

Nijmegen questionnaire

The Nijmegen Questionnaire gives a broad view of symptoms associated with dysfunctional breathing patterns.

	Never 0	Rarely 1	Sometimes 2	Often 3	Very often 4
Chest pain					
Feeling tense					
Blurred vision					
Dizzy spells					
Feeling confused					
Faster 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					
Feeling of anxiety					

A score of **over 23 out of 64** suggests the presence of dysfunctional breathing.