# Predictability of the self-administered odour questionnaire for patients with olfactory dysfunction

## SAOQ response



**Self-administered odour questionnaire (SAOQ)**

**20 odours**

### Rating 20 familiar odours




**Each odour rated by perceived intensity**

- **2** Strongly
- **1** Weakly
- **0** Not at all
- **-** Unknown

**Focus**

Number of ‘not at all” responses

## Association with olfactory severity

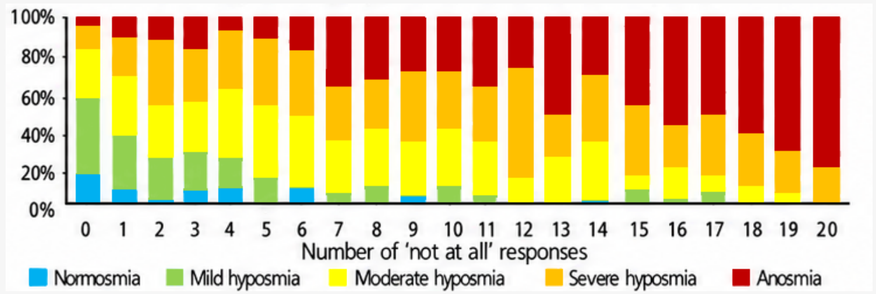
**1,113 patients with OD**

Retrospective clinical cohort (2005-2021)

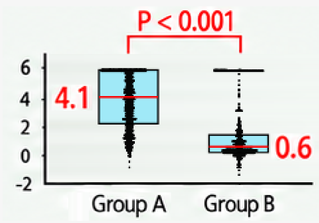
| **Group A** | vs | **Group B** |
|---|---|---|
| ≥1 ‘not at all’ response | | 0 ‘not at all’ |
| n = 877 (79%) | | n = 236 (21%) |

**More ‘not at all’ responses → More severe OD**

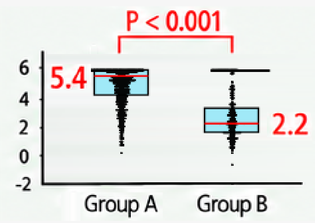
**Olfactory severity by number of ‘not at all” responses”**



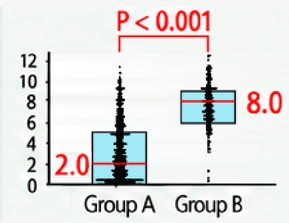

**Detection threshold (T&T)**




**Recogniton threshold (T&T)**




**OE score**

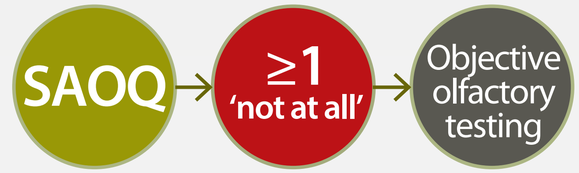



**OD severity differed markedly between groups**

## Clinical message

**Even ONE ‘not at all” response**

may indicate clinically meaningful moderate-or-more-severe OD




Potential trigger for objective olfactory testing or referral when psychophysical testing is unavailable

**ROC analysis for moderate-or-more-severe OD**

**Optimal cut-off:**

**7 ‘not at all” responses**

| Sensitivity | Specificity |
|---|---|
| 73.4% | 88.8% |

Hirose T, Saito T, Haruna T, Tsuzuki K. Rhinology 2026 https://doi.org/10.4193/Rhin25.249

RHINOLOGY
Official Journal of the European and International Societies