

# PANS quick-test



## How can I tell if I or someone I love might have PANS or PANDAS?

Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) is caused by a misdirected immune response to a strep infection. It's not the strep bacteria itself, but the body's reaction to it that leads to inflammation in a part of the brain called the basal ganglia. Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) is a broader diagnosis used when a different infection—or even a non-infectious trigger—causes a similar immune response and brain inflammation.

## Take the quick-test.

As Canada's only PANS PANDAS charity, Inflamed Brain Alliance is dedicated to raising awareness of these little-known inflammatory brain disorders that can deeply affect the entire family. Across the country, thousands of children, youth, and adults face delays in diagnosis and treatment due to limited research, lack of provider education, and systemic barriers. Care can only begin with answers—and that starts with a proper diagnosis.

## Please review the symptoms below and check off all that apply:

### OCD (Obsessive Compulsive Disorder)

- ☐ Sudden Onset
- ☐ Perfectionism
- ☐ Fear of contamination
- ☐ Fear of not being in control
- ☐ Repeated checking
- ☐ Grooming/washing
- ☐ Mental compulsions
- ☐ Seeks reassurance
- ☐ Avoidance
- ☐ Unwanted sexual thoughts

### Restricted Eating

- ☐ Loss of appetite
- ☐ Ritualistic eating
- ☐ Body Dysmorphia
- ☐ Problems swallowing
- ☐ Fearful of choking, swallowing, or vomiting
- ☐ Fearful of being poisoned

### Anxiety

- ☐ General anxiety (GAD - General Anxiety Disorder)
- ☐ Separation anxiety
- ☐ Unwilling to attend activities (school, etc.)

### Sensory Issues

- ☐ Hypersensitivity to strong smells, textures, tastes
- ☐ Hallucinations

### Motor Abnormalities

- ☐ Motor or vocal tics
- ☐ Hyperactivity
- ☐ Dysgraphia (difficulty writing)
- ☐ Clumsiness
- ☐ Akathisia (restlessness)

### Behavioral Regression

- ☐ Reverts to baby talk
- ☐ Clinginess
- ☐ Refuses to carry out age-appropriate tasks
- ☐ Frequent tantrums

### Decline in Academic Performance

- ☐ Poorer math/calculation performance
- ☐ ADHD symptoms (hyperactivity and impulsivity)
- ☐ Problems with short term memory
- ☐ Noticeable brain fog
- ☐ Decreased processing speed
- ☐ Impaired dexterity

### Mood Disorders

- ☐ Depression
- ☐ Emotional lability (dysregulation)
- ☐ Reactive rage (immediate)
- ☐ Mania
- ☐ Severe Oppositional Defiance (ODD)

### Somatic Symptoms

(Symptoms NOT due to UTI, anxiety, or OCD)

- ☐ Increase in daytime urinary frequency (Polyuria)
- ☐ Bedwetting at night (Enuresis)

### Sleep Disorders

- ☐ Problems falling/staying asleep
- ☐ Night terrors
- ☐ REM behavior disorder
- ☐ Insomnia
- ☐ Parasomnia
- ☐ Sleep phase shifting

Date recorded:

If you or a loved one has experienced a sudden (or sometimes gradual) onset of symptoms like OCD or restricted eating, along with signs in two or more other categories, we encourage you to complete this quick-test. Be sure to share your results with your healthcare provider at your next appointment.

Please note that this quick-test is not a substitute for professional medical advice. Only a healthcare provider familiar with PANS and PANDAS can diagnose these conditions. Your physician is the best resource for information regarding your family's health.