

Nijmegen Questionnaire

A score of over 23 out of 64 suggest a positive diagnosis of hyperventilation syndrome.

	Never 0	Rarely 1	Sometimes 2	Often 3	Very Often 4
Chest Pain					
Blurred vision					
Dizziness					
Feeling confused or loss of touch with reality					
Fast or deep breathing					
Shortness of breath					
Tightness across the chest					
Bloated sensation in stomach					
Tingling in fingers and hands					
Difficulty breathing or taking deep breaths					
Stiffness or cramps in fingers or hands					
Tightness around the mouth					
Cold hands or feet					
Palpitations in the chest					
Palpitations in the chest					
Anxiety					
Total					
Grand Total					