

NIJMEGEN QUESTIONNAIRE

Please mark with a tick how often you suffer from the complaints listed:

	Never 0	Rare 1	Sometimes 2	Often 3	Very Often 4
Chest Pain					
Feeling Tense					
Blurred Vision					
Dizzy Spells					
Feeling Confused					
Faster or Deeper Breathing					
Short of Breath					
Tight Feelings in Chest					
Bloated Feeling in Stomach					
Tingling Fingers					
Unable to Breathe deeply					
Stiff Fingers or Arms					
Tight Feelings around Mouth					
Cold Hands or Feet					
Heart Racing (palpitations)					
Feelings of Anxiety					

Total: /64

A total of 23 or more out of 64 suggests a positive score for hyperventilation.