

Nijmegen Questionnaire

	Never	Rarely	Sometimes	Often	Very Often
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					

Rating:

Never = 0 points

Rarely = 1 point

Sometimes = 2 points

Often = 3 points

Very often = 4 points

Score:

18 points or more: The chance that you do not have an optimal breathing pattern is clearly present, the higher the score, the greater the chance (and the more you can benefit from mastering a calm breathing pattern)