Restless Legs Syndrome- Do we Need a Modified Diagnostic Questionnaire for Accurate Diagnosis?

Restless legs syndrome (RLS) is one of the chronic neurological and sleep-related movement disorders. Since it is mostly a clinical diagnosis, accurate patient identification is often challenging.

Diagnostic criteria of RLS has been established by the International Restless Legs Syndrome Study Group.[1] The Johns Hopkins Restless Legs Syndrome Severity Scale provides a reliable and easy clinical assessment of RLS severity.[2] Close differential diagnosis of RLS include periodic limb movement of sleep disorder, akathesia, peripheral neuropathy, nocturnal leg cramps, venous disorder, and claudication, which needs exclusion in research studies of RLS.

A number of questionnaires have been developed for screening RLS viz. RLS Diagnostic Index, Cambridge-Hopkins RLS Diagnostic Interview, Hopkins Diagnostic Telephonic Interview, single question for RLS, RLS diagnostic questionnaire, and All india Institute of Medical sciences (AIIMS) RLS Diagnostic questionnaire for Indian patients.[3] But the existing questionnaires often fail to exclude close differentials resulting in false positive cases in research studies.[4]

The original work, "Modification and Validation of a Diagnostic Questionnaire for Restless Legs Syndrome: Modified-Restless Legs Syndrome Diagnostic Questionnaire (m-RLS-DQ)" is a bold attempt from Indian authors, conducted in a fairly large population with clinical diagnosis of RLS.[5] This study needs special appreciation in the sense of its complexity in design and validation, which has been done in the local language as well as in English, with the involvement of international and national experts in the validation process. Also, the modified version of RLS questionnaire validated in this study will help researchers and clinicians to have a more accurate clinical diagnosis in the future.

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