Purpose: The NP is a subjective symptom checklist with the goal of obtaining a more in-depth description of what patients are experiencing when they report the feeling of nausea. The NP evaluates the experience

of 3 dimensions which are involved in the complex feeling of nausea: somatic distress; GI distress;

and emotional distress.

Procedure: Descriptors: The NP can be easily administered before, during and after a session or treatment to evaluate how the experience of nausea differs within a given session/treatment or between different sessions/treatments. The degree to which the patient felt/feels each of the following 17 descriptors during the nauseous

period is rated by the patient on a scale of 0 (not at all) to 9 (severely).

Somatic Distress	GI Distress	Emotional Distress
fatigue weak hot	sick stomach awareness/discomfort as if he/she might vomit	nervous scared/afraid worry
sweaty lightheaded shakiness	ill queasy	upset panic hopeless

Scoring the NP: The overall nausea score is obtained by calculating the percent of total points scored:

A. (actual score/153) × 100%

The 3 aforementioned dimension scores are calculated by calculating the percent of total points scored in each dimension:

- B. (somatic distress total/54) × 100%,
- C. (GI distress/45) \times 100%, and
- D. (emotional distress total/54)×100%.

In other words, to score the attached example of the NP: 1) sum the total points scored; 2) sum the points scored for questions 1, 3, 5, 9, 16, 17 (somatic distress); 3) sum the points scored for questions 4, 6, 13, 14, 15 (GI distress); 4) sum the points scored for questions 2, 7, 8, 10, 11, 12 (emotional distress); and 5) calculate A, B, C and D as stated above.

NAUSEA PROFILE

Directions: Rate the degree to which each of the following statements describes what you experienced while the drum was rotating (CIRCLE 1 NUMBER)

was rotating (CINCLE I NOTIFIER)	
1. I felt shaky [-+-+-+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely	10. I felt panicked -+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely
2. I felt upset -+-+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely	11. I felt nervous -+-+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely
3. I felt lightheaded -+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely	12. I felt scared/afraid -+-+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely
4. I felt sick -+-+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely	13. I felt ill -+-+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely
5. I felt sweaty -+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely	14. I felt awareness/discomfort in my stomach -+-+-+-+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely
6. I felt queasy -+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely	15. I felt as if I might vomit -+-+-+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely
7. I felt worried -+-+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely	16. I felt weak -+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely
8. I felt hopeless -+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely	17. I felt hot/warm -+-+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely
9. I felt fatigued/tired -+-+-+-+-+-+- 0 1 2 3 4 5 6 7 8 9 not at all severely	

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