NIH CHRONIC PROSTATITIS SYMPTOM INDEX (NIH-CPSI)

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Name (optional): _____ **Age:** _____ yrs **Date:** ____ / ____ / 20____

Think about your symptoms over the **last week**. Select one response for each item and sum the three clinical domains (Pain 0–21, Urinary 0–10, Quality of Life Impact 0–12).

PAIN OR DISCOMFORT (1)

1. In the last week, have you experienced any pain or discomfort in the following areas?

a. Area between rectum and testicles (perineum)	☐ **Yes (1)**	☐ **No (0)**
b. Testicles	☐ **Yes (1)**	☐ **No (0)**
c. Tip of the penis (not related to urination)	☐ **Yes (1)**	☐ **No (0)**
d. Below your waist, in your pubic or bladder area	☐ **Yes (1)**	☐ **No (0)**

PAIN OR DISCOMFORT (2 · 3)

2. In the last week, have you experienced:

a. Pain or burning during urination?	☐ **Yes (1)**	☐ **No (0)**
b. Pain or discomfort during or after sexual climax (ejaculation)?	☐ **Yes (1)**	☐ **No (0)**

3. How often have you had pain or discomfort in any of these areas over the last week?

☐ **0** Never ☐ **1** Rarely ☐ **2** Sometimes ☐ **3** Often ☐ **4** Usually ☐ **5** Always

4. Which number best describes your AVERAGE pain or discomfort on the days that you had it, over the last week? (0 = NO PAIN · 10 = PAIN AS BAD AS YOU CAN IMAGINE)

0	1	2	3	4	5	6	7	8	9	10

5. How often have you had a sensation of not emptying your bladder completely after you finished urinating, over the last week?

☐ **0** · Not at all ☐ **1** · Less than 1 time in 5
☐ **2** · Less than half the time ☐ **3** · About half the time
☐ **4** · More than half the time ☐ **5** · Almost always

6. How often have you had to urinate again less than two hours after you finished urinating, over the last week?

☐ **0** · Not at all ☐ **1** · Less than 1 time in 5
☐ **2** · Less than half the time ☐ **3** · About half the time
☐ **4** · More than half the time ☐ **5** · Almost always

7. How much have your symptoms kept you from doing the kinds of things you would usually do, over the last week?

☐ **0** · None ☐ **1** · Only a little ☐ **2** · Some ☐ **3** · A lot

8. How much did you think about your symptoms, over the last week?

☐ **0** · None ☐ **1** · Only a little ☐ **2** · Some ☐ **3** · A lot

9. If you were to spend the rest of your life with your symptoms just the way they have been during the last week, how would you feel about that?

☐ **0** · Delighted ☐ **1** · Pleased ☐ **2** · Mostly satisfied ☐ **3** · Mixed (about equally satisfied and dissatisfied) ☐ **4** · Mostly dissatisfied ☐ **5** · Unhappy ☐ **6** · Terrible

Domain I · Pain (0–21)	Domain II · Urinary (0–10)	Domain III · Quality of Life (0–12)	TOTAL NIH-CPSI (0–43)
_____ **/ 21**	_____ **/ 10**	_____ **/ 12**	_____ **/ 43**

A decrease of **4 or more points** in the total score over time indicates a clinically meaningful improvement. Over 90% of chronic prostatitis cases are non-bacterial (chronic pelvic pain syndrome) and do not benefit from repeated antibiotic courses when cultures are negative.

Scientific validation & source: Litwin MS, McNaughton-Collins M, Fowler FJ Jr, Nickel JC, Calhoun EA, Pontari MA, Alexander RB, Farrar JT, O'Leary MP; Chronic Prostatitis Collaborative Research Network. The National Institutes of Health chronic prostatitis symptom index: development and validation of a new outcome measure. J Urol. 1999;162(2):369-375 (Appendix 2, p. 374).