

THE KETAMINE WITHDRAWAL AND BLADDER SYNDROME ASSESSMENT SCALE (KWBSAS)

Please answer all the questions that best fit how you are feeling now or very recently.

Psychological Symptoms	Not at all	Mild	Moderate	Severe	Score
I feel anxious	0	1	2	3	
I feel depressed	0	1	2	3	
I have cravings for ketamine	0	1	2	3	
I feel confused or struggle to think clearly	0	1	2	3	

Physical Symptoms	Not at all	Mild	Moderate	Severe	Score
I have headaches	0	1	2	3	
I feel sick or nauseous	0	1	2	3	
I feel fatigued or lacking in energy	0	1	2	3	
I have tremors or shakes	0	1	2	3	
I feel dizzy or lightheaded	0	1	2	3	
I have chest pain or tightness	0	1	2	3	
I notice my heart racing or pounding (<i>palpitations</i>)	0	1	2	3	
I have muscle cramps or stiffness	0	1	2	3	
I experience upper abdominal pain (<i>epigastric pain</i>)	0	1	2	3	
I have poor appetite or struggle to eat	0	1	2	3	
I have lost weight unintentionally	0	1	2	3	
I experience right-side abdominal pain or tenderness	0	1	2	3	

Sleep Disturbances	Not at all	Mild	Moderate	Severe	Score
I have insomnia or struggle to fall/stay asleep	0	1	2	3	
I have nightmares or disturbing dreams	0	1	2	3	

Perceptual Changes	Not at all	Mild	Moderate	Severe	Score
I see flashing or shimmering lights in my vision	0	1	2	3	
I hear noises or voices that aren't really there	0	1	2	3	

Bladder and Urinary Symptoms	Not at all	Mild	Moderate	Severe	Score
My urination has become more frequent	0	1	2	3	
I feel urgency and struggle to hold my urine	0	1	2	3	
I see blood or jelly-like substances in my urine	0	1	2	3	
I struggle to fully empty my bladder	0	1	2	3	
I experience leaking or incontinence	0	1	2	3	

Total Score:

Scoring and Interpretation:

- ❑ **0–20: Mild** — Symptoms may be manageable without intensive support.
- ❑ **21–40: Moderate** — Likely requires support, monitoring, and harm reduction advice.
- ❑ **41–60: Severe** — Suggests serious physical and/or psychological symptoms; medical and specialist input may be needed.
- ❑ **61+: Very Severe** — Consider immediate medical review; may require inpatient or multidisciplinary support.