### Diagnostic criteria for essential tremor (ET) [6] –

<table>
<thead>
<tr>
<th>Syndrome</th>
<th>Inclusion criteria</th>
<th>Exclusion criteria</th>
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<tbody>
<tr>
<td>Classic ET:</td>
<td>Bilateral, postural or kinetic tremor involving the hands and forearms OR Isolated head tremor without evidence of dystonia</td>
<td>Other abnormal neurologic signs or history of recent neurologic trauma preceding the onset of tremor, presence of known causes of enhanced physiologic tremor (e.g. drugs, anxiety, depression, hyperthyroidism), historical or clinical evidence of psychogenic tremor, sudden onset or stepwise deterioration, primary orthostatic tremor, isolated tremor in the voice, tongue, leg or chin, isolated position- or task- specific tremor.</td>
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<tr>
<td>Indeterminate tremor syndrome</td>
<td>Bilateral, postural or kinetic tremor involving the hands and forearms or isolated head tremor, and Equivocal neurological signs or concomitant neurological signs of doubtful significance (e.g. mildly unsteady gait, mild</td>
<td>Recent neurologic trauma preceding the onset of tremor. Presence of known causes of enhanced physiologic tremor as above.</td>
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<tr>
<td>Possible ET (type I)</td>
<td>Patients who once met all criteria of classical ET but now have a clinical evidence of a second neurologic condition, such as PD, dystonia, myoclonus, peripheral neuropathy, or restless leg syndrome, that developed after the onset of monosymptomatic tremor.</td>
<td>None</td>
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<tr>
<td>Possible ET (type II)</td>
<td>Monosymptomatic and isolated tremors of uncertain relationship to ET. Isolated position- or task-specific tremors, including occupational tremors and primary writing tremor. Isolated tremor in the voice, tongue, leg or chin.</td>
<td>Other abnormal neurologic signs (e.g. dystonia) or recent neurologic trauma preceding the onset of tremor, presence of known causes of enhanced physiologic tremor as above.</td>
</tr>
</tbody>
</table>
Appendix 2:


58. Louis ED, Barnes L, Albert SM, Cote L, Schneier FR, Pullman SL, Yu Q. 
Correlates of functional disability in essential tremor. Mov Disord. 2001 Sep; 
16(5):914-20.

59. Bain PG, Findley LJ, Thompson PD, Gresty MA, Rothwell JC, Harding AE, 
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60. Troster AI, Pahwa R, Fields JA, Tanner CM, Lyons KE. Quality of life in 
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Parkinsonism Relat Disord. 2005 Sep; 11(6):367-73.