

Biosymptoms Breathing Assessment Sheet

Nijmegen Questionnaire

Instructions: Please put a check mark under the column which most describes the frequency of the symptoms you experience under the "SYMPTOMS" column. Add the total number of checks in columns B,C,D,and E and write this value down in the "SUBTOTAL SCORE" Row. Multiple the values in the "SUBTOTAL SCORE" row, with the values in the "MULTIPLIER" row and write down their products in the "SUBTOTAL x MULTIPLIER" row. Add each of the numbers at the "SUBTOTAL x MULTIPLIER" row together and write the sum in the TOTAL SCORE box.

COLUMN	A	B	C	D	E
SYMPTOMS	Never	Rare	Sometimes	Often	Very Often
Chest pain					
Feeling tense					
Blurred Vision					
Dizzy spells					
Feeling confused					
Faster or deeper breathing					
Short of breath					
Tight feelings in the chest					
Bloated feeling in the stomach					
Tingling fingers					
Unable to breathe deeply					
Stiff fingers or arms					
Tight feelings round mouth					
Cold hands					
Palpitations					
Feeling of anxiety					
SUBTOTAL SCORE					
MULTIPLIER	0	1	2	3	4
SUBTOTAL x MULTIPLIER					

Date taken:

Notice:

This test was taken before starting on the **Buteyko Method**. There is a different sheet you should use once you have started learning the **Buteyko Method**.

TOTAL SCORE

(Add all the products in the subtotal x Multiplier Row)

Write your total score in this box:

Source:

Jan van Dixhoorn and Hans Folgering, The Nijmegen Questionnaire and dysfunctional breathing, ERJ Open Res. 2015 May; 1(1): 00001-2015. Published online 2015 May 15. doi: 10.1183/23120541.00001-2015