



INSTRUCTIONS FOR MODIFIED MEDICAL RESEARCH COUNCIL DYSPNEA SCALE MRC, VERSION 2.0, QUESTION BY QUESTION (QxQ)

I. GENERAL INSTRUCTIONS

The Modified Medical Research Council Dyspnea Scale is completed during the participant's Clinic Visit 5.

Header Information: The header information consists of key fields which uniquely identify each recorded instance of a form. For the Event field, record if this is happening at Visit 5 or another event.

0a. Date of Collection: Record the date the data was collected or abstracted. Select the date from the pop-up calendar in the data management system (DMS) or type the date in the space provided. Dates should be entered in the mm/dd/yyyy format.

0b. Staff Code: Record the SPIROMICS staff code of the person who collected or abstracted the data. This code is assigned to each person at each site by the GIC. If you do not have a staff code and are collecting SPIROMICS data, please contact the GIC in order to receive your own individual staff code.

II. DETAILED INSTRUCTIONS FOR EACH ITEM

Item 1. **Shortness of Breath Grade.** Select only one option among the five possible choices.

- Select I only get breathless with strenuous exercise if the subject reports only getting breathless with strenuous exercise.
- Select I get short of breath when hurrying on the level or walking up a slight hill if the subject reports only getting short of breath when hurrying on the level or walking up a slight hill.
- Select I walk slower than people of the same age on the level because of breathlessness or have to stop for breath when walking at my own pace on the level if the subject reports walking slower than people of the same age on the level because of breathlessness or have to stop for breath when walking at my own pace on the level.
- Select I stop for breath after walking about 100 yards or after a few minutes on the level if the subject reports stopping for breath after walking about 100 yards or after a few minutes on the level.
- Select I am too breathless to leave the house or I am breathless when dressing if the subject reports being too breathless to leave the house or being breathless when dressing.

Save and close the form.