**Total Nasal Symptom Score (TNSS)**

1. Please rate how your runny nose has been over the past:

-None 0

-Mild (symptom clearly present but easily tolerated) 1

-Moderate (symptom bothersome but tolerable) 2

-Severe (symptom difficult to tolerate – interferes with activities) 3

2. Please rate how your nasal congestion has been over the past:

-None 0

-Mild (symptom clearly present but easily tolerated) 1

-Moderate (symptom bothersome but tolerable) 2

-Severe (symptom difficult to tolerate – interferes with activities) 3

3. Please rate how your nasal itching has been over the past:

-None 0

-Mild (symptom clearly present but easily tolerated) 1

-Moderate (symptom bothersome but tolerable) 2

-Severe (symptom difficult to tolerate – interferes with activities) 3

4. Please rate how your sneezing has been over the past:

-None 0

-Mild (symptom clearly present but easily tolerated) 1

-Moderate (symptom bothersome but tolerable) 2

-Severe (symptom difficult to tolerate – interferes with activities) 3

INTERPRETATION:

score < 6= Mild  
score >= 6 & score <= 9 = Moderate

Score > 9 & score < = 12 = Severe