Dyspnea Severity: Over the past 7 days, how short of breath did you get with each of these activities? Please mark one box per line to indicate your response.

<table>
<thead>
<tr>
<th>Activity</th>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
<th>Moderately short of breath</th>
<th>Severely short of breath</th>
<th>I did not do this in the past 7 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dressing yourself without help</td>
<td></td>
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<tr>
<td>Walking 50 steps/paces on flat ground at a normal speed without stopping</td>
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</tbody>
</table>

Please indicate why you did not do this in the past 7 days:

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc.).
3. Walking up 20 stairs (2 flights) without stopping………………………….  

- No shortness of breath
- Mildly short of breath
- Moderately short of breath
- Severely short of breath
- I did not do this in the past 7 days

Please indicate why you did not do this in the past 7 days:

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

(Mark one)

4. Preparing meals ..............................

- No shortness of breath
- Mildly short of breath
- Moderately short of breath
- Severely short of breath
- I did not do this in the past 7 days

Please indicate why you did not do this in the past 7 days:

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

(Mark one)
### FACIT-Dyspnea Scale 33 Item Bank

<table>
<thead>
<tr>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
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<th>Severely short of breath</th>
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#### Question 5
Washing dishes

<table>
<thead>
<tr>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
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<th>Severely short of breath</th>
<th>I did not do this in the past 7 days</th>
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Please indicate why you did not do this in the past 7 days:

- [ ] I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- [ ] I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

#### Question 6
Sweeping or mopping

<table>
<thead>
<tr>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
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<th>Severely short of breath</th>
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Please indicate why you did not do this in the past 7 days:

- [ ] I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- [ ] I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).
FACIT-Dyspnea Scale 33 Item Bank

7. Making a bed.................................
   - No shortness of breath □
   - Mildly short of breath □
   - Moderately short of breath □
   - Severely short of breath □
   - I did not do this in the past 7 days □

Please indicate why you did not do this in the past 7 days:

(Mark one)

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

8. Lifting something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries)..................
   - No shortness of breath □
   - Mildly short of breath □
   - Moderately short of breath □
   - Severely short of breath □
   - I did not do this in the past 7 days □

Please indicate why you did not do this in the past 7 days:

(Mark one)

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).
### FACIT-Dyspnea Scale 33 Item Bank

**9.** Carrying something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries) from one room to another

<table>
<thead>
<tr>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
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Please indicate why you did not do this in the past 7 days:

- [ ] I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- [ ] I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

**10.** Walking (faster than your usual speed) for ½ mile (almost 1 km) without stopping

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Please indicate why you did not do this in the past 7 days:

- [ ] I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- [ ] I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).
11. Taking a bath without help…

I have stopped trying, or knew I could not do this activity because of my shortness of breath.

Please indicate why you did not do this in the past 7 days:

(Mark one)

12. Taking a shower…

I have stopped trying, or knew I could not do this activity because of my shortness of breath.

Please indicate why you did not do this in the past 7 days:

(Mark one)
13. Putting on socks or stockings: 

<table>
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Please indicate why you did not do this in the past 7 days:

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

(Mark one)

14. Standing for at least 5 minutes: 

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<th>No shortness of breath</th>
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<th>Severely short of breath</th>
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Please indicate why you did not do this in the past 7 days:

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

(Mark one)
FACIT-Dyspnea Scale 33 Item Bank

15. Walking 10 steps/paces on flat ground at a normal speed without stopping…

No shortness of breath | Mildly short of breath | Moderately short of breath | Severely short of breath | I did not do this in the past 7 days

Please indicate why you did not do this in the past 7 days:

I have stopped trying, or knew I could not do this activity because of my shortness of breath.

(Mark one)

16. Walking ½ mile (almost 1 km) on flat ground at a normal speed without stopping…

No shortness of breath | Mildly short of breath | Moderately short of breath | Severely short of breath | I did not do this in the past 7 days

Please indicate why you did not do this in the past 7 days:

I have stopped trying, or knew I could not do this activity because of my shortness of breath.

(Mark one)

I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

(Mark one)
17. Walking up 5 stairs without stopping…

<table>
<thead>
<tr>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
<th>Moderately short of breath</th>
<th>Severely short of breath</th>
<th>I did not do this in the past 7 days</th>
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Please indicate why you did not do this in the past 7 days:

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

(Mark one)

18. Walking up 10 stairs (1 flight) without stopping…

<table>
<thead>
<tr>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
<th>Moderately short of breath</th>
<th>Severely short of breath</th>
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Please indicate why you did not do this in the past 7 days:

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

(Mark one)
19. Walking up 30 stairs (3 flights) without stopping…

<table>
<thead>
<tr>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
<th>Moderately short of breath</th>
<th>Severely short of breath</th>
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</table>

Please indicate why you did not do this in the past 7 days:

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

20. Lifting something weighing less than 5 lbs (about 2 kg, like a houseplant)…

<table>
<thead>
<tr>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
<th>Moderately short of breath</th>
<th>Severely short of breath</th>
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</table>

Please indicate why you did not do this in the past 7 days:

- I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).
FACIT-Dyspnea Scale 33 Item Bank

21. Lifting something weighing 5-10 lbs (about 2-4.5 kg, like a basket of clothes)...

   No shortness of breath | Mildly short of breath | Moderately short of breath | Severely short of breath | I did not do this in the past 7 days

   Please indicate why you did not do this in the past 7 days:

   (Mark one)

   [ ]

   I have stopped trying, or knew I could not do this activity because of my shortness of breath.

   [ ]

   I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

22. Lifting something weighing more than 20 lbs (about 9 kg, like a medium-sized suitcase) ....

   No shortness of breath | Mildly short of breath | Moderately short of breath | Severely short of breath | I did not do this in the past 7 days

   Please indicate why you did not do this in the past 7 days:

   (Mark one)

   [ ]

   I have stopped trying, or knew I could not do this activity because of my shortness of breath.

   [ ]

   I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).
### FACIT-Dyspnea Scale 33 Item Bank

<table>
<thead>
<tr>
<th></th>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
<th>Moderately short of breath</th>
<th>Severely short of breath</th>
<th>I did not do this in the past 7 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>23.</td>
<td>Carrying something weighing less than 5 lbs (about 2 kg, like a houseplant) from one room to another...</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
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<td></td>
<td>Please indicate why you did not do this in the past 7 days:</td>
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<td></td>
<td>(Mark one)</td>
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<td></td>
<td>[ ] I have stopped trying, or knew I could not do this activity because of my shortness of breath.</td>
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<td></td>
<td>[ ] I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).</td>
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<table>
<thead>
<tr>
<th></th>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
<th>Moderately short of breath</th>
<th>Severely short of breath</th>
<th>I did not do this in the past 7 days</th>
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</thead>
<tbody>
<tr>
<td>24.</td>
<td>Carrying something weighing 5-10 lbs (about 2-4.5 kg, like a basket of clothes) from one room to another...</td>
<td>[ ]</td>
<td>[ ]</td>
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<td>Please indicate why you did not do this in the past 7 days:</td>
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<td></td>
<td>[ ] I have stopped trying, or knew I could not do this activity because of my shortness of breath.</td>
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<td></td>
<td>[ ] I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).</td>
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</table>
### FACIT-Dyspnea Scale 33 Item Bank

<table>
<thead>
<tr>
<th>Item</th>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
<th>Moderately short of breath</th>
<th>Severely short of breath</th>
<th>I did not do this in the past 7 days</th>
</tr>
</thead>
</table>

**25. Getting in or out of a car…**

- □ No shortness of breath
- □ Mildly short of breath
- □ Moderately short of breath
- □ Severely short of breath
- □ I did not do this in the past 7 days

Please indicate why you did not do this in the past 7 days:

- □ I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- □ I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

**26. Dining out…**

- □ No shortness of breath
- □ Mildly short of breath
- □ Moderately short of breath
- □ Severely short of breath
- □ I did not do this in the past 7 days

Please indicate why you did not do this in the past 7 days:

- □ I have stopped trying, or knew I could not do this activity because of my shortness of breath.
- □ I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).
27. Low-intensity leisure activity (gardening, etc.)…

No shortness of breath  Mildly short of breath  Moderately short of breath  Severely short of breath  I did not do this in the past 7 days

Please indicate why you did not do this in the past 7 days:

(Mark one)

I have stopped trying, or knew I could not do this activity because of my shortness of breath.

28. Moderate-intensity leisure activity (bicycling on level terrain, etc.)…

No shortness of breath  Mildly short of breath  Moderately short of breath  Severely short of breath  I did not do this in the past 7 days

Please indicate why you did not do this in the past 7 days:

(Mark one)

I have stopped trying, or knew I could not do this activity because of my shortness of breath.

I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).
29. Walking (faster than your usual speed) for 50 steps without stopping...

No shortness of breath  |  Mildly short of breath  |  Moderately short of breath  |  Severely short of breath  |  I did not do this in the past 7 days

Please indicate why you did not do this in the past 7 days:

(Mark one)

I have stopped trying, or knew I could not do this activity because of my shortness of breath.

I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

30. Walking (faster than your usual speed) for at least 1 mile (a little more than 1.5 km) without stopping...

No shortness of breath  |  Mildly short of breath  |  Moderately short of breath  |  Severely short of breath  |  I did not do this in the past 7 days

Please indicate why you did not do this in the past 7 days:

(Mark one)

I have stopped trying, or knew I could not do this activity because of my shortness of breath.

I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).
31. Singing or humming…

<table>
<thead>
<tr>
<th>No shortness of breath</th>
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<td>Please indicate why you did not do this in the past 7 days:</td>
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<td>(Mark one)</td>
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<td>I have stopped trying, or knew I could not do this activity because of my shortness of breath.</td>
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</table>

32. Talking while walking…

<table>
<thead>
<tr>
<th>No shortness of breath</th>
<th>Mildly short of breath</th>
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Please indicate why you did not do this in the past 7 days:

(Mark one)

□ I have stopped trying, or knew I could not do this activity because of my shortness of breath.

□ I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).

Scrubbing the floor or counter…
Functional Limitation: Considering your shortness of breath over the past 7 days, rate the amount of difficulty you had when doing the following activities:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>No difficulty</th>
<th>A little difficulty</th>
<th>Some difficulty</th>
<th>Much difficulty</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Dressing yourself without help</td>
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<tr>
<td>2</td>
<td>Walking 50 steps/paces on flat ground at a normal speed without stopping</td>
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<tr>
<td>3</td>
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<tr>
<td>4</td>
<td>Preparing meals</td>
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<tr>
<td>5</td>
<td>Washing dishes</td>
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<td>Putting on socks or stockings</td>
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14. Standing for at least 5 minutes

15. Walking 10 steps/paces on flat ground at a normal speed without stopping

16. Walking ½ mile (almost 1 km) on flat ground at a normal speed without stopping

17. Walking up 5 stairs without stopping

18. Walking up 10 stairs (1 flight) without stopping

19. Walking up 30 stairs (3 flights) without stopping

20. Scrubbing the floor or counter

21. Lifting something weighing less than 5 lbs (about 2 kg, like a houseplant)

22. Lifting something weighing 5-10 lbs (about 2-4.5 kg, like a basket of clothes)

23. Lifting something weighing more than 20 lbs (about 9 kg, like a medium-sized suitcase)

24. Carrying something weighing less than 5 lbs (about 2 kg, like a houseplant) from one room to another

25. Carrying something weighing 5-10 lbs (about 2-4.5 kg, like a basket of clothes) from one room to another

26. Getting in or out of a car

27. Dining out

28. Low-intensity leisure activity (gardening, etc.)
29. Moderate-intensity leisure activity (bicycling on level terrain, etc.)

30. Walking (faster than your usual speed) for 50 steps without stopping

31. Walking (faster than your usual speed) for at least 1 mile (a little more than 1.5 km) without stopping

32. Singing or humming

33. Talking while walking