Crohn's Disease Activity Index – CDAI

This index, also called Best's activity index, is considered to be the gold standard for assessing disease activity in Crohn's disease in clinical studies. It was developed in 1976 by Best and co-workers and based upon one full week recording of symptoms. The index is a simplified equation, utilizing eight selected variables, out of a number of predictor variables during a week.

Data collected during one week: Days 1 2 3 4 5 6 7 Total Factor Total		
1. Number of stools (only liquid or very soft)		
<pre>2. Abdominal pains: (none=0, mild=1, moderate=2, intense=3)</pre>	×5 =	+
 Overall well-being: (good=0, average=1, mediocre=2, poor=3, very poor=4) 	×7 =	+
4. Extraintestinal complications (one point per complication, i.e Arthritis/arthralgia Iritis/uveitis Skin/mouth lesions Peri-anal disease Other fistula Fever (>37.8°C)		+
5. Antidiarrheal treatment: if NO=0, if YES=1	× 30 =	+
 Abdominal mass: absent=0; doubtful=2; definite 	e=5 ×10 =	+
7. Hematocrit: Man: 47-Hct= Woman: 42-Hct= 8. Weight: 100 × (1 -	$\times 6 = \frac{\text{Current weight}}{\text{Normal weight}}) =$	+ + +
	Normal weight TOTAL =	

CDAI values of 150 and below are associated with quiescent disease; values between 151 and 450 indicate active disease, and values above 450 are seen with severe disease.

Reference: Best et al, Development of a Crohn's disease activity index. National Cooperative Crohn's Disease Study. Gastroenterology. 1976;70:439–44.

