



**American
Stroke
Association.**
*A division of the
American Heart Association.*

Pseudobulbar Affect Discussion Guide

Pseudobulbar affect (PBA) is a post-stroke condition that causes sudden and unpredictable episodes of crying or laughing that's often inappropriate.

It's important for you and/or your caregiver to have an open dialogue with your health care team to:



**Better understand
PBA and identify its
symptoms.**



**Distinguish PBA
from depression.**



**Recognize the
impact of PBA.**

You can use these questions to help have a productive conversation:

1. What is pseudobulbar affect and how common is it in people with stroke?
2. What symptoms may suggest someone has PBA? What are two examples of how they may be noticed in a stroke survivor?
3. What's different about crying and laughing in a person with PBA?
4. In what ways do depression and PBA differ after stroke?
5. How does PBA increase disability after a stroke?
6. What's important for me to convey to my physician to accurately diagnose PBA? Will this information change my treatment?
7. Is the treatment for PBA different than the treatment for depression? If so, what are the differences?