

Nijmegen Questionnaire

	Never – 0	Rarely - 1	Sometimes - 2	Often - 3	Very often - 4	Total
Chest pain						
Feeling tense						
Blurred vision						
Dizzy spells						
Feeling confused						
Faster/deeper breathing						
Short of breath						
Tight feelings in the chest						
Bloated feeling in the stomach						
Tingling fingers						
Unable to breathe deeply						
Stiff fingers or arms						
Tight feelings around the mouth						
Cold hands or feet						
Palpitations						
Feelings of anxiety						
TOTAL SCORE						

A score of over 23 out of 64 suggests a positive diagnosis of hyperventilation syndrome