Dr. Chalfin's Tremor Questionnaire (for those without a diagnosis of Parkinson's)

Tremor is defined as uncontrollable shaking or quivering of the body part in question.

On a typical day, how many of your waking hours do you have a tremor? _____

Rate your tremor in each body part with 0-5 where 0 = no tremor and 5 = severe tremor:

☐ Head ___ ☐ Voice ___ ☐ RIGHT arm/hand _____ ☐ LEFT arm/hand _____

☐ RIGHT leg/foot ____ ☐ LEFT leg/foot _____

In the past month, if you are taking medication for your tremor,

Have you had **side effects** from your tremor medications? _____

Have you been **satisfied with the tremor control** achieved by your medications? _____

Check off any of the following activities that your tremor significantly (negatively) impacts on a regular basis.

- ☐ Ability to communicate
- ☐ Your job/profession
- ☐ Your finances
- ☐ Your hobbies
- ☐ Writing (letters, forms)
- ☐ Using a computer
- ☐ Using your phone
- ☐ Fixing things around the house
- ☐ Dressing (buttoning, zipping, tying shoes)
- ☐ Brushing/flossing teeth
- ☐ Eating (bringing food to mouth, spilling)
- ☐ Drinking (pouring, bringing to mouth, spilling)
- ☐ Reading or holding reading material
- ☐ Relationships
- ☐ Self-confidence
- ☐ Embarrassment, Depression, Loneliness/Isolation
- ☐ Worrying about the future
- ☐ Using alcohol more frequently
- ☐ Difficulty concentrating

Have you had any of the following problems?

- ☐ Loss of sense of taste/smell
- ☐ Nausea/vomiting/difficulty eating a full meal
- ☐ Urinary urgency or frequent urination at night
- ☐ Finding it difficult to have sex when they try
- ☐ Change in sweating
- ☐ Double vision
- ☐ Difficulty getting to sleep or staying asleep at night
- ☐ Unpleasant sensations in legs at night or while resting, needing to move them
- ☐ Intense, vivid, or frightening dreams
- ☐ Talking or moving about in their sleep as if they are "acting out" a dream
- ☐ Unexplained pains not due to arthritis
- ☐ Unexplained change in weight not due to change in diet
- ☐ Episodes of semi-consciousness while awake
- ☐ Severe fluctuation in level of cognitive functioning
- ☐ Falls