

Discontinuation-Emergent Signs and Symptoms (DESS) Scale

Since the last visit, have you experienced any changes in the following symptoms? (Please check only one response for each symptom)

SYMPTOM	(1) NEW SYMPTOM	(2) OLD SYMPTOM BUT WORSE	(3) OLD SYMPTOM BUT IMPROVED	(4) OLD SYMPTOM BUT UNCHANGED	(5) SYMPTOM NOT PRESENT
1. Nervousness or anxiety					
2. Elevated mood, feeling high					
3. Irritability					
4. Sudden worsening of mood					
5. Sudden outbursts of anger ("anger attacks")					
6. Sudden panic or anxiety attacks					
7. Bouts of crying or tearfulness					
8. Agitation					
9. Feeling unreal or detached					
10. Confusion or trouble concentrating					
11. Forgetfulness or problems with memory					
12. Mood swings					
13. Trouble sleeping, Insomnia					
14. Increased dreaming or nightmares					
15. Sweating more than usual					
16. Shaking, trembling					
17. Muscle tension or stiffness					
18. Muscle aches or pains					
19. Restless feeling in legs					
20. Muscle cramps, spasms, or twitching					
21. Fatigue, tiredness					
22. Unsteady gait or incoordination					
23. Blurred vision					
24. Sore eyes					
25. Uncontrollable mouth/tongue movements					
26. Problems with speech or speaking clearly					
27. Headache					
28. Increased saliva in mouth					
29. Dizziness, lightheadedness, or sensation of spinning (vertigo)					
30. Nose running					
31. Shortness of breath, gasping for air					
32. Chills					
33. Fever					
34. Vomiting					
35. Nausea					
36. Diarrhea					
37. Stomach cramps					
38. Stomach bloating					
39. Unusual visual sensations (light, colors, geometric shapes)					
40. Burning, numbness, tingling sensations					
41. Unusual sensitivity to sound					
42. Ringing or noises in the ears					
43. Unusual tastes or smells					

Copyright © Massachusetts General Hospital.

Rosenbaum, J.F., Fava, M., Hoog, S.L. et al. Selective serotonin reuptake inhibitor discontinuation syndrome: a randomized clinical trial. *Biological Psychiatry*, 1988, 44, 77-87.