



PELVIC & ORTHOPEDIC
PHYSICAL THERAPY SPECIALISTS

NIH-Chronic Prostatitis Symptom Index (NIH-CPSI) (for males)

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?

	Yes	No
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:

	Yes	No
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.