



INSTRUCTIONS FOR ST. GEORGE'S RESPIRATORY QUESTIONNAIRE SGR, VERSION 3.0, QUESTION BY QUESTION (QxQ)

I. GENERAL INSTRUCTIONS

The St. George's Respiratory Questionnaire should be 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 0c. **Current Health status.** Select only one option among the five possible choices.

- Select Very good if subject reports having very good general health.
- Select Good if subject reports having good general health.
- Select Fair if subject reports having fair general health.
- Select Poor if subject reports having poor general health.
- Select Very Poor if subject reports having very poor general health.

Item 1. **Cough.** Select only one option among the four possible choices.

- Select Most days a week if subject reports coughing most days a week.
- Select Several days a week if subject reports coughing several days a week.
- Select Only with respiratory infections if subject reports coughing only with respiratory infections.
- Select Not at all if subject reports coughing not at all.

Item 2. **Bring up phlegm.** Select only one option among the four possible choices.

- Select Most days a week if subject reports bringing up phlegm most days a week.
- Select Several days a week if subject reports bringing up phlegm several days a week.
- Select Only with respiratory infections if subject reports bringing up phlegm only with respiratory infections.
- Select Not at all if subject reports bringing up phlegm not at all.

Item 3. **Shortness of breath.** Select only one option among the three possible choices.

- Select Most days a week if subject reports having shortness of breath most days a week.
- Select Several days a week if subject reports having shortness of breath several days a week.
- Select Not at all if subject reports having shortness of breath not at all.

- Item 4. **Attacks of wheezing.** Select only one option among the five possible choices.
- Select Most days a week if subject reports having attacks of wheezing most days a week.
 - Select Several days a week if subject reports having attacks of wheezing several days a week.
 - Select A few days a month if subject reports having attacks of wheezing A few days a month.
 - Select Only with respiratory infections if subject reports having attacks of wheezing only with respiratory infections.
 - Select Not at all if subject reports having attacks of wheezing not at all.
- Item 5. **Number of attacks of chest trouble.** Select only one option among the three possible choices.
- Select 3 or more attacks if subject reports having 3 or more attacks of chest trouble during the last year.
 - Select 1 or 2 attacks if subject reports having 1 or 2 attacks of chest trouble during the last year.
 - Select None if subject reports having no attacks of chest trouble during the last year.
- Item 6. **Good days.** Select only one option among the four possible choices.
- Select No good days if subject reports having no good days (with few respiratory problems).
 - Select A few good days if subject reports having a few good days (with few respiratory problems).
 - Select Most days are good if subject reports having mostly good days (with few respiratory problems).
 - Select Every day is good if subject reports that every day is good (with few respiratory problems).
- Item 7. **Wheeze worse in the morning.** Select only one option among the two possible choices.
- Select No if subject reports that his/her wheezing is not worse in the morning.
 - Select Yes if subject reports that his/her wheezing is worse in the morning.
- Item 8. **Description of respiratory problems.** Select only one option among the three possible choices.
- Select Cause me a lot of problems or are the most important physical problem I have if subject describes his/her respiratory problems as causing him/her a lot of problems or are the most important physical problem s/he has.
 - Select Cause me a few problems if subject describes his/her respiratory problems as causing him/her a few problems.
 - Select Cause me no problems if subject describes his/her respiratory problems as causing him/her no problems.
- Item 9a. **Washing or dressing.** Select only one option among the two possible choices.
- Select False if subject reports that washing or dressing does not make him/her feel breathless.
 - Select True if subject reports that washing or dressing does make him/her feel breathless.
- Item 9b. **Walking around the house.** Select only one option among the two possible choices.
- Select False if subject reports that walking around the house does not make him/her feel breathless.
 - Select True if subject reports that walking around the house does make him/her feel breathless.

- Item 9c. **Walking outside on level ground.** Select only one option among the two possible choices.
- Select False if subject reports that walking outside on level ground does not make him/her feel breathless.
 - Select True if subject reports that walking outside on level ground does make him/her feel breathless.
- Item 9d. **Walking up a flight of stairs.** Select only one option among the two possible choices.
- Select False if subject reports that walking up a flight of stairs does not make him/her feel breathless.
 - Select True if subject reports that walking up a flight of stairs does make him/her feel breathless.
- Item 9e. **Walking up hills.** Select only one option among the two possible choices.
- Select False if subject reports that walking up hills does not make him/her feel breathless.
 - Select True if subject reports that walking up hills does make him/her feel breathless.
- Item 10a. **Coughing hurts.** Select only one option among the two possible choices.
- Select False if subject reports that coughing does not hurt.
 - Select True if subject reports that coughing hurts.
- Item 10b. **Coughing makes tired.** Select only one option among the two possible choices.
- Select False if subject reports that coughing does not makes him/her feel tired.
 - Select True if subject reports that coughing makes him/her feel tired.
- Item 10c. **Short of breath when walk.** Select only one option among the two possible choices.
- Select False if subject reports not being short of breath when s/he walks.
 - Select True if subject reports being short of breath when s/he walks.
- Item 10d. **Short of breath when bend over.** Select only one option among the two possible choices.
- Select False if subject reports not being short of breath when s/he bends over.
 - Select True if subject reports being short of breath when s/he bends over.
- Item 10e. **Cough or breathing disturbs sleep.** Select only one option among the two possible choices.
- Select False if subject reports that coughing or breathing does not disturb his/her sleep.
 - Select True if subject reports that coughing or breathing does disturb his/her sleep.
- Item 10f. **Gets exhausted easily.** Select only one option among the two possible choices.
- Select False if subject reports not getting exhausted easily.
 - Select True if subject reports getting exhausted easily.
- Item 11a. **Coughing or breathing is embarrassing in public.** Select only one option among the two possible choices.
- Select False if subject reports that his/her coughing or breathing is not embarrassing in public.
 - Select True if subject reports that his/her coughing or breathing is embarrassing in public.
- Item 11b. **Respiratory problems is embarrassing in public.** Select only one option among the two possible choices.
- Select False if subject reports that his/her respiratory problems are not a nuisance to his/her family, friends, or neighbors.
 - Select True if subject reports that his/her respiratory problems are a nuisance to his/her family, friends, or neighbors.

- Item 11c. **Afraid or panic when I cannot catch my breath.** Select only one option among the two possible choices.
- Select False if subject reports not getting afraid or panic when s/he cannot catch his/her breath.
 - Select True if subject reports getting afraid or panic when s/he cannot catch his/her breath.
- Item 11d. **Feeling not in control of respiratory problems.** Select only one option among the two possible choices.
- Select False if subject reports not feeling in control of his/her respiratory problems.
 - Select True if subject reports feeling in control of his/her respiratory problems.
- Item 11e. **Having become frail or an invalid because.** Select only one option among the two possible choices.
- Select False if subject reports not having become frail or an invalid because of his/her respiratory problems.
 - Select True if subject reports having become frail or an invalid because of his/her respiratory problems.
- Item 11f. **Exercise is not safe.** Select only one option among the two possible choices.
- Select False if subject reports not feeling that exercise is not safe for him/her.
 - Select True if subject reports feeling that exercise is not safe for him/her.
- Item 11g. **Everything seems too much of an effort.** Select only one option among the two possible choices.
- Select False if subject reports not feeling that everything seems too much of an effort for him/her.
 - Select True if subject reports feeling that everything seems too much of an effort for him/her.
- Item 12a. **Take a long time to get washed or dressed.** Select only one option among the two possible choices.
- Select False if subject reports not take a long time to get washed or dressed.
 - Select True if subject reports take a long time to get washed or dressed.
- Item 12b. **Not able to take a bath or shower.** Select only one option among the two possible choices.
- Select False if subject reports not being able to take a bath or shower or taking a long time to do it.
 - Select True if subject reports being able to take a bath or shower or taking a long time to do it.
- Item 12c. **Walking slowly.** Select only one option among the two possible choices.
- Select False if subject reports not walking more slowly than other people, or needing to stop to rest.
 - Select True if subject reports walking more slowly than other people, or needing to stop to rest.
- Item 12d. **Jobs take a long time.** Select only one option among the two possible choices.
- Select False if subject reports jobs such as house chores do not take a long time, or not having to stop to rest.
 - Select True if subject reports jobs such as house chores take a long time, or having to stop to rest.

- Item 12e. **Go slowly up a flight of stairs.** Select only one option among the two possible choices.
- Select False if subject reports not having to going slowly or stop if walk up one flight of stairs.
 - Select True if subject reports having to going slowly or stop if walk up one flight of stairs.
- Item 12f. **Go slowly walk fast or hurry.** Select only one option among the two possible choices.
- Select False if subject reports not having to going slowly or stop if hurrying or walking fast.
 - Select True if subject reports having to going slowly or stop if hurrying or walking fast.
- Item 12g. **Difficult to do things such as walk up hills.** Select only one option among the two possible choices.
- Select False if subject reports that his/her breathing does not make it difficult to do such things as walk up hills, carry things up stairs, do light gardening such as weed, dance, bowl, or play golf.
 - Select True if subject reports that his/her breathing makes it difficult to do such things as walk up hills, carry things up stairs, do light gardening such as weed, dance, bowl, or play golf.
- Item 12h. **Difficult to do things such as carry heavy loads.** Select only one option among the two possible choices.
- Select False if subject reports that his/her breathing does not make it difficult to do such things as carry heavy loads, dig the garden or shovel snow, jog or walk briskly (5 miles per hour), play tennis, or swim.
 - Select True if subject reports that his/her breathing makes it difficult to do such things as carry heavy loads, dig the garden or shovel snow, jog or walk briskly (5 miles per hour), play tennis, or swim.
- Item 13a. **Play sports or do other physical activities.** Select only one option among the two possible choices.
- Select False if subject reports being able to play sports or do other physical activities.
 - Select True if subject reports not being able to play sports or do other physical activities.
- Item 13b. **Go out for entertainment or recreation.** Select only one option among the two possible choices.
- Select False if subject reports being able to go out for entertainment or recreation.
 - Select True if subject reports not being able to go out for entertainment or recreation.
- Item 13c. **Go out of the house to do the shopping.** Select only one option among the two possible choices.
- Select False if subject reports being able to go out of the house to do the shopping.
 - Select True if subject reports not being able to go out of the house to do the shopping.
- Item 13d. **Do household chores.** Select only one option among the two possible choices.
- Select False if subject reports being able to do household chores.
 - Select True if subject reports not being able to do household chores.
- Item 13e. **Move far from bed or chair.** Select only one option among the two possible choices.
- Select False if subject reports being able to move far from his/her bed or chair.
 - Select True if subject reports not being able to move far from his/her bed or chair.

Item 14. **Respiratory problems effects.** Select only one option among the four possible choices.

- Select They do not stop me from doing anything I would like to do if subject reports that his/her respiratory problems do not him/her from doing anything s/he would like to do.
- Select They stop me from doing one or two things I would like to do if subject reports that his/her respiratory problems do stop him/her from doing one or two things s/he would like to do.
- Select They stop me from doing most of the things I would like to do if subject reports that his/her respiratory problems do stop him/her from doing most of the things s/he would like to do.
- Select They stop me from doing everything I would like to do if subject reports that his/her respiratory problems do stop him/her from doing everything s/he would like to do.

Save and close the form.