

This is a **Sample** version of the

Gastrointestinal Symptom Rating Scale (GSRS)

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- GSRS Overview information
- GSRS Scoring/ Administration instructions
- GSRS Complete questionnaire Assessment (15 sets of question criteria)
- GSRS Clinical Validity

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Reliability and validity of the gastrointestinal symptom rating scale in patients with gastroesophageal reflux disease

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The objective of this study was to evaluate the reliability and validity of the Gastrointestinal Symptom Rating Scale (GSRS) in US patients with gastroesophageal reflux disease (GERD). Five hundred and sixteen adults with predominant heartburn symptoms of GERD were recruited from gastroenterologist and family physician practices and treated with 6 weeks of 150 mg ranitidine twice daily to identify poorly responsive symptomatic GERD. The GSRS, the Medical Outcomes Study Short Form-36 (SF-36) Health Survey and the Psychological General Well-being (PGWB) scale were administered at baseline and after 6 weeks of treatment. Reported ratings of GERD-related symptoms from physician and patient diaries were measured. The GSRS contains five scales: reflux syndrome, abdominal pain, constipation syndrome, diarrhoea syndrome and indigestion syndrome. The internal consistency reliabilities for the GSRS scales ranged from 0.61 to 0.83 and the intraclass correlation coefficients ranged from 0.42 to 0.60. The GSRS scale scores were correlated with the SF-36 and PGWB scales and with the number and severity of heartburn symptoms. Patients with two or three clinician-rated GERD-related symptoms reported worse GSRS scale scores compared with patients with fewer symptoms ($p < 0.0001$). Statistically significant differences in the mean GSRS scale scores were observed between treatment responders and non-responders ($p < 0.0001$) and patients showing a response to treatment had larger mean changes in their GSRS scales than patients not showing a response to treatment ($p < 0.0001$). The standardized response means ranged from 0.42 to 1.43 for the GSRS scale scores. It was concluded that the GSRS is a brief, fairly comprehensive assessment of common gastrointestinal symptoms. The GSRS has good reliability and

construct validity and the GSRS scales discriminate by GERD symptom severity and are responsive to treatment. The GSRS is a useful patient-rated symptom scale for evaluating the outcomes of treatment for GERD.

Key words: GERD; GSRS; validity; reliability.

Introduction

Health-related quality of life (HRQoL) measures are important for assessing the outcomes of medical treatment. The conceptualization of HRQoL includes the domains of physical, psychological and social functioning and often disease-related symptoms.¹⁻³ HRQoL assessment is a necessary component of clinical trials that aim to evaluate comprehensively pharmaceutical treatment for chronic diseases, such as gastroesophageal reflux disease (GERD), hypertension, depression and other chronic diseases. HRQoL outcomes are useful in understanding the impact of gastrointestinal symptoms and therapy in duodenal ulcer,⁴ inflammatory bowel disease,⁵⁻⁶ GERD⁷⁻⁹ (D. A. Revicki, M. Wood and P. Matan, submitted) and chronic gastrointestinal disorders in general¹⁰⁻¹³. Recently, D. A. Revicki, M. Wood and P. Matan (submitted) showed that patients with GERD experience significantly worse HRQoL compared with the US general population. Previous research has also demonstrated that patient HRQoL is correlated with the number and severity of gastrointestinal symptoms.^{7,8,11} HRQoL in gastrointestinal disease depends primarily on the patient's subjective

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Gastrointestinal Symptom Rating Scale (GSRS)

Scoring & Administration.

The GSRS is a disease-specific instrument, developed, based on reviews of gastrointestinal symptoms and clinical experience, to evaluate common symptoms of gastrointestinal disorders.

The GSRS contains 15 items, each rated on a seven-point Likert scale from no discomfort to very severe discomfort.

Based on a factor analysis, the 15 GSRS items break down into the following five scales:

1. Abdominal pain (abdominal pain, hunger pains and nausea).
2. Reflux syndrome (heartburn and acid regurgitation).
3. Diarrhoea syndrome (diarrhoea, loose stools and urgent need for defecation).
4. Indigestion syndrome (borborygmus, abdominal distension, eructation and increased flatus).
5. Constipation syndrome (constipation, hard stools and feeling of incomplete evacuation).

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Gastrointestinal Symptom Rating Scale (GSRs)

Name: _____

A rating scale for gastrointestinal symptoms in patients with irritable bowel syndrome and peptic ulcer disease. Circle the number which best represents the current severity of the symptom.

1. Abdominal pains. Representing subjectively experienced bodily discomfort, aches and pains.

The type of pain may be classified according to the patient's description of the appearance and quality of the pain as epigastric, on the basis of typical location, association with acid-related symptoms, and relief of pain by food or antacids; as colicky when occurring in bouts, usually with a high intensity, and located in the lower abdomen; and as dull when continuous, often for several hours, with moderate intensity.

Rate according to intensity, frequency, duration, request for relief, and impact on social performance.

- 0 No or transient pain
- 1 Occasional aches and pains interfering with some social activities
- 2 Prolonged and troublesome aches and pains causing requests for relief and interfering with many social activities
- 3 Severe or crippling pains with impact on all social activities

2. Heartburn. Representing retrosternal discomfort or burning sensations. Rate according to intensity, frequency, duration, and request for relief.

- 0 No or transient heartburn
- 1 Occasional discomfort of short duration
- 2 Frequent episodes of prolonged discomfort; requests for relief
- 3 Continuous discomfort with only transient relief by antacids

3. Acid regurgitation. Representing sudden regurgitation of acid gastric content. Rate according to intensity, frequency, and request for relief.

- 0 No or transient regurgitation
- 1 Occasional troublesome regurgitation
- 2 Regurgitation once or twice a day; requests for relief
- 3 Regurgitation several times a day; only transient and insignificant relief by antacids

**This is the end of the SAMPLE GSRs questionnaire.
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