

Instruction of the Behavioral and Psychological Symptoms of Dementia plus Questionnaire (BPSD+Q) and its 25 items version (BPSD25Q)

[Purpose]

The BPSD+Q questionnaire consists of 25 items of behavioral and psychological symptoms of dementia (BPSD) and 2 items of delirium. Quantification of BPSD and sharing it within the institution may contribute to serve appropriate care for BPSD, which keep well-being of the people with dementia and their families. The qualification also verify the effectiveness of these measures by comparing the results of the assessments before and after their implementation.

[About BPSD+Q/BPSD25Q]

The BPSD25Q consists of 3 domains (subscales): hyperactive (13 items), hypoactive (6 items), and daily living-related symptoms (6 items). Therefore, sub-scores can be calculated. The 25 items of BPSD were created based on “written diagnoses from primary physicians for long-term care insurance”, the Japanese system, and interviews with the care staff. The BPSD+Q contains additional 2 items of delirium.

The severity of each item is assessed on a scale ranging from 0 to 5. Higher scores indicate a greater severity of BPSD. The distress evaluates the degree of caregiver burden for each item, rated on a scale ranging from 0 to 5. Higher scores indicate a higher degree of caregiver burden.

Cronbach's α and correlation with NPI-Q was analyzed in 83 people with dementia in care facilities (See reference 1). Cronbach's α of the severity and distress of BPSD+Q was 0.78 and 0.80, respectively.

Cronbach's α of the severity and distress of BPSD25Q was 0.76 and 0.78, respectively. Severity ($r = 0.64$, $p < 0.01$) and distress ($r = 0.65$, $p < 0.01$) of the BPSD+Q was positively correlated with those of the NPI-Q.

Severity ($r = 0.63$, $p < 0.01$) and distress ($r = 0.65$, $p < 0.01$) of the BPSD25Q was also positively correlated with those of the NPI-Q. Moreover, correlation with NPI-NH was analyzed in 444 people with dementia in group homes for people with dementia (See reference 2). Severity of the BPSD+Q was positively correlated with those of the NPI-NH ($r = 0.72$, $p < 0.01$).

[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.
- For the item 24, circle “0” (zero) if the subject do not use fire.
- 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.
- * It takes about 6 minutes to fill out the questionnaire.

[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.

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[References 1] Naito N, Fujii T, Takiguchi Y, Ito M, Yamagami T, Yamaguchi H. Development and evaluation of a new BPSD questionnaire, BPSD+Q. *Tokyo J Dementia Care Res.* 2018;2:133–145 (in Japanese). DOI: [org/10.24745/jdcr.2.0_133](https://doi.org/10.24745/jdcr.2.0_133) (Free download)

[References 2] Fujii T, Naito N, Takiguchi Y, Nakamura K, Yamaguchi H. A comparative study on the usefulness of the BPSD+Q with that of the NPI-Q and the NPI-NH based on primary doctor judgment for long-term care insurance in care facilities. *Jap J Geriatr Psychiatry.* 2020;31:389–402 (in Japanese).

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BPSD13Q, short version of the BPSD+Q/BPSD25Q

The Behavioral and Psychological Symptoms of Dementia Questionnaire 13-item version (BPSD13Q) has been developed in 2021. Severity of the BPSD13Q was positively correlated with that of the NPI-NH ($r = 0.72$, $p < 0.001$) and BPSD+Q ($r = 0.95$, $p < 0.001$). Distress of the BPSD13Q was positively correlated with that of the NPI-NH-caregiver distress ($r = 0.74$, $p < 0.001$) and BPSD+Q-distress ($r = 0.96$, $p < 0.001$).

[Download] The questionnaire and instruction of the BPSD13Q can be obtained from the following web site:
https://dcnet.gr.jp/pdf/journal/t_2021_BPSD13Q_english.pdf?20210917

[References] Fujii T, Yamagami T, Ito M, Naito N, Yamaguchi H: Development and Evaluation of the Behavioral and Psychological Symptoms of Dementia Questionnaire 13-Item Version (BPSD13Q). *Dement Geriatr Cogn Disord Extra.* 2021; 11:222–226, DOI: 10.1159/000518973 (Free download)

BPSD+Q/BPSD25Q

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

Assessor (Relation with subject:)

Answer all the 27 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

Shaded texts are related to the attending doctor's statement.

		Not observed	Observed		
			Severity 1-5	Distress 0-5	
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	Utterance of violent words that might hurt people's feelings	0			Verbally aggressive behavior
4	Violent behavior toward others	0			physically aggressive behavior
5	Wandering, moving around anxiously	0			Wandering and restlessness
6	Inclination to leave their homes/institutions	0			Going out without telling anybody
7	Sexually inappropriate behavior toward others	0			Inappropriate sexual behavior
8	Obsessively repeats the same action over and over again	0			Stereotyped behavior
9	Is unable to tolerate or acts impulsively	0			Disinhibition
10	Irritable	0			Irritability
11	Forgets and asks the same thing over and over again	0			Repeated questions
12	Hoarding	0			Hoarding behavior
13	Loud, continuous screeching/screaming	0			Inappropriate vocalization
Hyperactive domain (1-13) Total					
14	Pessimistic and depressed	0			Depression
15	No motivation, not taking initiative	0			Apathy
16	Unresponsive/nonchalant when called	0			Lack of interest
17	Worrying a lot	0			Anxiety
18	Dozing off during the day	0			Somnolence tendency
19	Reluctance to leave their rooms/homes	0			Withdrawal
Hypoactive domain (14-19) Total					
20	Active without sleeping at night	0			Day-night reversal
21	Eating something that the subject cannot	0			Changes in eating behaviors
22	Refuses to be cared for (Circle: dressing, makeup, bathing, eating, etc.)	0			Resistance to care
23	Soiling the surroundings with urine or feces; not bathing for days (Circle: non-bathing, off-spot urination, coprophilia, others)	0			Uncleanliness
24	Inappropriate management of fire sources, such as cigarettes and gas cookers	0			Carelessness of fire
25	Hiding, misplacing things, and searching everywhere for something	0			Hiding and losing things
Daily living-related domain (20-25) Total					
BPSD25Q (1-25) Total					
26	Sudden state of excitement accompanied by hallucinations and delusions	0			Hyperactive delirium
27	Inattentiveness accompanied by a decreased level of alertness	0			Hypoactive delirium
BPSD+Q (1-27) Total					

Free answer field: