



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	Sometimes	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

A grand total score of over 20 indicates significant hyperventilation.
A grand total score of between 10 and 20 suggests mild hyperventilation.
If your score is under 10 your breathing may not be causing you any serious health problems. However with any score over zero you should do the other checks on your breathing.