

Table 1
Postconcussion symptom scale

Current Symptoms	None	Mild		Moderate		Severe	
Headache	0	1	2	3	4	5	6
Pressure in head	0	1	2	3	4	5	6
Neck pain	0	1	2	3	4	5	6
Nausea/vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Blurred vision	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Sleep pattern changes	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling "in a fog"	0	1	2	3	4	5	6
"Don't feel right"/not like yourself	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering/ forgetfulness	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Nervous or anxious	0	1	2	3	4	5	6
More emotional/ emotions feel "closer to the surface"	0	1	2	3	4	5	6
Irritability/frustration	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6

How do you feel currently? Please circle a number for each of the symptoms listed above.