  **SmellAbility© Self-Testing:**

**Smell Testing**

There are a number of internationally recognised clinical/scientific Smell Identification Tests used to assess and diagnose smell disorders[[1]](#footnote-27132) . If you are referred to an ENT Smell and Taste Clinic or Specialist Rhinologist, it is highly likely that they would use one of these methods to help with diagnosis and treatment. Fifth Sense have adapted the principles of unseen testing, i.e not knowing what you are presented with to smell, to enable you to administer and establish your own basic ability to smell and to help you understand what smells you can and cannot detect. It is also to help you record your experience and establish your baseline ability to smell to support you.

**Ability to Smell**

To help identify your current ability, please use this template. Studies often use scents to represent four categories: **Flowery, Fruity, Spicy, Resinous, h**owever, it is important that you use things that have a distinctive smell and that you connect with and enjoy such as fresh mint, vanilla, ground coffee, garlic, coconut oil etc. Picking familiar smells that have memories for you can help you record and understand what you can and cannot currently smell. You can repeat this to sense check your ability as you progress through smell training.

**Instructions:**

This is best conducted when assisted by a family member or a friend to test your ability to smell without seeing the source.

1. Prepare the smell sources into small bowls/jars
2. Close your eyes (cheating doesn’t help anyone!) or use a blindfold/sleep mask etc to ensure you cannot see
3. Ask your assistant to present a scent at a time and ask you what you can smell without being able to see it
4. Ask you assistant to record your response to the scale below

**Initial SmellAbility Self-Test:**  **Date:**.............................................................................................................................................

Please score your ability to detect a smell using the following scale:

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| --- | --- | --- | --- | --- |
| 0 = No ability to smell | 1= Can detect a very faint smell and couldn’t identify it | 2 = Can detect a faint smell and still couldn’t identify it | 3 = Can detect a faint smell and could identify it | 4 = Full ability to smell |

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| --- | --- | --- |
| **Smell Source:** | **Score** | **Comments** |
| **E,g, Coffee** | 1 | I could tell there was a scent but it was too faint to identify it |
| **E.g. Orange** | 3 | I could smell orange but it wasn’t very strong |
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1. The most widely recognised are: the University of Pennsylvania Smell Identification Test – UPSIT, the Indian Smell Identification Test – INSIT, Scandanavian Odor-Indentification Test - SOIT, the Pocket Smell Test – PST, the Brief Smell Identifcation Test –BSIT and the Sniffin’ Sticks Test and are scientifically tested and supported evidentially. [↑](#footnote-ref-27132)