

Domain:	Reproductive Health
Measure:	Prostate Symptoms
Definition:	Questions to assess males' prostate symptoms
Purpose:	This measure assesses participants' urinary symptoms due to benign prostatic hyperplasia (BPH), a common medical condition in men over the age of 50 years.
Essential PhenX Measures:	Current Age Gender
Related PhenX Measures:	Testes Volume Male Sexual Function Cancer Screenings Cancer Treatments
Keywords:	Reproductive health, International Prostate Symptom Score, IPSS
Measure Release Date:	February 26, 2010

Protocol Release Date:	February 26, 2010
PhenX Protocol Name:	Prostate Symptoms
Protocol Name from Source:	International Prostate Symptom Score (I-PSS)
Description:	The interviewer asks the male participant to complete the questionnaire, which includes questions about how often he urinates at night, whether he has incomplete bladder emptying, urinary frequency, urinary urgency, difficulty urinating and about the quality of life associated with urination. Note that the questions in this protocol, the International Prostate Symptom Score (I-PSS), were previously called the American Urological Association Symptom Index.
Specific Instructions:	None

Protocol:

International Prostate Symptom Score (I-PSS)

Patient Name: _____ **Date of birth:** _____ **Date completed:** _____

In the past month:	Not at All	Less than 1 in 5 Times	Less than Half the Time	About Half the Time	More than Half the Time	Almost Always	Your Score
1. Incomplete Emptying How often have you had the sensation of not emptying your bladder?	0	1	2	3	4	5	
2. Frequency How often have you had to urinate less than every two hours?	0	1	2	3	4	5	
3. Intermittency How often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5	
4. Urgency How often have you found it difficult to postpone urination?	0	1	2	3	4	5	
5. Weak Stream How often have you had a weak urinary stream?	0	1	2	3	4	5	
6. Straining How often have you had to strain to start urination?	0	1	2	3	4	5	
	None	1 Time	2 Times	3 Times	4 Times	5 Times	
7. Nocturia How many times did you typically get up at night to urinate?	0	1	2	3	4	5	
Total I-PSS Score							

Score: 1–7: *Mild* 8–19: *Moderate* 20–35: *Severe*

Quality of Life Due to Urinary Symptoms:	Delighted	Pleased	Moderately 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

About the I-PSS

The International Prostate Symptom Score (I-PSS) is based on the answers to seven questions concerning urinary symptoms and one question concerning quality of life. Each question concerning urinary symptoms allows the patient to choose one out of six 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	Symptom
1	Incomplete emptying
2	Frequency
3	Intermittency
4	Urgency
5	Weak Stream
6	Straining
7	Nocturia

Question eight refers to the patient's perceived quality of life.

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

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

	<p>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 only a single question to assess the quality of life. The answers to this question range from “delighted” to “terrible” or 0 to 6. Although this single question may or may not capture the global impact of benign prostatic hyperplasia (BPH) Symptoms or quality of life, it may serve as a valuable starting point for a doctor-patient conversation.</p> <p>The SCI has agreed to use the symptom index for BPH, which has been developed by the AUA Measurement Committee, as the official worldwide symptoms assessment tool for patients suffering from prostatism.</p> <p>The SCI recommends that physicians consider the following components for a basic diagnostic workup: history; physical exam; appropriate labs, such as U/A, creatine, etc.; and DRE or other evaluation to rule out prostate cancer.</p> <p>Translations of the I-PSS are available at the Mapi Research Trust website for a fee. Go to http://www.mapi-trust.org/ressources/questionnairestranslations for more details.</p>
Selection Rationale:	Specific genito-urinary symptoms are related to Benign prostatic hyperplasia. The I-PSS is the current international standard.
Source:	Barry MJ, Fowler FJ, O'leary MP et al. (1992). The American Urological Association Symptom Index for benign prostatic hyperplasia. <i>Journal of Urology</i> , 148:1549-1557
Life Stage:	Adult
Language:	English, other languages available via Mapi Trust
Participant:	Adult males. The PhenX Reproductive Health Working Group recommends asking male participants ages 40 and older.
Personnel and Training Required:	The interviewer must be trained to conduct personal interviews with individuals from the general population. The interviewer must be trained and found to be competent (i.e., tested by an expert) at the completion of personal interviews.
Equipment Needs:	Pencil and paper.
General References:	<p>Cockett AT, Aso Y, Denis L, Murphy G, Khoury S, et al. (1993). Recommendations of the International Consensus Committee. In Cockett ATK, Khoury S, Aso Y, Chatelain C, Denis L, Griffiths K, Murphy G (eds): “The Second International Consultation of Benign Prostatic Hyperplasia (BPH).” Paris, 553–564.</p> <p>Sciarra A, D'Eramo G, Casale P, Loreto A, Buscarini M, Di Nicola S, Seccareccia F, Di Silverio F. (1998). Relationship among symptom score, prostate volume, and urinary flow rates in 543 patients with and without benign prostatic hyperplasia. <i>Prostate</i>, 34(2):121-8.</p>

Mode of Administration:	Interviewer-administered questionnaire										
Derived Variables:	None										
Requirements:	<table border="1"> <thead> <tr> <th>Requirement Category</th> <th>Required</th> </tr> </thead> <tbody> <tr> <td>Major equipment</td> <td>No</td> </tr> <tr> <td>Specialized training</td> <td>No</td> </tr> <tr> <td>Specialized requirements for biospecimen collection</td> <td>No</td> </tr> <tr> <td>Average time of greater than 15 minutes in an unaffected individual</td> <td>No</td> </tr> </tbody> </table>	Requirement Category	Required	Major equipment	No	Specialized training	No	Specialized requirements for biospecimen collection	No	Average time of greater than 15 minutes in an unaffected individual	No
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	Major equipment	No									
	Specialized training	No									
	Specialized requirements for biospecimen collection	No									
Average time of greater than 15 minutes in an unaffected individual	No										
Annotations for Specific Conditions:	None at this time.										
Process and Review:	<p>The Expert Review Panel #5 (ERP 5) reviewed the measures in the Reproductive Health domain.</p> <p>Guidance from ERP includes:</p> <ul style="list-style-type: none"> • Replaced the protocol <p>Not back-compatible requires changes to Data Dictionary</p> <p>Previous version in Toolkit archive (link)</p>										