

SELF-EVALUATION OF BREATHING QUESTIONNAIRE (SEBQ)

The 25-item Self Evaluation of Breathing Questionnaire (SEBQ) has been developed to measure breathing-related symptoms and their severity.

Breathing problems linked to dysfunctional breathing can stem from how our body moves (biomechanics) or how our body reacts to chemicals (chemoreceptor input). The symptoms related to these two aspects may seem alike, but they could also be different. This might be seen in the two dimensions of the SEBQ (a questionnaire about breathing) compared to the Nijmegen Questionnaire, which also looks at breathing issues.



The Self Evaluation of Breathing Questionnaire

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	0 Never/Not true at all	1 occasionally /a bit true	2 frequently- mostly true	3 very frequently/v ery true
1. I get easily breathless out of proportion to my fitness				
2. I notice myself breathing shallowly				
3. I get short of breath reading and talking				
4. I notice myself sighing				
5. I noticing myself yawning				
6. I feel I cannot get a deep or satisfying breath				
7. I notice that I am breathing irregularly				
8. My breathing feels stuck or restricted				
9. My ribcage feels tight and cannot expand				
10. I notice myself breathing quickly				
11. I get breathless when I'm anxious				
12. I find myself holding my breath				

	0 Never/Not true at all	1 occasionally/a bit true	2 frequently- mostly true	3 very frequently/ very true
13. I feel breathless in association with other physical symptoms				
14. I have trouble coordinating my breathing when I am speaking				
15. I can't catch my breath				
16. I feel that the air is stuffy, as if not enough air in the room				
17. I get breathless even when I am resting				
18. My breath feels like it does not go in all the way				
19. My breath feels like it does not go out all the way				
20. My breathing is heavy				
21. I feel that I am breathing more				
22. My breathing requires work				
23. My breathing requires effort				
24. I find myself breathing through my mouth during the day				
25. I breathe through my mouth at night while I sleep				

Total =

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Now add up your score by adding the numbers associated with each answer.

A minimum score of 0 indicates no self-reported impairment; a maximum score of 75 indicates maximal respiratory discomfort and self-perception of disordered breathing.

There are no established cut-scores but expert opinion suggest a score of 25 can be used as an appropriate cut-score to differentiate normal from dysfunctional breathers.

If you have scored over 25, then breath retraining may be suitable for you.

We recommend a full breathing assessment with a More Pathways practitioner for precise treatment of any underlying causes of your dysfunctional breathing.

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