

Reflux Severity Index (RSI)

How to complete this Questionnaire:

- These are statements many people have used to describe their voices and the effects of their voices on their lives
- In the last **1 month**, how did the following problems affect you?
- Circle the rating number that reflects the severity of the problem for you, for each statement.

0 - 5 Rating Scale

- 0 = no problem
- 1 = Very mild problem
- 2 = Moderate or slight problem
- 3 = Moderate problem
- 4 = Severe problem
- 5 = Problem as bad as it can be

Situation	Degree of Problem					
Hoarseness or a problem with your voice	0	1	2	3	4	5
Clearing your throat	0	1	2	3	4	5
Excess throat or mucous post-nasal drip	0	1	2	3	4	5
Difficulty swallowing food, liquids or pills	0	1	2	3	4	5
Coughing after you ate or after lying down	0	1	2	3	4	5
Breathing difficulties or choking episodes	0	1	2	3	4	5
Troublesome or annoying cough	0	1	2	3	4	5
Sensations of something sticking in your throat	0	1	2	3	4	5
Heartburn, chest pain, indigestion, or stomach acid coming up	0	1	2	3	4	5
TOTAL	_____					

- Normative data suggests that a RSI of greater than or equal to 13 is clinically significant
- Therefore, a RSI > 13 may be indicative of significant reflux disease.

Belafsky, P. C., Postma, G. N., & Koufman, J. A. (2002). Validity and reliability of the reflux symptom index (RSI). *J Voice*, 16(2), 274-277