

■ Evaluation of symptoms caused by breathing pattern disorders

✓ Check how often you experience the symptom listed below.

Frequency

	Never	Less than Monthly	More than monthly, less than weekly	At least weekly, but not daily	At least daily	
Chest pain						
Feeling tense						
Blurred vision						
Dizziness						
Feelings of confusion / loosing touch						
Accelerated or deepened breathing						
Short of breath						
Tight feelings in chest						
Bloated feeling in stomach						
Tingling fingers/hands						
Unable to breath deeply						
Stiff fingers or arms						
Tight feelings around mouth						
Cold hands or feet						
Palpitations						
Feelings of anxiety						
Column total						
Multiply column total by a factor of:	x0	x1	x2	x3	x4	Overall Score
Column Score	0					/64

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- Maximum score of 64/64 is possible. A score above 23/64 is diagnostic of hyperventilation syndrome.
- A score between 10/64 and 22/64 indicates a possible breathing pattern disorder which can lead to physical and emotional disorders.
- For a score between 1/64 and 9/64, breathing may not be causing any serious health problems, but should be considered when diagnosing related health concerns.

Efficacy of Nijmegen Questionnaire in recognition of the hyperventilation syndrome.¹

The Nijmegen questionnaire gives a broad view of symptoms associated with dysfunctional breathing patterns. Research has shown the sensitivity of the Nijmegen Questionnaire in relation to the clinical diagnosis was 91% and the specificity 95%. The Nijmegen questionnaire is suitable as a screening instrument for early detection of hyperventilation syndrome (HVS), and also as an aid for clinicians in diagnosis and therapy planning.

¹ <http://www.ncbi.nlm.nih.gov/pubmed/4009520>