

THE NIJMEGEN QUESTIONNAIRE

The Nijmegen Questionnaire was introduced over 30 years ago as a screening tool to detect patients with hyperventilation complaints that could benefit from breathing regulation through capnographic feedback. It is used as a screening tool to detect hyperventilation complaints and Dysfunctional Breathing patterns.



	0 Never	1 Rare	2 Sometimes	3 Often	4 Frequent
Chest Pain					
Feeling tense					
Blurred Vision					
Dizzy Spells					
Feeling Confused					
Faster & 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 around mouth					
Cold hands or feet					
Palpitations					
Feelings of anxiety					
Total =					

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

A score of over 20 is used to categorise dysfunctional breathing.

If you have scored over 20, 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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