

PAIN AND SLEEP THERAPY CENTER

Self Evaluation Breathing Questionnaire

Self Evaluation Breathing Questionnaire

SEBQ Item - Please circle Yes or No	Source HGYP Question(s)	Other sources from literature
I get easily breathless on physical exertion out of proportion to my fitness. (yes)/(no)	Even the mildest exertion makes you out of breath. Breathless even walking one city block or climb a flight of stairs without becoming breathless.	Howell (1990)
I get breathless even when resting. (yes)/(no)		Howell (1990)
I get breathless when I am anxious. (yes)/(no)		Howell (1990), Burton (1993)
I get short of breath or very tired when speaking or reading out loud. (yes)/(no)		Fried (1993)
I feel breathless in association with other physical symptoms. (yes)/(no)		Howell (1990), Burton (1993)
I have trouble coordinating my breathing when I am speaking. (yes)/(no)		Fried (1993)
I feel that I can't take a deep or satisfying breath. (yes)/(no)		Burton (1990), Howell (1990)
I sigh, yawn or gasp. (yes)/(no)	Sigh or Yawn often	Fried (1993), Wilhelm (2001)
I notice myself breathing irregularly. (yes)/(no)	Breathing is jerky, erratic and irregular. Breathing frequently tentative or hesitant.	Fried (1993), Wilhem (2001)
I feel that the air is stuffy, as if there is not enough air in the room. (yes)/(no)	Feelings of suffocation. Air Hunger.	
I can't catch my breath. (yes)/(no)	Can't catch your breath. Shortness of breath	
My breathing feels stuck or restricted. (yes)/(no)	Breathing feels stuck. Breathing is labored or restricted. Deep breathing curtailed	
I feel that my rib cage is tight and can't expand. (yes)/(no)	Chest is large and stiff. Tightness, soreness or pressure in the chest or below breastbone.	
My clothing often feels too tight or uncomfortable around my chest. (yes)/(no)	Chest feels large and stiff, feeling like band around chest. Feel bump, lump below breastbone when you try to take a deep breath.	
I find myself holding my breath at various times. (yes)/(no)	Often catch yourself not breathing during waking hours, Hold your breath a lot.	
I notice myself breathing shallowly using my upper chest and shoulders. (yes)/(no)	Do you raise your collar bones. Do you raise your shoulders. Do your neck muscles bulge out.	
I notice myself breathing quickly. (yes)/(no)	Individuals are asked to count and record their breaths per minute	

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