

The DizzyQuest: To have or not to have... a vertigo attack?

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1.1 Evening Questionnaire

Question	Scoring system	Answer options
This was an ordinary day	Likert scale	1 = Not at all 4 = Moderate 7 = Very
I generally felt well today	Likert scale	1 = Not at all 4 = Moderate 7 = Very
I generally felt tired today	Likert scale	1 = Not at all 4 = Moderate 7 = Very
I generally felt relaxed today	Likert scale	1 = Not at all 4 = Moderate 7 = Very
I generally worried a lot today	Likert scale	1 = Not at all 4 = Moderate 7 = Very
I generally was able to concentrate well today	Likert scale	1 = Not at all 4 = Moderate 7 = Very
I felt dizzy today*	Likert scale	1 = Not at all 4 = Moderate 7 = Very
I felt nauseous today	Likert scale	1 = Not at all 4 = Moderate 7 = Very
I had balance issues today	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from hearing loss: left	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from hearing loss: right	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from tinnitus: left	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from tinnitus: right	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from aural fullness	Likert scale	1 = Not at all 4 = Moderate 7 = Very

Today I suffered from headache	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from light-sensitivity	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from sound-sensitivity	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from light flashes and/or zigzag lines	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from numbness or tingling in arms, legs and/or face	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from visual problems when moving	Likert scale	1 = Not at all 4 = Moderate 7 = Very
Today I suffered from difficulties reading	Likert scale	1 = Not at all 4 = Moderate 7 = Very
How many attacks of dizziness, nausea and/or hearing loss have you had today?*	Multiple choice option	- 0 - 1 - 2 - 3 or more
Did the first attack today already start yesterday?	Multiple choice option	- Yes - No
The attacks were provoked by:	Multiple choice option (maximum 5 options)	- Head or body movements - Strong stimuli (visual, sound, busy places) - Stress - Nothing, started spontaneously - Something else:...
<i>If chosen 'Something else:...' What else provoked the attack?</i>	Open answer option (maximum 120 characters)	
I was unable to function properly because of the attacks for:	Multiple choice option	1. <20 minutes 2. 20 minutes – 3 hours 3. 3 hours – 12 hours 4. >12 hours
To what extent were you limited in your activities today?	Likert scale	1 = Not at all 4 = Moderate 7 = Very
In which type of activities were you limited the most today?	Multiple choice option	1. Work, study 2. Household

	(maximum 1 option)	3. Social 4. Travelling, on the way 5. Hobbies 6. Sports 7. Sleeping
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1.2 Attack Questionnaire

Question	Scoring system	Answer options
This attack has stopped since	Multiple choice option	1. Happening now 2. <20 minutes 3. 20 minutes – 3 hours 4. 3 hours -12 hours 5. >12 hours 6. Yesterday or earlier
During this attack I suffered from	Multiple choice option (maximum 13 options)	1. Dizziness* 2. Nausea 3. Imbalance 4. Hearing loss 5. Tinnitus 6. Aural fullness 7. Headache 8. Sensitive to light 9. Sensitive to sounds 10. Light flashes, zigzag lines 11. Numbness or tingling in arms, legs and-or face 12. Visual problems when moving 13. Difficulty reading
This attack was provoked by	Multiple choice option (maximum 5 options)	1. Arose automatically 2. Head or body movements 3. Strong stimuli (visual, sound, busy places) 4. Stress 5. Something else:...
<i>If chosen 'Something else:...'</i> What other reason was there for the attack?	Open answer option (Maximum 60 characters)	
How severe was this attack?	Likert scale	1 = Very mild 7 = Very severe

This attack prevented me from functioning normally for	Multiple choice option	1. <20 minutes 2. 20 minutes – 3 hours 3. 3 hours – 12 hours 4. 12 hours – 1 day 5. 1 to 3 days 6. >3 days
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* The terms “vertigo” and “dizziness” are often used interchangeably in the Dutch language.