Modified Medical Research Council Dyspnoea Scale (mMRC)

Name: _____ Date: _____

Choose the one statement that best describes how breathlessness limits you in daily life.

1. Which statement best describes your breathlessness?

[ ] I only get breathless with strenuous exercise.	0
[ ] I get short of breath when hurrying on the level or walking up a slight hill.	1
[ ] I walk slower than people of the same age on the level because of breathlessness, or I have to stop for breath when walking at my own pace on the level.	2
[ ] I stop for breath after walking about 100 meters or after a few minutes on the level.	3
[ ] I am too breathless to leave the house or I am breathless when dressing or undressing.	4

Scoring
Single item. The chosen statement gives the grade 0 to 4.
mMRC grade: _____

Source: Bestall, J. C., Paul, E. A., Garrod, R., Garnham, R., Jones, P. W., & Wedzicha, J. A. (1999). Usefulness of the Medical Research Council (MRC) dyspnoea scale as a measure of disability in patients with chronic obstructive pulmonary disease. Thorax, 54(7), 581-6. https://doi.org/10.1136/thx.54.7.581
Online calculator and more: physiotutors.com/questionnaires