

## Attachment 6

University of Pennsylvania Smell Identification Test (UPSIT)

**Name of test:** University of Pennsylvania Smell Identification Test (UPSIT)

**Estimated time burden:** 10 minutes

**Number of items:** 40

**Odors used:**

Pizza	Cinnamon	Paint Thinner
Gum	Gasoline	Grass
Menthol	Strawberry	Smoke
Cherry	Cedar	Pine
Motor oil	Chocolate	Grape
Mint	Gingerbread	Lemon
Banana	Lilac	Soap
Clove	Turpentine	Natural Gas
Leather	Peach	Rose
Coconut	Root Beer	Peanut
Onion	Dill Pickle	Wintergreen
Fruit Punch	Pineapple	Watermelon
Licorice	Lime	
Cheddar	Orange	

**Instructions to subjects:**

Materials:

Laptop

Monitor

Scratch 'n' Sniff booklets, numbered "1 of 4" through "4 of 4"

Scratcher (e.g., guitar pick)

Description: This task assesses the ability to identify various odors. It is to be administered *only* to ages 10-85. All participants use booklets that contain scratch 'n' sniff labels and after scratching them, are asked to identify which of four words on the screen matches the odor they have just smelled.

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If a participant has difficulty using the mouse, he/she may point and the examiner may operate the mouse. When this happens, the examiner should say something like the following to the participant: **“You can point to the word you want and then I will use the mouse to click on it for you.”**

Administration Instructions: Ages 10-85 years

Before beginning the task, the examiner says: **“This task is similar to one you have done before; it involves smelling various odors, one at a time, and then trying to identify them. We are using ‘scratch and sniff’ labels, which are in these booklets (the examiner should point to or hold up one of the test booklets), to present the odors.”**

The examiner continues: **“Here is the first booklet with odors in it. Open it to number 1. Then, take this scratcher and scratch the brown label for number 1, scratching several times from left to right (the examiner should demonstrate the scratching motion *without actually scratching the label*). This will release an odor. Sniff the label that you scratched and then click on the word that best matches your smell experience. If the odor you smell is not shown, click on the answer closest to your experience. If no smell is present, make your best guess. After you click on an answer, a new set of words will appear on the screen and you will be asked to identify the odor on the next page of the booklet.**

**If you want to change your last answer, click on the GO BACK button (point to the button on the participant’s screen). Even though you will see answer choices in the booklet, you only need to answer by clicking your choice on the screen.”**

When the participant has completed Booklet 1 of 4, hand him/her Booklet 2 of 4 and say: **“Now, continue with this booklet.”** Continue this process until the participant has completed all four booklets, reminding him/her, if necessary, about how to scratch the labels and click on the answer as often as needed.

**NOTE:** The participant is not permitted to go back beyond the previous item he/she attempted. The examiner should monitor this closely and if the participant attempts to go back beyond the previous item, say: **“You can only go back to the last item you smelled.”**

When the participant has completed all 40 items in the four booklets, say: **“We have finished this activity.”**