

1. Because of my breathing problems, I walk on the flat

Please  
tick one  
only



- as fast as normal
- just below normal
- slowly
- very slowly



2. Because of my breathing problems, I can walk on the flat without stopping for

Please  
tick one  
only



- less than 20 paces (less than 10 yards)
- about 40 paces (about 20 yards)
- about 80 paces (about 40 yards)
- I never need to stop because of my breathing

3. When I wash myself down I usually

Please  
tick one  
only



- dry myself without any problems
- dry myself slowly
- sit and dry off
- need assistance to dry myself

4. If I wanted to, I could do light gardening or DIY

Please  
tick one  
only



- as much as I want so long as I take it slowly
- for a short time as long as I can take it slowly
- I could not do these jobs
- Don't know/not interested

5. I usually feel that I have

Please  
tick one  
only



- more energy than other people of my age
- as much energy as other people of my age
- slightly less energy than other people of my age
- much less energy than other people of my age
- no energy at all

6. When I am with family or friends I am

Please  
tick one  
only



- not embarrassed by my breathing
- occasionally embarrassed by my breathing
- often embarrassed by my breathing
- nearly always embarrassed by my breathing

7. When I am at social gatherings my breathing problems mean that

Please  
tick one  
only



- I go right in and enjoy myself
- I go in but keep an eye on where the door or window is
- I stay on the edge or near a window or door
- I never go to social gatherings

8. On average, my breathing problems usually keep me awake at night

Please  
tick one  
only

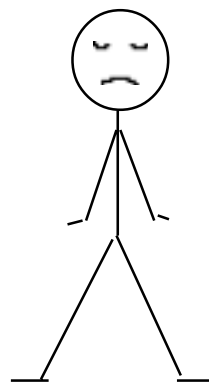


- hardly ever at all
- up to half an hour
- about one to two hours
- most of the night

9. My breathing problems

Please tick one only ✓

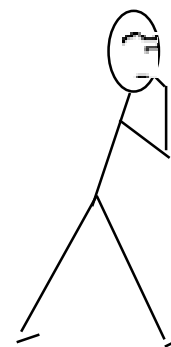
- never make me depressed
- sometimes make me depressed
- often make me depressed
- nearly always make me depressed



10. My breathing problems

Please tick one only ✓

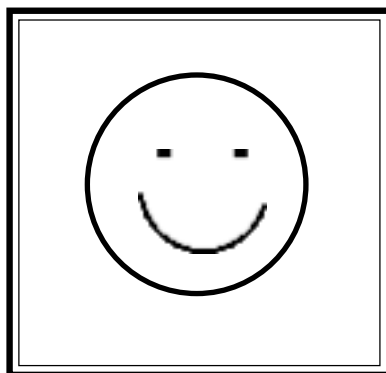
- never make me worried or anxious
- sometimes make me worried or anxious
- often make me worried or anxious
- nearly always make me worried or anxious



I am male

I am female

Date of birth \_\_\_\_\_



THANK YOU VERY MUCH INDEED FOR HELPING US  
WITH OUR RESEARCH.

WOULD YOU PLEASE RETURN THIS QUESTIONNAIRE TO:

\_\_\_\_\_