

# Edmonton Symptom Assessment System (revised) (ESAS-r)

Category: Palliative, Oncology | Items: 9 | Time: ~2-3 min

## Description / When to Use

Multidimensional symptom burden in palliative care

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 9 items in this scale. Estimated completion time: 2-3 min.

## Scale Items

1. Pain (0 = no pain -> 10 = worst possible)
2. Tiredness (0 = none -> 10 = worst possible)
3. Drowsiness (0 = none -> 10 = worst possible)
4. Nausea (0 = none -> 10 = worst possible)
5. Lack of appetite (0 = best appetite -> 10 = no appetite)
6. Shortness of breath (0 = none -> 10 = worst possible)
7. Depression (0 = none -> 10 = worst possible)
8. Anxiety (0 = none -> 10 = worst possible)
9. Wellbeing (0 = best -> 10 = worst possible)

## Scoring Guide

Sum all 9 items. Total range 0-90.

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0–9	Mild symptom burden	Most symptoms in mild range; routine review.
10–29	Moderate symptom burden	Several symptoms moderate; structured palliative review.
30–90	Severe symptom burden	High burden; specialist palliative care referral.

## Psychometric Properties

See original validation study for reliability and validity data.

## License

Free to use — public domain or open access.

## Citation (APA Format)

Watanabe SM et al. A multicenter study comparing two numerical versions of the Edmonton Symptom Assessment System (ESAS) in palliative care patients. *J Pain Symptom Manage.* 2011;41(2):456-468.  
DOI: 10.1016/j.jpainsymman.2010.04.020

*Disclaimer: Per-symptom severity is also clinically informative: 0–3 mild, 4–6 moderate, 7–10 severe.*