

## **Cognitive Symptom Management**

This tool used to evaluate Cognitive Symptom Management (CSM) is available through SMRC (Self-Management Resource Center).

Link to PDF of CSM scale and information about the scale provided by SMRC:

<https://www.selfmanagementresource.com/docs/pdfs/English - cognitivesymptom.pdf>

### **References**

Lorig, K., Stewart, A., Ritter, P., González, V., Laurent, D., & Lynch, J. (1996). *Outcome measures for health education and other health care interventions* (pp.24,38). Thousand Oaks CA: Sage Publications.

### **Characteristics**

The CSM scale is a 6-item scale that identifies changes in patient behavior in order to reduce pain. Patients circle the number (0-5) that corresponds with how often they utilize symptom-reducing behaviors (0=never, 3=fairly often, 5=always, etc). The healthcare provider administering the scale finds the mean of the items circled to determine the score of the scale. In a study of 1,129 subjects with chronic disease, the mean CSM score was 1.33 (SD = 0.91). Higher scores indicate more frequent demonstration of pain-reducing behaviors.

### **Reliability and Validity**

In a study with 1,129 subjects with chronic disease, the internal consistency reliability was .75. The test-retest reliability was .83.

### **Access and Cost Information**

This scale is free to use without permission from SMRC.