

SINO-NASAL OUTCOME TEST (SNOT-22)

SNOT-22 is a 22-item health-related quality of life (HRQoL) evaluation with each item scored on a Likert scale ranging from 0 (“No problem”) to 5 (“Problem as bad as it can be”). On this global 110-point scale, a change in score of 8.9 is the smallest change that is considered clinically important, corresponding to the validated minimal clinically important difference defined by the developer.

1. Considering how severe the problem is when you experience it and how often it happens, please rate each item below on how "bad" it is by circling the number that corresponds with how you feel using this scale:	No Problem	Very Mild Problem	Mild or slight Problem	Moderate Problem	Severe Problem	Problem as bad as it can be	5 Most Important Items
1. Need to blow nose	0	1	2	3	4	5	☐
2. Nasal Blockage	0	1	2	3	4	5	☐
3. Sneezing	0	1	2	3	4	5	☐
4. Runny nose	0	1	2	3	4	5	☐
5. Cough	0	1	2	3	4	5	☐
6. Post-nasal discharge	0	1	2	3	4	5	☐
7. Thick nasal discharge	0	1	2	3	4	5	☐
8. Ear fullness	0	1	2	3	4	5	☐
9. Dizziness	0	1	2	3	4	5	☐
10. Ear pain	0	1	2	3	4	5	☐
11. Facial pain/pressure	0	1	2	3	4	5	☐
12. Decreased Sense of Smell/Taste	0	1	2	3	4	5	☐
13. Difficulty falling asleep	0	1	2	3	4	5	☐
14. Wake up at night	0	1	2	3	4	5	☐
15. Lack of a good night’s sleep	0	1	2	3	4	5	☐
16. Wake up tired	0	1	2	3	4	5	☐
17. Fatigue	0	1	2	3	4	5	☐
18. Reduced productivity	0	1	2	3	4	5	☐
19. Reduced concentration	0	1	2	3	4	5	☐
20. Frustrated/restless/irritable	0	1	2	3	4	5	☐
21. Sad	0	1	2	3	4	5	☐
22. Embarrassed	0	1	2	3	4	5	☐
2. Please mark the most important items affecting your health (maximum of 5 items)-----^							

Higher scores indicate more severe disease

References

- Fokkens, Wytske & Viskens, A-S & Conti, Diego & Corso, et al. EPOS/EUFOREA update on indication and evaluation of Biologics in Chronic Rhinosinusitis with Nasal Polyps 2023. *Rhinology*. 10.4193/Rhin22.489.
- Bachert C, Han JK, Wagenmann M, et al. EUFOREA expert board meeting on uncontrolled severe chronic rhinosinusitis with nasal polyps (CRSwNP) and biologics: Definitions and management [published correction appears in *J Allergy Clin Immunol*. 2021 May;147(5):1981-1982]. *J Allergy Clin Immunol*. 2021;147(1):29-36. doi:10.1016/j.jaci.2020.11.013
- www.type2inflammation.com/resources/pdf/measures-of-disease-severity-in-crswnp.pdf

SNOT-22: Sino-Nasal Outcome Test, MCID: Minimum Clinically Important Difference
*Cut-off values only for research purposes