
International Restless Legs Syndrome Study Group Rating Scale for Severity of Restless Legs Syndrome

Ask the patient to rate his or her symptoms for the following 10 questions. The patient, not the examiner, should make the ratings, but the examiner should be available to clarify any misunderstandings the patient may have about the questions. The examiner should mark the patient's answers on the form. Point values are in parentheses after each answer.

Please rate your average symptoms during the preceding week.

- Overall, how would you rate the restless legs syndrome (RLS) discomfort in your legs or arms?
 Very severe (4)
 Severe (3)
 Moderate (2)
 Mild (1)
 None (0)
- Overall, how would you rate the need to move around because of your RLS symptoms?
 Very severe (4)
 Severe (3)
 Moderate (2)
 Mild (1)
 None (0)
- Overall, how much relief of your RLS arm or leg discomfort did you get from moving around?
 No relief (4)
 Mild relief (3)
 Moderate relief (2)
 Complete or almost complete relief (1)
 No RLS symptoms; question does not apply (0)
- Overall, how severe was your sleep disturbance because of your RLS symptoms?
 Very severe (4)
 Severe (3)
 Moderate (2)
 Mild (1)
 None (0)
- How severe was your tiredness or sleepiness because of your RLS symptoms?
 Very severe (4)
 Severe (3)
 Moderate (2)
 Mild (1)
 None (0)
- Overall, how severe was your RLS as a whole?
 Very severe (4)
 Severe (3)
 Moderate (2)
 Mild (1)
 None (0)
- How often did you have RLS symptoms?
 Very often; six to seven days (4)
 Often; four to five days (3)
 Sometimes; two to three days (2)
 Occasionally; one day or less (1)
 Never (0)
- When you had RLS symptoms, how severe were they on an average day?
 Very severe; at least eight hours per 24 hours (4)
 Severe; three to eight hours per 24 hours (3)
 Moderate; one to three hours per 24 hours (2)
 Mild; less than one hour per 24 hours (1)
 None (0)
- Overall, how severe was the impact of your RLS symptoms on your ability to carry out your daily affairs (for example carrying out a satisfactory family, home, social, school, or work life)?
 Very severe (4)
 Severe (3)
 Moderate (2)
 Mild (1)
 None (0)
- How severe was your mood disturbance because of your RLS symptoms (for example, angry, depressed, sad, anxious, or irritable)?
 Very severe (4)
 Severe (3)
 Moderate (2)
 Mild (1)
 None (0)

Online Figure A. International Restless Legs Syndrome Study Group Rating Scale for Severity of Restless Legs Syndrome.

NOTE: This scale is copyrighted; permission requests for clinical use may be sent by e-mail to canfray@mapi.fr.

Adapted with permission from Walters AS, LeBrocq C, Dhar A, et al. Validation of the International Restless Legs Syndrome Study Group rating scale for restless legs syndrome. *Sleep Med.* 2003;4(2):129-130. <http://www.sciencedirect.com/science/journal/13899457>. Accessed April 1, 2008.

Online Table A. Trials of Medications for Treatment of Restless Legs Syndrome

Medication	Comparison	Reference	Study type	No. of patients	Patient population
Cabergoline (Dostinex; fixed-doses)	Placebo	A1	RCT	85	Moderate to severe RLS
Gabapentin (Neurontin)	Placebo	A2	Crossover, double-blind	22	Idiopathic RLS sufferers
Gabapentin	Ropinirole (Requip)	A3	Randomized trial	16	Patients with RLS and PLMS
Levodopa	Placebo	A4	Crossover, double-blind	35	Patients with RLS and PLMS
Oxycodone (Roxicodone)	Placebo	A5	Crossover, double blind	11	Patients with RLS
Pergolide (Permax)	Placebo	A6	RCT	100	Idiopathic RLS and PLMS
Pramipexole (Mirapex)	None	A7	Retrospective review	60	Patients treated with pramipexole for RLS
Pramipexole (fixed-doses)	Placebo	A8	RCT	344	RLS patients with IRLSSG score > 15; symptoms at least two to three days per week
Pramipexole	Placebo	A9	RCT	345	Patients who have RLS with an IRLSSG score > 15; symptoms at least two to three days per week
Ropinirole	Placebo	A10	RCT	267	RLS patients with IRLSSG score ≥ 15; symptoms at least 15 nights per month
Ropinirole	Placebo	A11	RCT	284	RLS patients with IRLSSG score ≥ 15; symptoms at least 15 nights per month
Ropinirole	Placebo	A12	RCT	381	RLS patients with IRLSSG score ≥ 15; symptoms at least 15 nights per month; symptoms four out of seven nights in washout phase
Tramadol (Ultram)	None	A13	Open label	12	Patients with RLS; all with related insomnia

CGI = Clinical Global Impression; IRLSSG = International Restless Legs Syndrome Study Group; PLMS = periodic limb movements of sleep; RCT = randomized controlled trial; RLS = restless legs syndrome.

*—IRLSSG scores range from 1 to 40, with higher scores representing more severe RLS.

†—"Responders" would be those deemed by the physician to be much or very much improved.

Information from references:

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Dosage(s)**Results**

0.5 mg, 1 mg, 2 mg

Improvement in RLS symptoms at each of the doses of cabergoline versus placebo; efficacy maintained up to one year

1,855 mg (average daily dose)

Improvement in IRLSSG score* and sleep architecture; decreased periodic limb movements

750 mg (average gabapentin dose)

Both medications effective in reducing RLS symptoms and periodic limb movements

0.78 mg (average ropinirole dose)

159 mg (average dose)

Levodopa effective in improving quality of sleep and decreasing PLMS; improvement noted with first dose

15.9 mg (average dose)

Improvement in leg sensations, motor restlessness, and daytime alertness versus placebo; decreased PLMS versus placebo

0.4 mg (average dose)

Reduction in PLMS and improvement in IRLSSG score versus placebo at six weeks

0.63 mg (average dose)

Efficacy maintained for average of 27.2 months; 25 percent discontinued medication (most during first four months); augmentation occurred in 33 percent

0.25 mg, 0.5 mg,
0.75 mg

Improvement in IRLSSG score versus placebo at each of the fixed doses of pramipexole; all doses had similar efficacy

0.35 mg (median dose
at six weeks)

Improvement in IRLSSG score and CGI† versus placebo

1.5 mg (median dose
at 12 weeks)

Improvement in IRLSSG score and CGI versus placebo

1.9 mg (average dose
at 12 weeks)

Improvement in IRLSSG score and CGI versus placebo

2.1 mg (average dose
at 12 weeks)

Improvement in IRLSSG score and CGI versus placebo

50 to 150 mg

Improvement in all patients

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A9. Oertel WH, Stiasny-Kolster K, Bergtholdt B, et al., for the Pramipexole RLS Study Group. Efficacy of pramipexole in restless legs syndrome: a six-week, multicenter, randomized, double-blind study (effect-RLS study). *Mov Disord*. 2007;22(2):213-219.

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A13. Lauerma H, Markkula J. Treatment of restless legs syndrome with tramadol: an open study. *J Clin Psychiatry*. 1999;60(4):241-244.