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 of  groceries)................................................. |   0 |   1 |   2 |   3 |   X |
|  |  |  |  |  |  |  |
| DYSSV009 | Carrying something weighing 10-20 lbs (about 4.5-9kg, like a large bag of  groceries) 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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