

## ■ 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						
<b>Column total</b>						
Multiply column total by a factor of:	x0	x1	x2	x3	x4	<b>Overall Score</b>
<b>Column Score</b>	0					/64

- 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.<sup>1</sup>

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.

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