

# Attachment I: Insufficiency of Protective Qi (IPQ) Index

Final score	Subscore C	Subscore B	Subscore A		
IPQ index, Weighted sum of Subscore Cs. Part I Wt.: 25%, Part II Wt.: 33.3%, Part III Wt.: 41.7%	Part I: Score of Cold History, Weighted sum of Subscore Bs. Ia1 Wt. 66.7%, Ia2 Wt. 33.3%	Part Ia1: Cold* frequency (in the past 2 month & recovery (total time if $\geq$ once), select from Subscore As one that applies	no Cold* at all	1	
			Once & recovered within 3day	2	
			Once & recovered within 1wk	3	
			Once & recovered within 2wk	4	
			Once & recovered $\geq$ 2 wk	5	
			Twice & recovered within 3day	6	
			Twice & recovered within 1wk	7	
			Twice & recovered within 2wk	8	
			Twice & recovered $\geq$ 2 wk	9	
			3 time or more	10	
		Part Ia2: Cold* related symptoms; Sum of Subscore As + 1	Sneezing	1 if yes	
			Coughing	1 if yes	
			Sweating	1 if yes	
			Nasal discharge or congestion	1 if yes	
			Itching or painful throat	1 if yes	
	Headache		1 if yes		
	Aversion to wind and cold		1 if yes		
	General pain and malaise		1 if yes		
	Part II, Score of Other IPQ symptoms, Weighted sum of Subscore Bs. Ib1 Wt. 50%, Ib2 Wt. 50%	Part IIa: Spontaneous sweating, Select from Subscore As one that applies	High fever ( $\geq$ 39.10C)	1 if yes	
			Don't readily sweat, or sweat only with intense physical activities	1	
			sweat with some slight physical activities like walking	2	
			Sweat spontaneously	3	
			Sweat heavily and instantly with physical activities	4	
		Part IIb: Aversion to wind or cold, Select from Subscore As one that applies	Sweat even without any physical activities	5	
			No aversion to wind or cold	1	
			Aversion to wind	2	
			Aversion to cold, but relieved by adding clothing	3	
			Aversion to both cold (but relieved by clothing) and wind, or susceptible to cold* when exposed to wind or cold weather	4	
			Aversion to cold (only relieved by clothing that cover whole body), very readily catch a cold* when exposed to wind or cold weather	5	
			Part III: Sign Score, Weighted sum of Subscore As. of Part I- IV; Part I Wt. 24%, Part II Wt. 40%, Part III, 20%, Part IV, 16%		Part I: weak or powerless pulse
Part II: chun-pulse superficial or weak					Scale 1-5
Part III: corpulent tongue or with white fur					Scale 1-5
Part IV: low voice					Scale 1-5

## Attachment II: Insufficiency of Generic Qi (IGQ) Index

Final score	Subscore E	Subscore D	Subscore C	Subscore B	Subscore A	
IGQ index, Weighted sum of Subscore Es. Symptom Score Wt.: 40%, Sign Score Wt.: 60%	Symptom Score, select the highest one among Subscore Ds of Part I - VI	Part I: Protective Qi Insufficiency Score, Weighted sum of Subscore Cs. Part Ia Wt.: 47%, Part Ib Wt.: 53%	Part Ia: Score of Cold History, Weighted sum of Subscore Bs. Ia1 Wt. 66.7%, Ia2 Wt. 33.3%	Part Ia1: Cold* frequency (in the past 2 month & recovery (total time if $\geq$ once), select from Subscore As one that applies	no Cold* at all	1.00
					Once & recovered within 3day	1.44
					Once & recovered within 1wk	1.89
					Once & recovered within 2wk	2.33
					Once & recovered $\geq$ 2 wk	2.78
					Twice & recovered within 3day	3.22
					Twice & recovered within 1wk	3.67
					Twice & recovered within 2wk	4.11
					Twice & recovered $\geq$ 2 wk	4.56
					3 time or more	5.00
			Part Ia2: Cold* related symptoms; Sum of Subscore As + 0.5	Sneezing	0.5 if yes	
				Coughing	0.5 if yes	
				Sweating	0.5 if yes	
				Nasal discharge or congestion	0.5 if yes	
				Itching or painful throat	0.5 if yes	
				Headache	0.5 if yes	
				Aversion to wind and cold	0.5 if yes	
				General pain and malaise	0.5 if yes	
				High fever ( $\geq$ 39.10C)	0.5 if yes	
				Part Ib: Score of Other IPQ symptoms, Weighted sum of Subscore Bs. Ib1 Wt. 50%, Ib2 Wt. 50%	Part IIb1: Spontaneous sweating, Select from Subscore As one that applies	Don't readily sweat, or sweat only with intense physical activities
		sweat with some slight physical activities like walking	2			
		Sweat spontaneously	3			
		Sweat heavily and instantly with physical activities	4			
		Sweat even without any physical activities	5			
		Part IIb1: Aversion to wind or cold, Select from Subscore As one that applies	No aversion to wind or cold		1	
			Aversion to wind		2	
			Aversion to cold, but relieved by adding clothing		3	
			Aversion to both cold (but relieved by clothing) and wind, or susceptible to cold* when exposed to wind or cold weather		4	
			Aversion to cold (only relieved by clothing that cover whole body), very readily catch a cold* when exposed to wind or cold weather		5	
		Part II: Systemic Qi Insufficiency Score, average Subscore As of IIa-d	IIa: often feel limb weakness	Scale 1-5		
			IIb: often feel a lack of energy	Scale 1-5		
			IIc: often feel in low spirits	Scale 1-5		
			IID: often feel unwillingness to talk	Scale 1-5		
		Part III: Lung* Qi Insufficiency Score, average Subscore As of IIIa-d	IIIa: often feel shortness of breath	Scale 1-5		
			IIIb: often have a cough	Scale 1-5		
			IIIc: often have thin sputum	Scale 1-5		
			IIId: often feel timidity	Scale 1-5		
		Part IV: Spleen* Qi Insufficiency Score, average Subscore As of IVa-c	IVa: often have poor appetite	Scale 1-5		
			IVb: have loose stools	Scale 1-5		
			IVc: often have abdominal discomfort feeling after eating	Scale 1-5		
Part V: Heart* Qi Insufficiency Score, average Subscore As of Va-c	Va: often feel palpitations	Scale 1-5				
	Vb: often feel depressed	Scale 1-5				
	Va: frequent urination	Scale 1-5				
Part VI: Kidney* Qi Insufficiency Score, average Subscore As of VIa-c	VIb: often feel soreness of lower back	Scale 1-5				
	VIc: have cold limbs especially legs	Scale 1-5				
	Part I: weak or powerless pulse	Scale 1-5				
	Part II: chun-pulse superficial or weak	Scale 1-5				
Sign Score, Weighted sum of Subscore As. Part I- IV; Part I Wt. 24%, Part II Wt. 40%, Part III, 20%, Part IV, 16%	Part III: corpulent tongue or with white fur	Scale 1-5				
	Part IV: low voice	Scale 1-5				