International Parkinson and
Movement Disorder Society

SCOPA-DC

Scales for Outcomes in Parkinson's Disease – Diary Card

Authored by:
Johan Marinus
Martine Jeukens-Visser
Anne M. Stiggelbout
Jose Martin Rabey
Ubaldo Bonuccelli
Peter H. Kraus
Jacobus J. van Hilten

MDS Permissions

The Scales for Outcomes in Parkinson's Disease – Diary Card (SCOPA-DC) is owned and licensed by the International Parkinson and Movement Disorder Society (MDS). Permission is required to use the scale and can be obtained by submitting a Permissions Request Form on the MDS website. For licensing inquiries, please e-mail ratingscales@movementdisorders.org.

Unauthorized reproduction, distribution, translation, or sale of any portion of the SCOPA-DC is strictly prohibited. Changes, modifications and derivative works of the scale are not permitted without the express authorization of MDS. Including but not limited to the following, the SCOPA-DC may not be incorporated into clinical trials, training materials, certification programs, software programs, electronic platforms, electronic medical records, databases, or devices except by permission of MDS.

SCOPA

Date: *Name:*   *IDno:*

Place a cross in the box which best reflects your situation over the previous time period.

QUESTIONS	previous night	breakfast (or until 7.00)	mid-morning (7.00 - 10.00)	lunch (10.00 - 13.00)	mid-afternoon (13.00 – 16.00)	dinner (16.00 – 19.00)	bed time (19.00 - 22.00)	*sum*
Slept greater part?		yes	yes	yes	yes	yes	yes	
1. Walking	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
2. Changing position	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
3. Using your hands	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
4. Uncontrollable movements	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	0 1 2 3	
5. Sleep	0 1 2 3	Number of hours sleep in previous night: (to the nearest half hour)			Number of minutes sleep during the day: (to the nearest 15 minutes)			
sum 1-3								

For 'walking', 'changing position' and 'using your hands':

0 = no difficulty

1 = slight difficulty (somewhat slow, no help required)

2 = moderate difficulty (rather slow, some help required)

3 = severe difficulty (impossible or only with a lot of help)

For 'uncontrollable movements':

0 = absent or do not bother me

1 = bother me slightly

2 = bother me moderately

3 = bother me a lot

For 'sleep':

0 = slept very well

1 = slept rather well

2 = slept rather badly

3 = slept very badly