

Male NIH-Chronic Prostatitis Symptom Index (NIH-CPSI)  
Center for Urologic and Pelvic Pain

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Pain or Discomfort**

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

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

2. In the last week, have you experienced:

	<b>Yes</b>	<b>No</b>
a. Pain or burning during urination?	1	0
b. Pain or discomfort during or after sexual climax (ejaculation)?	1	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 1 2 3 4 5 6 7 8 9 10  
NO PAIN PAIN AS BAD AS YOU CAN IMAGINE

**Urination**

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

**Impact of Symptoms**

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

**Quality of Life**

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

Scoring the NIH-Chronic Prostatitis Symptom Index Domains

Pain: Total of items 1a, 1b, 1c, 1d, 2a, 2b, 3, and 4 = \_\_\_\_\_

Urinary Symptoms: Total of items 5 and 6 = \_\_\_\_\_

Quality of Life & Impact: Total of items 7, 8, and 9 = \_\_\_\_\_

Adapted from Litwin et al. J Urol. 1999;162:369-375.