

Sino-Nasal Outcome Test (SNOT-20)



- 1) Indicate the symptoms you hope will improve the most with treatment,
 - 2) Rate the severity of your nasal symptoms over the past two weeks, then
 - 3) Add your total score, divide by 20 (bottom right).
- * A score of 0-1 is considered normal, and 2-5 is abnormal

	No Problem	Very Mild Problem	Mild or Slight Problem	Moderate Problem	Severe Problem	Problem as bad as can be	Most important symptoms
1. Need to blow nose	0	1	2	3	4	5	○
2. Sneezing	0	1	2	3	4	5	○
3. Runny Nose	0	1	2	3	4	5	○
4. Cough	0	1	2	3	4	5	○
5. Post-nasal discharge	0	1	2	3	4	5	○
6. Thick nasal discharge	0	1	2	3	4	5	○
7. Ear fullness	0	1	2	3	4	5	○
8. Dizziness	0	1	2	3	4	5	○
9. Ear pain	0	1	2	3	4	5	○
10. Facial pain/pressure	0	1	2	3	4	5	○
11. Difficulty falling asleep	0	1	2	3	4	5	○
12. Wake up at night	0	1	2	3	4	5	○
13. Lack of a good night's sleep	0	1	2	3	4	5	○
14. Wake up tired	0	1	2	3	4	5	○
15. Fatigue	0	1	2	3	4	5	○
16. Reduced productivity	0	1	2	3	4	5	○
17. Reduced concentration	0	1	2	3	4	5	○
18. Frustrated / restless / irritable	0	1	2	3	4	5	○
19. Sad	0	1	2	3	4	5	○
20. Embarrassed	0	1	2	3	4	5	○
Totals:							÷20=

Name: _____ Date: _____