

The main tool for assessing myoclonus is the Unified Myoclonus Rating Scale (UMRS). It assesses the severity and characteristics of the disorder and the associated disability. The UMRS has 73 items, grouped into five sections: patient's questionnaire (12 items, scored from 1 to 5); myoclonus at rest (8 items for frequency and amplitude, scored from 0 to 4); stimulus sensitivity (17 items, dichotomous); myoclonus with action (10 items, scored for frequency and amplitude on a 5-point scale); and functional tests (5 items, scored from 0 to 4). It also includes a global disability scale, scored from 0 (normal) to 4 (severe), and two items assessing presence (yes/no) and severity (from 0 to 3) of negative myoclonus. Components for evaluation of myoclonus-related sleep disorders are not included in this scale. The UMRS has satisfactory internal consistency and inter-rater reliability ¹⁾

¹⁾
Frucht SJ, Leurgans SE, Hallett M, Fahn S. The Unified Myoclonus Rating Scale. Adv Neurol. 2002;89:361-376.

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