MG-ADL Scale

The Myasthenia Gravis Activities of Daily Living (MG-ADL) scale measures the impact of gMG on daily functions of 8 signs or symptoms that are typically affected in gMG. It is a self-assessment that can help patients and their doctor discuss how gMG affects their daily life.

1. **Rate each activity** from 0 to 3 based on your current experience. Higher scores indicate more severe gMG.
2. **Add your scores** to see your total (out of 24).
3. **Discuss your results** with your doctor and review your treatment progress and goals.

Patient Name: _____ **Date & Time Completed:** ____ / ____ / ____ **at** ____ **AM/PM**

Symptom	0 (Normal)	1	2	3 (Most Severe)	Score
1. Talking	Normal	Intermittent slurring or nasal speech	Constant slurring or nasal speech, but can be understood	Difficult-to-understand speech	
2. Chewing	Normal	Fatigue with solid food	Fatigue with soft food	Gastric tube	
3. Swallowing	Normal	Rare episode of choking	Frequent choking necessitating changes in diet	Gastric tube	
4. Breathing	Normal	Shortness of breath with exertion	Shortness of breath at rest	Ventilator dependence	
5. Impairment of ability to brush teeth or comb hair	None	Extra effort, but no rest periods needed	Rest periods needed	Cannot do one of these functions	
6. Impairment of ability to arise from a chair	None	Mild, sometimes uses arms	Moderate, always uses arms	Severe, requires assistance	
7. Double vision	None	Occurs, but not daily	Daily, but not constant	Constant	
8. Eyelid droop	None	Occurs, but not daily	Daily, but not constant	Constant	
				MG-ADL Score	_____

References: 1. Wolfe GI, Herbelin L, Nations SP, Foster B, Bryan WW, Barohn RJ. Myasthenia gravis activities of daily living profile. *Neurology*. 1999 Apr 22;52(7):1487-9. **2.** Muppidi S, Wolfe GI, Conaway M, Burns TM; MG Composite and MG-QOL15 Study Group. MG-ADL: still a relevant outcome measure. *Muscle Nerve*. 2011 Nov;44(5):727-31. **3.** Burns TM, Grouse CK, Conaway MR, Sanders DB; MG Composite and MG-QOL15 Study Group. Construct and concurrent validation of the MG-QOL15 in the practice setting. *Muscle Nerve*. 2010 Feb;41(2):219-26.

MG-ADL – Myasthenia Gravis Activities of Daily Living Profile contact information and permission to use: Mapi Research Trust, Lyon, France, https://eprovide.mapi-trust.org

Sample copy, do not use without permission.

© 2026 Amgen Inc. All rights reserved. USA-335-81375 03/26