

Clinical Rating Scale for Tremor (CRST)

The **Clinical Rating Scale for Tremor (CRST)** is a standardized instrument to assess the **severity and functional impact of tremor**, particularly in conditions such as **Essential Tremor** and **Parkinson's Disease**.

It is divided into three parts:

Part A: Tremor Localization / Severity (max 32 points)

Item	Description	Score (0-4)
Rest tremor	Face, lips, chin, tongue, hands	
Postural tremor	Arms outstretched	
Kinetic tremor	Spiral drawing, pouring water	
Intention tremor	Finger-to-nose	
Total Part A		

Part B: Specific Motor Tasks (max 36 points)

Task	Description	Score (0-4)
Handwriting	Legibility, steadiness	
Drawing spiral (right)	Circle symmetry and amplitude	
Drawing spiral (left)	Circle symmetry and amplitude	
Pouring water	Between two cups	
Total Part B		

Part C: Functional Disabilities (max 20 points)

Activity	Description	Score (0-4)
Speaking	Intelligibility	
Feeding	Use of utensils, spillage	
Hygiene	Tooth brushing, shaving	
Dressing	Buttons, zippers	
Working/social activities	Ability to perform tasks or socialize	
Total Part C		

Total CRST Score: 0 to 88

Interpretation:

- 0 = No tremor
- 1-20 = Mild tremor
- 21-40 = Moderate tremor
- >40 = Severe tremor impacting daily activities

Applications: Used in clinical trials and treatment evaluation, including:

- Medication response
- Deep Brain Stimulation (DBS)
- Focused Ultrasound Thalamotomy (FUS)

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