

My symptom diary

What is a symptom diary?

A symptom diary is a written record of how your axial SpA is affecting you. You can track your symptoms over time. The diary is also a place to record what affects your symptoms – any triggers or anything that helps.

Why should I keep a symptom diary?

A symptom diary can help you:

- Look back over time to understand how your axial SpA has been affecting you.
- Prepare for appointments with your healthcare professionals.
- Identify possible triggers for your symptoms.
- Understand what can help your symptoms – you can build this into your flare toolkit.
- Understand how your condition impacts your mood. You can develop a toolkit to look after your emotional wellbeing.
- Track how a new treatment or activity is helping.

How do I complete a symptom diary?

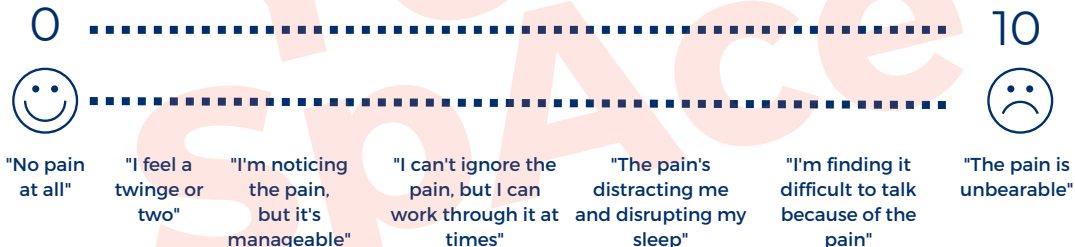
Open in your usual PDF reader, click on the boxes to add your text, then save a copy!

Fill in the symptom diary when you experience symptoms of your axial SpA. It can be helpful to do this daily for a few weeks to understand how your condition is affecting you. Only fill in the sections that apply to you at the time.

Severity scale

What is a severity scale?

The severity scale is to record how severe a symptom is. It's on a scale of 0 (none) to 10 (the worst ever). For example, for pain it may look like this:



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Date, day of the week and time	Symptom name/ location	What does it feel like?	Severity 0-10	How long did it last?	Any triggers?	Anything ease it?	How did it impact activities or sleep?	How did it make me feel emotionally?	What helped with the emotions?