

QUESTIONNAIRE: CIRS AND BIOTOXINS

SECTION 1 – SYMPTOMS

Each symptom scores 1 point. Each symptom cluster (denoted by shading), where every symptom within that cluster is positive, scores 1 point. For example, the first symptom – fatigue, represents a cluster, if this is positive, the symptom cluster score is 1. If all symptoms in the second cluster, beginning with weakness, are positive, this cluster scores 1.

SYMPTOMS	SYMPTOM SCORE	SYMPTOM CLUSTER SCORE
Fatigue		
Weakness		
Decreased assimilation of new knowledge		
Aches		
Headaches		
Light sensitivity		
Memory impairment		
Decreased word finding		
Difficulty concentrating		
Joint pain		
Stiffness in the morning		
Cramps		
Tingling		
Tremors		
Unusual pain		
Unusual skin sensations		
Shortness of breath		
Sinus congestion		
Cough		
Excessive thirst		
Confusion		
Appetite swings		
Difficulty regulating body temperature		
Increased urinary frequency		
Red eyes		
Blurred vision		
Night sweats		
Mood swings		
Ice-pick pains		
Abdominal pain		
Diarrhoea		
Numbness		
Tearing of eyes		
Disorientation		
Metallic taste		
Static shocks		
Vertigo		
Total	/37	/13

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SECTION 2: SCREENING

Score 1 point for each positive result. For example, a positive VCS scores 1 point.

SCREENING SCORE	
Visual contrast sensitivity (VCS)* positive	
Total symptom score 13 + out of 37	
Low hand grip strength**	
Total	/3

OUTCOMES

- A score of 8 or more of the 13 clusters is considered diagnostic (98.4% sensitivity in adults)
- A score of 3 out of 3 of in section 2 indicates treatment is recommended (73.3% specificity, 97.7% positive predictive value)

*VCS test available from: <https://www.vctest.com>

**Measured using a dynamometer if available