

COGNITION SELF-ASSESSMENT RATING SCALE (C-SARS)

1. I have difficulty staying focused on something I am reading or a TV program I am watching

- A. FREQUENCY:
___ Rarely ___ Sometimes ___ Often ___ All the time
- B. HOW MUCH IT INTERFERES WITH MY LIFE:
___ Rarely ___ Sometimes ___ Often ___ All the time

2. I have difficulty remembering things that happened or what people told me

- A. FREQUENCY:
___ Rarely ___ Sometimes ___ Often ___ All the time
- B. HOW MUCH IT INTERFERES WITH MY LIFE:
___ Rarely ___ Sometimes ___ Often ___ All the time

3. I forget what I am supposed to do

- A. FREQUENCY:
___ Rarely ___ Sometimes ___ Often ___ All the time
- B. HOW MUCH IT INTERFERES WITH MY LIFE:
___ Rarely ___ Sometimes ___ Often ___ All the time

4. I forget where I put things

- A. FREQUENCY:
___ Rarely ___ Sometimes ___ Often ___ All the time
- B. HOW MUCH IT INTERFERES WITH MY LIFE:
___ Rarely ___ Sometimes ___ Often ___ All the time

5. When I am speaking I forget what I was going to say

- A. FREQUENCY:
___ Rarely ___ Sometimes ___ Often ___ All the time
- B. HOW MUCH IT INTERFERES WITH MY LIFE:
___ Rarely ___ Sometimes ___ Often ___ All the time

6. I have difficulty planning ahead or making decisions

- A. FREQUENCY:
___ Rarely ___ Sometimes ___ Often ___ All the time

- **B. HOW MUCH IT INTERFERES WITH MY LIFE:**
___Rarely ___Sometimes ___Often ___All the time

7. I keep doing the same thing even though it does not work

- **A. FREQUENCY:**
___Rarely ___Sometimes ___Often ___All the time
- **B. HOW MUCH IT INTERFERES WITH MY LIFE:**
___Rarely ___Sometimes ___Often ___All the time

8. I do things without thinking

- **A. FREQUENCY:**
___Rarely ___Sometimes ___Often ___All the time
- **B. HOW MUCH IT INTERFERES WITH MY LIFE:**
___Rarely ___Sometimes ___Often ___All the time

9. I have difficulty adjusting to changes

- **A. FREQUENCY:**
___Rarely ___Sometimes ___Often ___All the time
- **B. HOW MUCH IT INTERFERES WITH MY LIFE:**
___Rarely ___Sometimes ___Often ___All the time

10. I tend to be slow in mental or physical tasks

- **A. FREQUENCY:**
___Rarely ___Sometimes ___Often ___All the time
- **B. HOW MUCH IT INTERFERES WITH MY LIFE:**
___Rarely ___Sometimes ___Often ___All the time

11. I have trouble reading someone's facial expression or gestures

- **A. FREQUENCY:**
___Rarely ___Sometimes ___Often ___All the time
- **B. HOW MUCH IT INTERFERES WITH MY LIFE:**
___Rarely ___Sometimes ___Often ___All the time

12. I have difficulty understanding how another person feels

- **A. FREQUENCY:**
___Rarely ___Sometimes ___Often ___All the time
- **B. HOW MUCH IT INTERFERES WITH MY LIFE:**
___Rarely ___Sometimes ___Often ___All the time

Scoring the C-SARS **

- Give yourself 0 points for statements rated as Rarely
- 1 point for statements rated as Sometimes
- 2 points for statements rated as Often
- 3 points for statements rated as All the Time

FREQUENCY OF COGNITIVE PROBLEMS: ADD UP ALL POINTS FOR “FREQUENCY”

SEVERITY OF COGNITIVE PROBLEMS: ADD UP ALL THE POINTS FOR THE 12 STATEMENTS AND DIVIDE BY TWO

- Total of 0 is normal cognition
- Total of 1-12 is mild cognitive problems
- Total of 13-22 is moderately severe cognitive deficits (SEEK A FULL COGNITIVE TEST)
- Total of 23-36 is severe cognitive impairment (SEEK A FULL COGNITIVE TEST)

What cognitive functions are evaluated in the C-SARS

- Item 1: Attention
- Items 2,3,4, and 5: Memory
- Items 6,7, 8 and 9: Executive functions [decision-making, planning ahead, self-control]
- Item 10: Processing speed of thinking and physical reflexes
- Items 11 and 12: Social Cognition, including empathy, recognizing facial expressions

**** Family members can also rate the patient and check if their scores are similar or different**

THE C-SARS WAS DEVELOPED BY:

DR. HENRY NASRALLAH

SCIENTIFIC DIRECTOR OF THE CURESZ FOUNDATION

PROFESSOR OF PSYCHIATRY, NEUROLOGY & NEUROSCIENCE

AND DIRECTOR OF THE SCHIZOPHRENIA PROGRAM

UNIVERSITY OF CINCINNATI COLLEGE OF MEDICINE