

The Ruggiero Treatment Evaluation Scale (RTEC)

The Ruggiero Treatment Evaluation Scale (RTEC) is 65-item diagnostic assessment tool developed by Dr. Ruggiero. The RTEC is designed to evaluate the effectiveness of treatments for sleep disturbances, anxiety, and other psychological disorders as well as conditions involving perceived energy levels and general wellbeing. The questionnaire, which is completed by the subject, takes about 15 minutes to complete. The RTEC is successful in measuring interventional effects as well as tracking changes over periods of time. The RTEC should be completed before the treatment that is to be evaluated and at regular intervals such as, for example, every month. A Decrease in RTEC score indicates improvement.

Today's date: Name of the subject:..... Age:.....Male Female

Section 1. Please circle the letters to indicate how true each phrase is: [N] Not true; [S] Somewhat true; [V] Very true Score: V=2; S=1; N=0			
N S V	1.	I have trouble falling asleep	N S V 9. I often think something is wrong with my body
N S V	2.	I have trouble staying asleep	N S V 10. I am a shift worker and/or my sleep schedule is irregular
N S V	3.	I take (drugs/supplements) to help sleep	N S V 11. My legs are restless and/or feel uncomfortable before bed
N S V	4.	I use alcohol to help sleep	N S V 12. I have been told that I am restless or that I kick my legs in my sleep
N S V	5.	I have medical conditions that disrupt my sleep	N S V 13. I have unusual behaviors or movements during sleep
N S V	6.	I am losing interest in hobbies or activities	N S V 14. I snore
N S V	7.	I often feel sad, irritable, or hopeless	N S V 15. I have been told that I stop breathing, gasp, snort or choke in my sleep
N S V	8.	I often feel nervous or worried	N S V 16. I have difficulty staying awake during the day

Section 2. Please circle the letters to indicate how true each phrase is: [N] Non descriptive; [S] Somewhat descriptive; [V] Very descriptive Score: V=2; S=1; N=0			
N S V	1.	I am not able to relax	N S V 11. Most of the times my muscles are tense, aching, or sore
N S V	2.	I tend to focus on upsetting situations or events happening in my life	N S V 12. I often have sweaty or cold, clammy hands
N S V	3.	I feel fearful for no reason	N S V 13. I spend a lot of time wondering why I feel the way I do
N S V	4.	Usually I am not as happy as the people around me	N S V 14. I am afraid of crowds, being left alone, the dark, strangers, or traffic
N S V	5.	Often I have diarrhea, constipation, or other digestive problems	N S V 15. I often faint or feel like fainting
N S V	6.	I often have a dry mouth	N S V 16. I have difficulty swallowing or have a "lump in throat" feeling
N S V	7.	When someone snaps at me, I spend the rest of the day thinking about it	N S V 17. I experience twitching, trembling or shaky feelings
N S V	8.	No matter what I do, I can't get my mind off my problems	N S V 18. I am easily irritated
N S V	9.	I am easily alarmed, frightened, or surprised	N S V 19. I feel futile/useless
N S V	10.	I often experience shortness of breath or choking feelings	N S V 20. I often think about all the things I have not yet accomplished

Section 3. Please circle the letters to indicate how true each phrase is: [N] Not true; [S] Somewhat true; [V] Very true Score: V=0; S=1; N=2			
N S V	1.	I never experience unusually long periods of fatigue	N S V 4. I have never substantially reduced my previous levels of occupational, educational, social, or personal activities because of persistent fatigue
N S V	2.	When I feel fatigued it is because of some obvious ongoing physical exertion that I am aware of	N S V 5. I have never experienced impairment in short-term memory or concentration, severe enough to cause substantial reduction in previous levels of personal activity
N S V	3.	My fatigue goes away after I have rested normally	

Section 4. Please circle the letters to indicate how true each phrase is: [N] Non descriptive; [S] Somewhat descriptive; [V] Very descriptive Score: V=0; S=1; N=2			
N S V	1.	I like most parts of my personality	N S V 10. I feel as if I've done all there is to do in life in a very satisfying way
N S V	2.	When I look at the story of my life, I am pleased with how things have turned out so far	N S V 11. For me, life has been a continuous process of learning, changing, and growth
N S V	3.	Some people wander aimlessly through life, but I am not one of them	N S V 12. I think it is important to have new experiences that challenge how I think about myself and the world
N S V	4.	The demands of everyday life never get me down	N S V 13. People would describe me as a giving person, willing to share my time with others
N S V	5.	I never feel disappointed about my achievements in life	N S V 14. I never give up trying to make big improvements or changes in my life
N S V	6.	Maintaining close relationships has never been difficult or frustrating for me	N S V 15. I am not influenced by people with strong opinions
N S V	7.	I live life one day at a time with satisfaction and don't really worry about the future	N S V 16. I have experienced many warm and trusting relationships with others
N S V	8.	In general, I feel I am in charge of the situation in which I live	N S V 17. I have confidence in my own opinions, even if they are different from the way most other people think
N S V	9.	I am good at managing the responsibilities of daily life	N S V 18. I judge myself by what I think is important, not by the values of what others think is important

Section 5. Please circle the letters to indicate how true each phrase is: [N] Non descriptive; [S] Somewhat descriptive; [V] Very descriptive Score: V=0; S=1; N=2			
N S V	1.	I am able to concentrate	N S V 4. I enjoy normal activities
N S V	2.	I am capable of making decisions	N S V 5. I face up to problems
N S V	3.	I capable of overcoming difficulties	N S V 6. I feel reasonably happy

Rationale for the use of The Ruggiero Treatment Evaluation Scale (RTEC)

imuno® works on the immune-neuro-endocrine axis as an adaptogen and, therefore, it may rebalance a number of functions that pertain to the spheres of neurology, psychiatry, psychology, and cognition. These effects are of importance not only for those conditions where symptoms pertaining to these spheres are prominent such as, for example, neuroborreliosis, chronic fatigue syndrome or neurodegenerative disease, but also for cancer.

In fact, diagnosis and treatment of cancer is known to influence psychological well-being to a significant degree. Rates of psychological distress are elevated for most individuals who have been diagnosed with cancer when compared to population norms. Common psychological reactions to cancer are mood and anxiety-related concerns. Elevated rates of depression and anxiety in response to a cancer diagnosis is often attributable to uncertainty regarding mortality and well as going through arduous treatments and concerns related to functional interference and body-image or other self-concept related distress. Understanding how individuals react psychologically to cancer is important to support their overall well-being and maximize the quality of life during treatment and beyond. While the prevalence of psychological disturbance in reaction to cancer is relatively high when compared to population norms, many individuals report fairly stable psychological well-being through the cancer trajectory and some even report improved psychological wellbeing.

In order to evaluate the effects of imuno® on these states, a dedicated questionnaire termed "The Ruggiero Treatment Evaluation Scale (RTEC)" has been developed with the goal of evidencing those effects of imuno® that may escape the attention of the Therapist focused primarily on the specific symptoms of the disease for which imuno® is used.

How to evaluate the effects imuno® using RTEC

It is worth noticing that the effects of imuno® on the immune-neuro-endocrine axis may be slow and progressive; since imuno® works by rebalancing physiological mechanisms these effects may go unnoticed unless specifically addressed. The RTEC has been developed precisely to address these aspects and provides a useful tool to assess the efficacy of the treatment in addition to the specific analyses or lab test that evaluate the primary disease.

The RTEC has to be compiled by the patient, not the Therapist. First assessment has to be performed before starting the treatment with imuno® and at regular intervals thereafter. As a rule of thumb, the second assessment should occur not earlier than eight weeks after starting the treatment.