

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 help physicians accurately diagnose PBA. A CNS-LS score of 13 or higher may suggest PBA.

Patient's 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. Write only 1 number for each item.

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

| Assessment questions | Answers |
|--|---------|
| 1 There are times when I feel fine 1 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: _____

The CNS-LS has been validated in ALS and MS patient populations.

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

Reference: 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.