

## How to fill out the Behavioral and Psychological Symptoms of Dementia Questionnaire 13 items version (BPSD13Q)

### [Purpose]

- The purpose of this questionnaire is to quantify the behavioral and psychological symptoms of dementia (BPSD), share the responses within the institution, formulate coping measures, and verify the effectiveness of these measures by comparing the results of the assessments before and after their implementation.

### [How to fill out the form]

- Evaluate the status of the symptoms for the past week before the day of filling the form.
- Circle “0” (zero) if the symptom in the question was not observed in the past week.
- Circle “0” (zero) if it was observed more than a week ago, but not in the past week.
- If the symptom in the question was observed, enter the numbers with reference to the “Judgement Criteria” for severity and distress given below.
- Rate the severity and distress of the symptoms over the past week, even if they vary from day to day or month to month.
- Enter the number as objectively as possible for severity, to ensure that the criteria do not differ among raters. However, the degree of distress should be entered in reference to the level of distress felt by the rater.

### [Judgemental Criteria] <The descriptions in parentheses are an example of theft delusion >

Severity 1: Within the scope of observation (the subject says something is stolen, but this has no impact on the surroundings or does not harm others)

2: Not observed every day and appropriate care can be provided (subject calms down with simple measures such as listening)

3: Observed every day but appropriate care can be provided

4: Not observed every day but very difficult to handle (the subject is not easy to handle because they get angry due to delusion)

5: Observed every day and very difficult to handle

Distress 0 (none)

1: Slight distress (slightly stressful, but can go untreated and no measures required)

2: Mild distress (needs to be addressed, but can be easily managed)

3: Moderate distress (needs to be addressed with wisdom)

4: Great distress (cannot be addressed or managed well; feels difficult to address or manage)

5: Extreme distress (feels limited and needs help from others to manage)

Example (1): Rate the severity as 3 if the patient has daily symptoms and is able to respond to them. The degree of distress should be determined subjectively, based on the above criteria.

Example (2): Circle “0” (zero) if the relevant symptom is not observed during the week. In this case, it is not necessary to enter the level of severity and distress.

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**[References]** Fujii T, Yamagami T, Ito M, Naito N, Yamaguchi H: Development and evaluation of the Behavioral and Psychological Symptoms of Dementia Questionnaire 13 items version. *Dement Geriatr Cogn Disord Extra* 11, 222-226, 2021.

# BPSD13Q

Tokyo Center for Dementia Care Research and Practices, 2021

## Behavioral and Psychological Symptoms of Dementia Questionnaire 13 items version

Date of entry (MM/DD/YYYY): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Assessor \_\_\_\_\_ (Relation with subject: \_\_\_\_\_)

**Answer all the 13 questions below, as observed during the past week, If not observed, circle 0, and if observed, rate the severity and distress.**

**Severity** 1: Within the scope of observation 2: Not observed every day and appropriate care can be provided 3: Observed every day but appropriate care can be provided 4: Not observed every day but very difficult to handle 5: Observed every day and very difficult to handle

**Distress** 0: None 1: Slight distress 2: Mild distress 3: Moderate distress 4: Great distress 5: Extreme distress

**Example: If “hoarding” behavior is observed daily but the subject is able to cope with it, then the severity is 3 and the distress is 4 because it is too much. If the act of “Eating something that the subject cannot” is not observed, circle 0.**

		Not observed	Observed		
			Severity 1-5	Distress 0-5	
Ex.	Hoarding	0	3	4	Examples
Ex.	Eating something that the subject cannot	0			Examples
1	Sees or hears what is not actually there	0			Visual and auditory hallucinations
2	Says something was stolen, develops jealousy, mistakes for someone else (Circle: theft delusion, jealousy, misidentification, etc.)	0			Delusion
3	Wandering, moving around anxiously	0			Wandering and restlessness
4	Obsessively repeats the same action over and over again	0			Stereotyped behavior
5	Is unable to tolerate or acts impulsively	0			Disinhibition
6	Irritable	0			Irritability
7	Forgets and asks the same thing over and over again	0			Repeated questions
8	Pessimistic and depressed	0			Depression
9	No motivation, not taking initiative	0			Apathy
10	Worrying a lot	0			Anxiety
11	Dozing off during the day	0			Somnolence tendency
12	Active without sleeping at night	0			Day-night reversal
13	Refuses to be cared for (Circle: dressing, makeup, bathing, eating, etc.)	0			Resistance to care
<b>BPSD 13 Q (1-13) Total</b>					

Free answer field: