



## **Appendix 1**

**This appendix was part of the submitted manuscript and has been peer reviewed.**

**It is posted as supplied by the authors.**

Appendix to: Titova N, Chaudhuri KR. Non-motor Parkinson disease: new concepts and personalised management. *Med J Aust* 2018; 208: 404-409. doi: 10.5694/mja17.00993.

**Appendix 1: Published grading system of non-motor burden using the Parkinson disease Non-motor Symptoms (NMS) Scale and Questionnaire**

| NMS Score                                                  | Clinical Burden | Grading |
|------------------------------------------------------------|-----------------|---------|
| NMS Scale based burden grading<br>(Physician completed)    |                 |         |
| 0                                                          | No NMS          | 0       |
| 1-20                                                       | Mild            | 1       |
| 21-40                                                      | Moderate        | 2       |
| 41-70                                                      | Severe          | 3       |
| ≥ 71                                                       | Very severe     | 4       |
| NMS Questionnaire based burden grading<br>(Self completed) |                 |         |
| 0                                                          | No NMS          | 0       |
| 1-5                                                        | Mild            | 1       |
| 6-9                                                        | Moderate        | 2       |
| 10-13                                                      | Severe          | 3       |
| ≥ 14                                                       | Very severe     | 4       |

Chaudhuri KR, Rojo JM, Schapira AHV et al. A Proposal for a Comprehensive Grading of Parkinson's Disease Severity Combining Motor and Non-Motor Assessments: Meeting an Unmet Need. PLoS One. 2013; 8: e57221.

Chaudhuri KR, Sauerbier A, Rojo J et al. The burden of non-motor symptoms in Parkinson's disease using a self-completed non-motor questionnaire: A simple grading system. Parkinsonism Relat Disord. 2015; 21: 287-291.

The NMS Questionnaire and Scale are owned by the International Parkinson and Movement Disorder Society (MDS) and are available for use after permission (<http://www.movementdisorders.org>). They are recommended by the MDS (<http://www.movementdisorders.org/MDS/Education/Rating-Scales/Rating-Scales-By-Disorder.htm>) and also many patient charities worldwide including Parkinson's UK (<https://www.parkinsons.org.uk/professionals/resources/non-motor-symptoms-questionnaire>); European Parkinson's Disease Association (<http://www.epda.eu.com/en/parkinsons/life-with-parkinsons/part-2/introduction/>); academic institutions such as National Institute of Neurological Disorders and Stroke (NINDS) Common Data Elements (CDE) (<http://www.commondataelements.ninds.nih.gov>); Parkinson Canada Non-motor symptoms of Parkinson's Disease ([http://www.parkinsonclinicalguidelines.ca/sites/default/files/PhysicianGuide\\_Non-motor\\_EN.pdf](http://www.parkinsonclinicalguidelines.ca/sites/default/files/PhysicianGuide_Non-motor_EN.pdf)); SIGN Guidelines on Diagnosis and Pharmacological Management of Parkinson's Disease (pp 8, 38, 53) (<http://www.sign.ac.uk/sign-113-diagnosis-and-pharmacological-management-of-parkinson-s-disease.html>).