SSD-12

Somatic Symptom Disorder - B Criteria Scale (SSD-12)

The SSD-12 is a self-report tool designed to measure the intensity of excessive thoughts, feelings and behaviors associated with somatic symptoms, in line with the DSM-5 B criteria for somatic symptom disorder. It helps support diagnosis, monitor the course of the disorder and assess the severity of the psychological component.

Number of questions	12 questions
Estimated duration	5 minutes
Language	English
Original name	Somatic Symptom Disorder - B Criteria Scale
Target audience	Adults
Authors	Bernd Löwe, Thomas Kliem, Jörg Schmalbach (2013)

Preview of the 12 questions

I think that my physical symptoms are signs of a serious illness

Never | Rarely | Sometimes | Often | Very often

I am very worried about my health

Never | Rarely | Sometimes | Often | Very often

My health concerns hinder me in everyday life

Never | Rarely | Sometimes | Often | Very often

I am convinced that my symptoms are serious

Never | Rarely | Sometimes | Often | Very often

My symptoms scare me

Never | Rarely | Sometimes | Often | Very often

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Scoring & interpretation

Each item is rated on a Likert scale from 0 to 4 (0 = never, 4 = very often). Scores are added up for a total score from 0 to 48, with a higher score indicating more psychopathological concerns related to somatic symptoms. There is no universal pathological cutoff, but a high score warrants an in-depth clinical evaluation.

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Laura V. - Online Psychologist