A-MISO-S

Amsterdam Misophonia Scale (A-MISO-S)

The A-MISO-S is a self-report scale designed to assess the severity of misophonia, a disorder characterized by negative emotional reactions or impulsive behaviors in response to certain specific sounds. This questionnaire draws on formats used in psychiatry to assess the severity of obsessive symptoms.

Number of questions	7 questions
Estimated duration	5 minutes
Language	English
Original name	Amsterdam Misophonia Scale
Target audience	Adults
Authors	Nienke Vulink, Niels van Loon, Damiaan Denys (2013)
Category	General

Preview of the 7 questions

How much of your time is occupied by misophonic sounds?

How frequently do the (thoughts about the) misophonic sounds occur?

- None
- Mild: less than 1 hr/day, or occasional (thoughts about) sounds (no more than 5 times a day)
- Moderate: 1 to 3 hrs/day, or frequent (thoughts about) sounds (no more than 8 times a day, most of the hours are unaffected)
- Severe: greater than 3 and up to 8 hrs/day, or very frequent (thoughts about) sounds
- Extreme: greater than 8 hrs/day, or near constant (thoughts about) sounds

How much do these misophonic sounds interfere with your social, work or role functioning?

Is there anything that you don't do because of them? If currently not working, determine how much performance would be affected if you were employed.

- None
- Mild: slight interference with social or occupational/school activities, but overall performance not impaired
- Moderate: definite interference with social or occupational performance, but still manageable
- Severe: causes substantial impairment in social or occupational performance
- Extreme: incapacitating

How much distress do the misophonic sounds cause you?

In most cases, distress is equated with irritation, anger, or disgust. Only rate the emotion that seems triggered by misophonic sounds, not generalized irritation or irritation associated with other conditions.

- None
- Mild: occasional irritation/distress
- Moderate: disturbing irritation/anger/disgust, but still manageable
- Severe: very disturbing irritation/anger/disgust
- Extreme: near constant and disturbing anger/disgust

How much effort do you make to resist the (thoughts about the) misophonic sounds?

How often do you try to disregard or turn your attention away from these sounds? Only rate effort made to resist, not success or failure in actually controlling the thought or sound.

- Makes an effort to always resist, or symptoms so minimal, doesn't need to actively resist
- Tries to resist most of the time
- Makes some effort to resist
- Yields to all (thoughts about) misophonic sounds without attempting to control them, but does so with some reluctance
- Completely and willingly yields to all obsessions

How much control do you have over your thoughts about the misophonic sounds?

How successful are you in stopping or diverting your thinking about the misophonic sounds? Can you dismiss them?

- Complete control
- Much control, usually able to stop or divert thoughts about misophonic sounds
- Moderate control, sometimes able to stop or divert thoughts about misophonic sounds
- Little control, rarely successful in stopping or dismissing thoughts about misophonic sounds, can only divert attention with difficulty
- No control, experience thoughts as completely involuntary, rarely able to alter thinking about misophonic sounds

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Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

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Scoring & interpretation

Each item is scored from 0 to 4. The total score is obtained by summing the scores of all items. The higher the score, the more severe the misophonia. Scores can guide treatment or clinical assessment.

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