prostatic hyperplasia (2003): chapter 1: diagnosis and treatment recommendations. *J Urol*. 2003;170:530–547.

International Prostate Symptom Score (I-PSS)^{1,2}

Patient's Name _____ Date of Birth _____ Date Completed _____

	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	
1. Incomplete Emptying Over the past month, how often have you had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5	
2. Frequency Over the past month, how often have you had to urinate again less than 2 hours after you finished urinating?	0	1	2	3	4	5	
3. Intermittency Over the past month, how often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5	
4. Urgency Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5	
5. Weak Stream Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
6. Straining Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5	
	None	1 time	2 times	3 times	4 times	5 times or more	
7. Nocturia Over the past 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?	0	1	2	3	4	5	
Total I-PSS Score							
	Delighted	Pleased	Mostly satisfied	Mixed	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?	0	1	2	3	4	5	6

Adapted with permission from Chatelain C et al, eds.²

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The International Scientific Committee notes that physicians who counsel men with lower urinary tract symptoms (LUTS) use these measures not only during the initial interview but also during and after treatment in order to monitor treatment response.

The International Scientific Committee, under the patronage of the World Health Organization (WHO) and the International Union Against Cancer (UICC), has agreed to use the symptom index for BPH, which has been developed by the American Urological Association (AUA) Measurement Committee, as the symptoms assessment tool for patients.³