

Symptoms of Hyperventilation

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					
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 round mouth					
Cold hands or feet					
Palpitations					
Feeling of anxiety					

Please put an X in the correct column and return this form by printing it or sending by email.

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