

Dizziness Catastrophizing Scale (DCS)

Below, you will see a set of statements. Please rate each statement from 0-4 using the list below. Please answer every question.

0	1	2	3	4
Not at all	To a slight degree	To a moderate degree	To a great degree	All of the time

	Statement	Rating
1	I worry all the time about whether dizziness will end	
2	I feel I can't go on	
3	It's terrible and I think it's never going to get any better	
4	It's awful and I feel that it overwhelms me	
5	I feel I can't stand it anymore	
6	I become afraid that the dizziness will get worse	
7	I keep thinking of other events of dizziness	
8	I anxiously want the dizziness to go away	
9	I can't seem to keep it out of my mind	
10	I keep thinking about how much trouble my dizziness gives me	
11	I keep thinking about how badly I want the dizziness to stop	
12	There's nothing I can do to reduce the intensity of the dizziness	
13	I wonder whether something serious may happen	