Nijmegen Questionnaire (NQ)

Name: _____ Date: _____

Please indicate how often you experience each of the following symptoms (never, rarely, sometimes, often, very often).

1. Chest pain

[ ] Never	0
[ ] Rarely	1
[ ] Sometimes	2
[ ] Often	3
[ ] Very often	4

2. Feeling tense

[ ] Never	0
[ ] Rarely	1
[ ] Sometimes	2
[ ] Often	3
[ ] Very often	4

3. Blurred vision

[ ] Never	0
[ ] Rarely	1
[ ] Sometimes	2
[ ] Often	3
[ ] Very often	4

4. Dizzy spells

[ ] Never	0
[ ] Rarely	1
[ ] Sometimes	2
[ ] Often	3
[ ] Very often	4

5. Feeling confused

[ ] Never	0
[ ] Rarely	1
[ ] Sometimes	2
[ ] Often	3
[ ] Very often	4

6. Faster or deeper breathing

[ ] Never	0
[ ] Rarely	1
[ ] Sometimes	2
[ ] Often	3
[ ] Very often	4

7. Short of breath

- [ ] Never 0
- [ ] Rarely 1
- [ ] Sometimes 2
- [ ] Often 3
- [ ] Very often 4

8. Tight feelings in the chest

- [ ] Never 0
- [ ] Rarely 1
- [ ] Sometimes 2
- [ ] Often 3
- [ ] Very often 4

9. Bloated feeling in the stomach

- [ ] Never 0
- [ ] Rarely 1
- [ ] Sometimes 2
- [ ] Often 3
- [ ] Very often 4

10. Tingling fingers

- [ ] Never 0
- [ ] Rarely 1
- [ ] Sometimes 2
- [ ] Often 3
- [ ] Very often 4

11. Unable to breathe deeply

- [ ] Never 0
- [ ] Rarely 1
- [ ] Sometimes 2
- [ ] Often 3
- [ ] Very often 4

12. Stiff fingers or arms

- [ ] Never 0
- [ ] Rarely 1
- [ ] Sometimes 2
- [ ] Often 3
- [ ] Very often 4

13. Tight feelings around the mouth

- [ ] Never 0
- [ ] Rarely 1
- [ ] Sometimes 2
- [ ] Often 3
- [ ] Very often 4

14. Cold hands or feet

[ ] Never	0
[ ] Rarely	1
[ ] Sometimes	2
[ ] Often	3
[ ] Very often	4

15. Palpitations

[ ] Never	0
[ ] Rarely	1
[ ] Sometimes	2
[ ] Often	3
[ ] Very often	4

16. Feelings of anxiety

[ ] Never	0
[ ] Rarely	1
[ ] Sometimes	2
[ ] Often	3
[ ] Very often	4

Scoring

Sum of the 16 item scores. Each item is scored never 0, rarely 1, sometimes 2, often 3, very often 4.

Nijmegen Questionnaire total: _____ / 64

Source: van Dixhoorn, J., & Duivenvoorden, H. J. (1985). Efficacy of Nijmegen Questionnaire in recognition of the hyperventilation syndrome. Journal of psychosomatic research, 29(2), 199-206.
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Online calculator and more: physiotutors.com/questionnaires