PROMIS Item Bank v1.0 – Dyspnea Severity – Short Form 10a

**Dyspnea Severity – Short Form 10a**

**Please respond to each question or statement by marking one box per row.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|   | **Over the past 7 days, how short of breath did you get with each of these activities?…** | **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** |
| DYSSV001 | Dressing yourself without help ............... | 0 | 1 | 2 | 3 | X |
|  |  |  |  |  |  |  |
| DYSSV002 | Walking 50 steps/paces on flat ground at a normal speed without stopping......... | 0 | 1 | 2 | 3 | X |
|  |  |  |  |  |  |  |
| DYSSV003 | Walking up 20 stairs (2 flights)without stopping...................................... | 0 | 1 | 2 | 3 | X |
|  |  |  |  |  |  |  |
| DYSSV004 | Preparing meals....................................... | 0 | 1 | 2 | 3 | X |
|  |   |  |  |  |  |  |
| DYSSV005 | Washing dishes ....................................... | 0 | 1 | 2 | 3 | X |
|  |  |  |  |  |  |  |
| DYSSV006 | Sweeping or mopping ............................. | 0 | 1 | 2 | 3 | X |
|  |  |  |  |  |  |  |
| DYSSV007 | Making a bed........................................... | 0 | 1 | 2 | 3 | X |
|  |  |  |  |  |  |  |
| DYSSV008 | Lifting something weighing 10-20 lbs (about 4.5-9kg, like a large bag ofgroceries)................................................. | 0 | 1 | 2 | 3 | X |
|  |  |  |  |  |  |  |
| DYSSV009 | Carrying something weighing 10-20 lbs (about 4.5-9kg, like a large bag ofgroceries) from one room to another....... | 0 | 1 | 2 | 3 | X |
|  |  |  |  |  |  |  |
| DYSSV010 | Walking (faster than your usual speed)for ½ mile (almost 1 km) without stopping ................................................... | 0 | 1 | 2 | 3 | X |

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