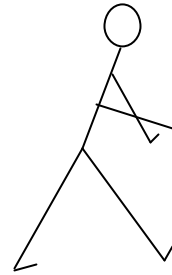


1. Because of my breathing problems, I walk on the flat

Please
tick one
only



- as fast as normal
- just below normal
- slowly
- very slowly



2. Because of my breathing problems, I can walk on the flat without stopping for

Please
tick one
only



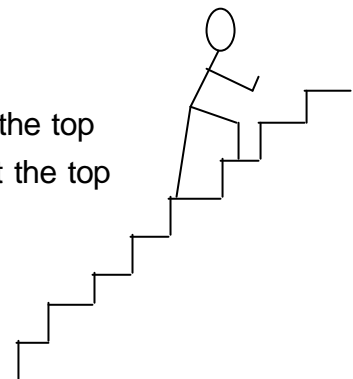
- less than 20 paces (less than 10 yards)
- about 40 paces (about 20 yards)
- about 80 paces (about 40 yards)
- I never need to stop because of my breathing

3. When walking up a single flight of stairs (12 steps)

Please
tick one
only



- I can walk all the way up without getting breathless
- I can walk all the way up but am a bit breathless at the top
- I can walk all the way up but am really breathless at the top
- I need to stop once or twice on the way up
- I go up one step at a time
- Don't know / don't climb stairs



4. When I wash myself down I usually

Please
tick one
only



- dry myself without any problems
- dry myself slowly
- sit and dry off
- need assistance to dry myself

5. My breathing problems mean that I can

Please
tick one
only



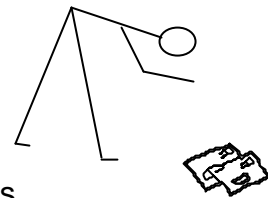
- use my own bath
- use my bath with difficulty
- use my bath only if helped by someone
- can't use my bath
- Don't know/prefer showers

6. Because of my breathing problems, I find bending over from standing

Please
tick one
only



- is not difficult
- is a little difficult
- is difficult
- is very difficult
- I cannot bend over because of my breathing problems



7. Because of my breathing problems, housework takes me

Please
tick one
only



- a little longer
- longer
- twice as long
- more than three times as long
- I cannot do housework any more
- Don't know/not interested

8. Because of my breathing problems, I can do shopping

Please
tick one
only



- on my own
- on my own, a little at a time
- if someone helps me
- not at all
- Don't know/not interested



9. If I wanted to, I could do light gardening or DIY

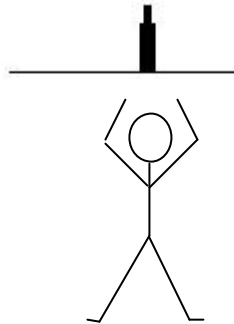
Please
tick one
only
✓

- as much as I want so long as I take it slowly
- for a short time as long as I can take it slowly
- I could not do these jobs
- Don't know/not interested

10. Because of my breathing problems I can lift something off a shelf which is above shoulder height

Please
tick one
only
✓

- without any difficulty
- with a little difficulty
- with difficulty
- with a lot of difficulty
- I can't do it at all



11. I usually feel that I have

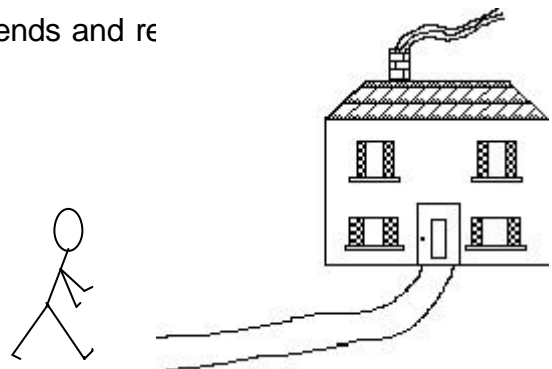
Please
tick one
only
✓

- more energy than other people of my age
- as much energy as other people of my age
- slightly less energy than other people of my age
- much less energy than other people of my age
- no energy at all

12. My breathing problems mean that I can visit friends and re

Please
tick one
only
✓

- whenever I want
- sometimes
- hardly ever
- never



13. When I am with family or friends I am

Please
tick one
only
✓

- not embarrassed by my breathing
- occasionally embarrassed by my breathing
- often embarrassed by my breathing
- nearly always embarrassed by my breathing

14. When I am at social gatherings my breathing problems mean that

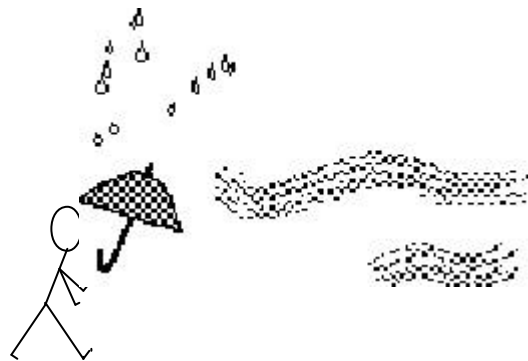
Please
tick one
only
✓

- I go right in and enjoy myself
- I go in but keep an eye on where the door or window is
- I stay on the edge or near a window or door
- I never go to social gatherings

15. When it is very cold, damp or windy I can walk outside

Please
tick one
only
✓

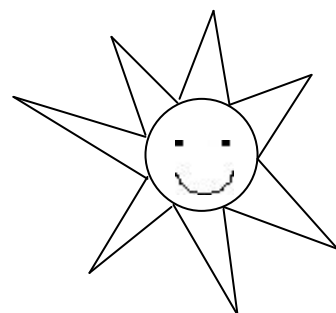
- for as long as I like
- for a while
- for a very short time
- I don't go out in bad weather



16. On a hot sunny day my breathing

Please
tick one
only
✓

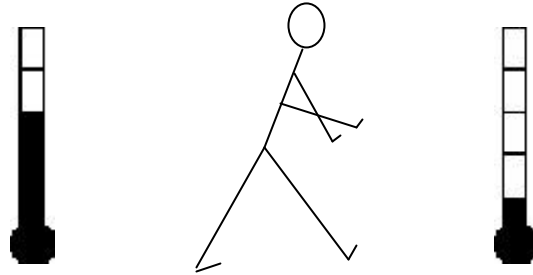
- is not affected
- gets a little worse
- definitely gets worse
- gets very much worse



17. If I move from a warm room to a cold room my breathing

Please
tick one
only
✓

- gets better
- is not affected
- gets a little worse
- gets worse
- gets much worse
- Don't know



18. When I go into a heated room from the cold outside, my breathing

Please
tick one
only
✓

- is not affected
- gets a little worse
- definitely gets worse
- gets very much worse

19. On average, my breathing problems usually keep me awake at night

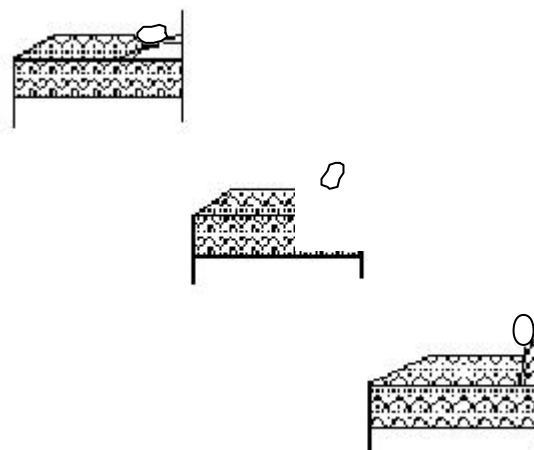
Please
tick one
only
✓

- hardly ever at all
- up to half an hour
- about one to two hours
- most of the night

20. When I sleep at night I use

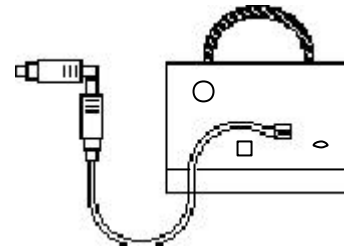
Please
tick one
only
✓

- one or two pillows
- three pillows
- four or more pillows
- I sit upright



21. For my breathing problems I

- Please tick one only
✓
- don't use a nebuliser
 - use a nebuliser once or twice a day
 - use a nebuliser three or four times a day
 - use a nebuliser most of the day



22. For my breathing problems I use oxygen

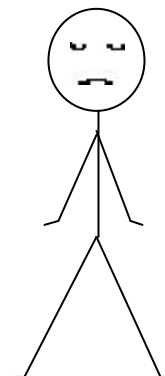
- Please tick one only
✓
- never
 - only when breathless
 - several hours per day or night
 - only at night
 - most of the time

23. My breathing problems

- Please tick one only
✓
- are not affected by my catching a cold
 - get slightly worse if I get a cold
 - are worse if I get a cold
 - get much worse if I get a cold
 - Don't know

24. My breathing problems

- Please tick one only
✓
- never make me depressed
 - sometimes make me depressed
 - often make me depressed
 - nearly always make me depressed



25. My breathing problems

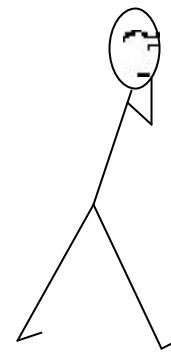
Please tick one only
✓

- never make me angry
- sometimes make me angry
- often make me angry
- nearly always make me angry

26. My breathing problems

Please tick one only
✓

- never make me worried or anxious
- sometimes make me worried or anxious
- often make me worried or anxious
- nearly always make me worried or anxious



27. When I am anxious or upset about something my breathing

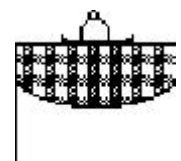
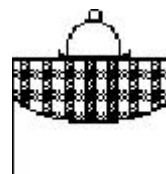
Please tick one only
✓

- is not affected
- gets worse only when I am very badly upset
- gets worse when I am slightly upset
- the least problem affects my breathing
- I never get upset or anxious

28. On an average day, my breathing problems mean that I

Please tick one only
✓

- eat as much as normal
- have to eat slightly smaller portions
- eat smaller portions
- eat much smaller portions



29. Because of my breathing problems

Please
tick one
only



- I eat as fast as I like
- I eat a little more slowly than I would like
- I eat more slowly than I would like
- I eat much more slowly than I would like

30. I find that certain smells such as petrol, exhaust fumes or paint fumes

Please
tick one
only



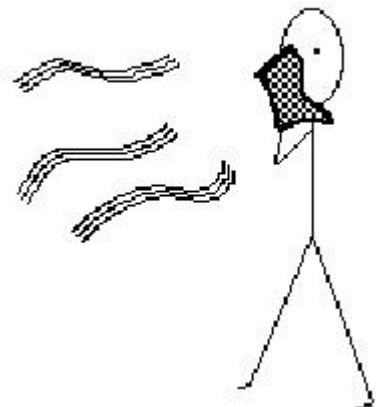
- do not affect me
- affect my chest a little
- affect my chest a lot
- affect my chest really badly

31. I find that certain smells such as petrol, or exhaust fumes

Please
tick one
only



- do not affect me
- make me feel a little sick
- make me feel quite sick
- make me feel very sick



32. I find that getting breathless makes me want to go to the toilet to pass water (urine)

Please
tick one
only



- never
- once or twice per week
- about once per day
- several times per day

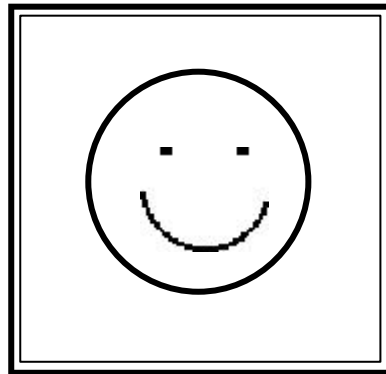
33. I find that getting breathless makes me want to go to the toilet to open my bowels (stool)

- Please tick one only ✓
- never
 - once or twice per week
 - about once per day
 - several times per day

34. I am male

I am female

Date of birth _____



THANK YOU VERY MUCH INDEED FOR HELPING US
WITHOUR RESEARCH.

WOULD YOU PLEASE RETURN THIS QUESTIONNAIRE TO:
