

The Nijmegen Questionnaire

The Nijmegen questionnaire gives a broad view of symptoms associated with dysfunctional breathing patterns. It is only a preliminary guide to breathing training.

Please ring the score that best describes the frequency with which you experienced the symptoms listed

Symptom	Never	Seldom	Some-times	Often	Very often
Chest pain	0	1	2	3	4
Blurred vision	0	1	2	3	4
Dizziness	0	1	2	3	4
Confusion or loss of touch with reality	0	1	2	3	4
Fast or deep breathing	0	1	2	3	4
Shortness of breath	0	1	2	3	4
Tightness across chest	0	1	2	3	4
Bloated sensation in stomach	0	1	2	3	4
Tingling in fingers and hands	0	1	2	3	4
Difficulty breathing or taking deep breaths	0	1	2	3	4
Stiffness or cramps in fingers and hands	0	1	2	3	4
Tightness around the mouth	0	1	2	3	4
Cold hands or feet	0	1	2	3	4
Palpitations in the chest	0	1	2	3	4
Anxiety	0	1	2	3	4
Totals					

Grand Total Score

