

- 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:** 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.
- Descriptors:** 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	sick	nervous
weak	stomach awareness/discomfort	scared/afraid
hot	as if he/she might vomit	worry
sweaty	ill	upset
lightheaded	queasy	panic
shakiness		hopeless

- Scoring the NP:** The overall nausea score is obtained by calculating the percent of total points scored:
 A. $(\text{actual score}/153) \times 100\%$
 The 3 aforementioned dimension scores are calculated by calculating the percent of total points scored in each dimension:
 B. $(\text{somatic distress total}/54) \times 100\%$,
 C. $(\text{GI distress}/45) \times 100\%$, and
 D. $(\text{emotional distress total}/54) \times 100\%$.
 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)

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