Dyspnea Severity

Please respond to each question or statement by marking one box per row.

Over the past 7 days, how short of breath did you get with each of these activities…

		No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days
DYSSV001	Dressing yourself without help	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV002	Walking 50 steps/paces on flat ground at a normal speed without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV003	Walking up 20 stairs (2 flights) without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV004	Preparing meals	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV005	Washing dishes	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV006	Sweeping or mopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV007	Making a bed	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV008	Lifting something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries)	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV009	Carrying something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries) from one room to another	☐ 0	☐ 1	☐ 2	☐ 3	☐ X

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		No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days
DYSSV010	Walking (faster than your usual speed) for ½ mile (almost 1 km) without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV011	Taking a bath without help......................	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV012	Taking a shower	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV013	Putting on socks or stockings	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV014	Standing for at least 5 minutes	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV015	Walking 10 steps/paces on flat ground at a normal speed without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV016	Walking ½ mile (almost 1 km) on flat ground at a normal speed without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV017	Walking up 5 stairs without stopping.......	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV018	Walking up 10 stairs (1 flight) without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV019	Walking up 30 stairs (3 flights) without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X

Over the past 7 days, how short of breath did you get with each of these activities…

		No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days
DYSSV020	Lifting something weighing less than 5 lbs (about 2 kg, like a houseplant)	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV021	Lifting something weighing 5-10 lbs (about 2-4.5 kg, like a basket of clothes)	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV022	Lifting something weighing more than 20 lbs (about 9 kg, like a medium-sized suitcase)......................................	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV023	Carrying something weighing less than 5 lbs (about 2 kg, like a houseplant) from one room to another................................	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV024	Carrying something weighing 5-10 lbs (about 2-4.5 kg, like a basket of clothes) from one room to another.........................	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV025	Getting in or out of a car	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV026	Dining out..	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV027	Low-intensity leisure activity (gardening, etc.)	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV028	Moderate-intensity leisure activity (bicycling on level terrain, etc.)	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV029	Walking (faster than your usual speed) for 50 steps without stopping.........................	☐ 0	☐ 1	☐ 2	☐ 3	☐ X

<u>Over the past 7 days</u>, how short of breath did you get with each of these activities…

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DYSSV030	Walking (faster than your usual speed) for at least 1 mile (a little more than 1.5 km) without stopping..	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV031	Singing or humming...................................	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV032	Talking while walking..............................	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSSV033	Scrubbing the floor or counter	☐ 0	☐ 1	☐ 2	☐ 3	☐ X