

CENTER FOR NEUROLOGIC STUDY-LABILITY SCALE (CNS-LS) FOR PSEUDOBULBAR AFFECT (PBA)

The CNS-LS is a short (seven-item), self-administered questionnaire, designed to be completed by the patient, that provides a quantitative measure of the perceived frequency of PBA episodes. The CNS-LS can assist in evaluating patients who may be experiencing symptoms of PBA. A CNS-LS score of 13 or higher may suggest PBA.¹ This score does not diagnose PBA, and lower or higher scores can occur in persons with and without PBA.

NAME _____ DATE OF ASSESSMENT ____/____/____

Using the scale below, please write the number that describes the degree to which each item applies to you **DURING THE PAST WEEK**.¹ Write only 1 number for each item.¹

- | | | | | |
|------------------------------|-------------------------------|-------------------------------------|-----------------------------------|---|
| 1
Applies
never | 2
Applies
rarely | 3
Applies
occasionally | 4
Applies
frequently | 5
Applies most
of the time |
|------------------------------|-------------------------------|-------------------------------------|-----------------------------------|---|

ASSESSMENT QUESTIONS	ANSWER (1-5)
1 There are times when I feel fine one minute, and then I'll become tearful the next over something small or for no reason at all.	
2 Others have told me that I seem to become amused very easily or that I seem to become amused about things that really aren't funny.	
3 I find myself crying very easily.	
4 I find that even when I try to control my laughter, I am often unable to do so.	
5 There are times when I won't be thinking of anything happy or funny at all, but then I'll suddenly be overcome by funny or happy thoughts.	
6 I find that even when I try to control my crying, I am often unable to do so.	
7 I find that I am easily overcome by laughter.	
TOTAL SCORE :	

PLEASE PROVIDE THE COMPLETED QUESTIONNAIRE TO YOUR HEALTH CARE PROVIDER.

The CNS-LS has been validated in amyotrophic lateral sclerosis (ALS) and multiple sclerosis (MS) patient populations.^{1,2}

This questionnaire is not intended to substitute for professional medical assessment and/or advice.

References: 1. Moore SR, Gresham LS, Bromberg MB, Kasarkis EJ, Smith RA. A self report measure of affective lability. *J Neurol Neurosurg Psychiatry.* 1997;63(1):89-93. 2. Smith RA, Berg JE, Pope LE, Callahan JD, Wynn D, Thisted RA. Validation of the CNS emotional lability scale for pseudobulbar affect (pathological laughing and crying) in multiple sclerosis patients. *Mult Scler.* 2004;10(6):679-685.