



# Reflux Symptom Score - RSS-20 (For LPR) - Refluxsummit Version

Within the last month, I suffered from one/several followed symptoms

Frequency: 0 = I don't have this complaint over the past month, 1;2;3;4 = I had 1-2; 2-3; 3-4; 4-5 weekly over the past month; 5 = complaint occurs daily

Severity: 0 = problem is not severe, 5 = problem very troublesome when it occurs

Symptom No.	Symptom Description	Disorder Frequency	Disorder Severity	Total	Quality of Life Impact	Total
1	Hoarseness or a voice problem	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
2.1	Throat pain	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
2.2	Pain during swallowing time	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
3	Difficulty swallowing (pills, liquids or solid foods)	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
4	Throat clearing (not cough)	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
5	Sensation of something being stuck in the throat	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
6	Excess mucous in the throat and/or post nasal drip sensation	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
7	Bad breath	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
8.1	Heartburn, stomach acid coming up	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
8.2	Regurgitations or burps	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
8.3	Nausea	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
9	Abdominal pain	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
9.1	Chest pain	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
9.2	Diarrhea	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
9.3	Constipation	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
10	Indigestion, abdominal distension and/or flatus (bloating and/or excess gas)	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
11	Coughing (not just throat clearing)	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
11.1	Cough after eating/lying down	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
12	Breathing difficulties, breathlessness, or wheezing	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
13	Tongue burning	0 - 1 - 2 - 3 - 4 - 5	0 - 1 - 2 - 3 - 4 - 5		0 - 1 - 2 - 3 - 4 - 5	
Adapted version based on: <b>Lechien et al.</b> RSS-12, Otolaryngol Head Neck Surg. 2020;164(1):166-74. <b>Guo et al.</b> RSS for LPR screening, BMC Gastroenterol. 2024;24:346.				RSS-20 Total score:	Quality of Life Total Score:	