

SITUATIONAL VERTIGO QUESTIONNAIRE

Vertigo is the medical term used for symptoms which patients often describe as feelings of unusual disorientation, dizziness, giddiness, lightheadedness or unsteadiness. Please ring a number to indicate the degree to which each of the situations listed below causes feelings of vertigo, or makes your vertigo worse. If you have never been in one of the situations then for that item ring “N.T.” for “Not Tried”.

The categories are:

	0	1	2	3	4	N.T. Not tried
	Not at all	Very slightly	Somewhat	Quite a lot	Very much	
Riding as a passenger in a car on straight, flat roads	0	1	2	3	4	N.T.
Riding as a passenger in a car on winding or bumpy roads	0	1	2	3	4	N.T.
Walking down a supermarket aisle	0	1	2	3	4	N.T.
Standing in a lift while it stops	0	1	2	3	4	N.T.
Standing in a lift while it moves at a steady speed	0	1	2	3	4	N.T.
Riding in a car at a steady speed	0	1	2	3	4	N.T.
Starting or stopping in a car	0	1	2	3	4	N.T.
Standing in the middle of a wide open space (e.g. large field or square)	0	1	2	3	4	N.T.
Sitting on a bus	0	1	2	3	4	N.T.
Standing on a bus	0	1	2	3	4	N.T.
Heights	0	1	2	3	4	N.T.
Watching moving scenes on the T.V. or at the cinema	0	1	2	3	4	N.T.
Travelling on escalators	0	1	2	3	4	N.T.
Looking at striped or moving surfaces (e.g. curtains, Venetian blinds, flowing water)	0	1	2	3	4	N.T.
Looking at a scrolling computer screen or microfiche	0	1	2	3	4	N.T.

Going through a tunnel looking at the lights on the side	0	1	2	3	4	N.T.
Going through a tunnel looking at the light at the end	0	1	2	3	4	N.T.
Driving over the brow of a hill, around bends, or in wide open spaces	0	1	2	3	4	N.T.
Watching moving traffic or trains (e.g. trying to cross the street, or at the station)	0	1	2	3	4	N.T.

Scoring= total sum/19-number not tried