

# The Dizziness Symptom Profile

The following pages contain statements with which you can agree or disagree. To what extent do you personally agree or disagree with these statements in regards to your dizziness? Use the following scale: 0 = Strongly disagree, 1 = Disagree, 2 = Not sure, 3 = Agree, 4 = Strongly Agree

		Strongly Disagree		Not Sure		Strongly Agree
1	My dizziness is intense but only lasts for seconds to minutes.	0	1	2	3	4
2	I have had a single severe spell of spinning dizziness that lasted days or weeks.	0	1	2	3	4
3	I have spells where I get dizzy and also have irregular heartbeats (palpitations).	0	1	2	3	4
4	I hear my voice more loudly in one ear compared to the other.	0	1	2	3	4
5	I am unsure of my footing when I walk outside.	0	1	2	3	4
6	I get dizzy when I turn over in bed.	0	1	2	3	4
7	I get dizzy when I am in open spaces and have nothing to hold onto.	0	1	2	3	4
8	I have a roaring sound in one ear only before or during a dizziness attack.	0	1	2	3	4
9	I am depressed much of the time.	0	1	2	3	4
10	I lost hearing in one ear after an attack of spinning dizziness.	0	1	2	3	4
11	I had a big dizzy spell that lasted for days where I could not walk without falling over.	0	1	2	3	4
12	I get dizzy when I sneeze.	0	1	2	3	4
13	There are times when I get dizzy and also have a headache.	0	1	2	3	4
14	I get dizzy when I strain to lift something heavy.	0	1	2	3	4
15	I get short-lasting, spinning dizziness that happens when I bend down to pick something up.	0	1	2	3	4

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		Strongly Disagree		Not Sure		Strongly Agree
16	My hearing gets worse in one ear before or during a dizziness attack.	0	1	2	3	4
17	I had a single constant spell of spinning dizziness that lasted longer than 2-3 days.	0	1	2	3	4
18	When I get a headache I am very sensitive to sound (I try to find a quiet place to rest).	0	1	2	3	4
19	I get short-lasting, spinning dizziness that happens when I go from sitting to lying down.	0	1	2	3	4
20	I can trigger a dizzy spell by placing my head in a certain position.	0	1	2	3	4
21	I had a spell of spinning dizziness that lasted for days or weeks after I had a cold or flu.	0	1	2	3	4
22	I have a feeling of fullness or pressure in one ear before or during a dizziness attack.	0	1	2	3	4
23	I get headaches that hurt so badly that I am completely unable to do my daily activities	0	1	2	3	4
24	I have spells where I get dizzy and it is difficult for me to breathe.	0	1	2	3	4
25	I have a sensation of dizziness or imbalance daily or almost daily.	0	1	2	3	4
26	My vision changes before a headache begins.	0	1	2	3	4
27	I am unsteady on my feet all the time.	0	1	2	3	4
28	I am anxious much of the time.	0	1	2	3	4
29	When I cough I get dizzy.	0	1	2	3	4
30	When I get a headache I am very sensitive to light (I try to find a dark room to rest).	0	1	2	3	4
31	I feel dizzy all of the time.	0	1	2	3	4