**Nijmegen Questionnaire**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Never  1 | Rarely  2 | Sometimes  3 | Often  4 | Very Often  5 |
| Chest Pain |  |  |  |  |  |
| Feeling Tense |  |  |  |  |  |
| 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 |  |  |  |  |  |
| Anxiety |  |  |  |  |  |
|  |  |  |  |  |  |
| Total |  |  |  |  |  |
| Grand Total |  |  |  |  |  |