



SITE LOGO

## PseudoBulbar Affect (PBA)



“I cry or laugh out of nowhere all the time. I can’t seem to control it, and it’s not the way I feel”

“Our son was invited to be a speaker at a prestigious conference. I just burst out sobbing even though inside I felt nothing but happiness and pride”

“I’ll be somewhere and start laughing uncontrollably. People just look at me like I’m crazy or something and it’s very embarrassing”

**If this sounds like you, and you have a neurological condition like a stroke or a brain injury, you might have PseudoBulbar Affect (PBA): Pronounced: Sue-dough-bulb-R aah-fekt**  
**Learning about PBA is your first step in discovering how to manage this condition.**

Did you know there are almost 2 million people in the US with neurological conditions or brain injuries who have PBA? There are also over 7 million people in the US who have symptoms that suggest PBA.

### WHAT EXACTLY IS PBA?

PBA is a condition where people with certain neurological conditions have episodes of crying and/or laughing that are: **Sudden, Frequent, Uncontrollable, and that don’t match their feelings - you look one way on the outside, but you feel completely different on the inside.**

These neurological conditions may include:

- Traumatic Brain Injury (TBI)
- Alzheimer’s disease / Dementia
- Stroke
- Multiple Sclerosis
- ALS (Lou Gehrig’s disease)
- Parkinson’s disease

PBA episodes can be confusing, frustrating or embarrassing and even draw unwanted attention to you.

Sometimes PBA can be mistaken for other conditions such as:

- Depression or Bipolar disorder (associated with mood swings)
- Euphoria – excessive laughter sometimes associated with conditions like multiple sclerosis (MS)
- PTSD – Post-traumatic Stress Disorder
- Pain – a feeling sometimes communicated through crying, especially in people with Alzheimer’s.

It’s possible to have these symptoms and conditions while also having PBA, that’s why it’s important to talk to your Doctor and find out what might be causing YOUR different symptoms.



## Take this 7-question Quiz to help start a conversation with your Doctor about PBA

For each question, select a number that describes you *during the last week*.

Use the guide below to make your choice

When finished, add your numbers for your Total Score.

**1 – Applies NEVER**

**2 – Applies RARELY**

**3 – Applies OCCASIONALLY**

**4 – Applies FREQUENTLY**

**5 – Applies MOST OF THE TIME**

TAKE THE PBA QUIZ		SCORE 1-5
Q1	There are times when I feel fine one minute, and then I'll become tearful the next minute over something small or for no reason at all.	
Q2	Others have told me that I seem to become amused very easily or that I seem to become amused about things that really aren't funny.	
Q3	I find myself crying very easily.	
Q4	I find that even when I try to control my laughter, I am often unable to do so.	
Q5	There are times when I won't be thinking of anything happy or funny at all, but will suddenly become by funny or happy thoughts	
Q6	I find that even when I try to control my crying, I am often unable to do so.	
Q7	I find that I am easily overcome by laughter.	
<b>TOTAL SCORE</b>		

In studies, scores of 13 or higher were more likely to suggest PBA, however, this score does NOT diagnose PBA. Lower or higher scores can occur in people with and without PBA. Your Doctor will still need to determine if you have PBA.

### TIPS FOR YOUR DOCTOR'S VISIT

- Give details, let your Doctor know things like:
  - How often you have a crying and/or laughing spell
  - Whether your spells match how you feel, which can help your Doctor determine if they're caused by depression, PBA or something else
- Come prepared:
  - Write down any questions beforehand
  - Bring a friend or family member to your appointment
- Don't be afraid to ask: The only bad questions are the ones you don't ask.