

The Nijmegen Questionnaire

Symptom	Never 0	Rarely 1	Sometimes 2	Often 3	Very Often 4
Chest pain					
Feeling tense					
Blurred vision					
Dizzy spells					
Feeling Confused					
Fast or deeper breathing					
Short of breath					
Tight feelings in chest					
Bloated feeling in stomach					
Tingling fingers					
Unable to breathe deeply					
Stiff fingers or arms					
Tight feelings round mouth					
Cold hands or feet					
Palpitations in the chest					
Feelings of anxiety					
Total:					/64

Rare = Less than monthly

Sometimes = more than monthly, less than weekly

Often = at least weekly, but not daily

Very often = at least daily

A score greater than 19/64 suggests hyperventilation syndrome (HVS)

Refs:

1. van Dixhoorn, J. and Duivenvoorden, H. (1985). *Psychosom Res.* 29:199-206.
2. Vansteenkiste, J. and Rochette, F. (1991). *Eur Respir J.* 4:393-399
3. van Dixhoorn, J. and Folgering, H. (2015). The Nijmegen Questionnaire and dysfunctional breathing. *ERJ Open Research* 15.1: 00001-2015