



AHBPCE Respiratory Questionnaire

Last Updated June 2023

Do you currently have any of the following symptoms?

Yes No

Cough for more than 3 weeks?

Sputum or phlegm production?

Wheezing or whistling in the chest?

Shortness of breath; breathlessness?

Decreased ability to exercise?

Hay fever or other respiratory allergy?

Sore throat, hoarseness or change in voice?

Chest pain, chest discomfort or chest tightness?

Chronic sinus infection/sinusitis?

How would you rate your shortness of breath or breathlessness?¹ (Choose one)

Not troubled by breathlessness, except during exercise.

Short of breath when hurrying on level ground or walking up a slight hill.

Walking slower than most people on level ground, stopping after one mile, or stopping after 15 minutes of walking at your own pace.

Stopping for breath after walking about 100 yards or after a few minutes of walking on level ground.

Too breathless to leave the house, or breathless when dressing or undressing.



Rate each item.²

	Not at all difficult.	Only a little difficult.	Somewhat difficult.	Very difficult.	Cannot do it at all.	Do not do this activity.	Do not know.
How difficult is it to run or jog one mile on a level surface?							
How difficult is it to walk one mile on a level surface?							
How difficult is it to walk a quarter of a mile (about 3 city blocks)?							
How difficult is it to walk up a hill or incline?							
How difficult is it to walk up 10 steps or climb a flight of stairs?							

Below you will find a list of symptoms and social/emotional consequences of your rhinosinusitis. Please answer them to the best of your ability. There are no wrong answers, and only you can provide this information.

Please rate your problems as they have been over the **PAST TWO WEEKS**.

Considering how severe the problem is when you experience it and how frequently it happens, please rate each item below on how “bad” it is by using this scale: (Choose one answer for each item.)³

	No problem	Very mild problem	Mild or slight problem	Moderate problem	Severe problem	Problem as bad as it can be	5 most important problems
Need to blow nose							
Sneezing							
Runny nose							
Cough							
Post-nasal discharge							
Thick nasal discharge							
Ear fullness							
Dizziness							
Ear pain							
Facial pain/pressure							

¹Adapted from: Altman, B. M., Bernstein, A. (2008, July). Disability and health in the United States, 2001-2005. Centers for Disease Control and Prevention, DHHS publication; no. (PHS) 2008-1035.

²Adapted from: Fletcher CM, Elmes PC, Fairbairn MB, et al. The significance of respiratory symptoms and the diagnosis of chronic bronchitis in a working population. *British Medical Journal* 1959; 2:257.

³Adapted from: Hopkins C, Gillett S, Slack R, Lund VJ, Browne JP. Psychometric validity of the 22-item Sinonasal Outcome Test. *Clin Otolaryngol.* 2009;34(5):447-454.