**Premonitory Urge for Tics Scale (PUTS)**

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Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_ Place: school clinic home other

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Diagnosis (if known) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***How I feel*** | ***Not at all*** | ***A little*** | ***Pretty much*** | ***Very much*** |
| Right before I do a tic  I feel like my insides are itchy |  |  |  |  |
| Right before I do a tic  I feel pressure inside my brain or body |  |  |  |  |
| Right before I do a tic  I feel “wound up” or tense inside |  |  |  |  |
| Right before I do a tic  I feel like something is not “just right” |  |  |  |  |
| Right before I do a tic  I feel like something isn’t complete |  |  |  |  |
| Right before I do a tic  I feel like there is energy in my body  that needs to get out |  |  |  |  |
| I have these feelings almost all the time  before I do a tic |  |  |  |  |
| These feelings happen for every tic I have |  |  |  |  |
| After I do the tic, the itchiness, energy,  pressure, tense feelings or feelings that  something isn’t “just right” or complete  go away, at least for a while |  |  |  |  |
| I am able to stop my tics  even if only for a short period of time |  |  |  |  |
| *Total scores (except item number ten)*  *On a scale of 1-4, from least to most* |  |  |  |  |

Total score = \_\_\_\_\_\_\_\_\_\_

Interpretation: Nine is the minimum score possible.

12.5-24.5 indicates medium intensity of premonitory urges for tics.

25-30.5 indicates high intensity which may be associated with marked impairment.

Scores 31 and above indicate extremely high intensity with probable severe impairment.

Thirty-six is the maximum score possible.

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_