

Vocal Cord Dysfunction - Questionnaire (VCD-Q)

How to complete this Questionnaire:

<ul style="list-style-type: none"> This is a questionnaire developed to help monitor symptoms in patients with a diagnosis of Vocal cord Dysfunction, or PVFM. These are statements many people have used to describe their breathing symptoms and the effects of these symptoms on their lives. Please circle the response that indicates how much you agree with each statement 	<p>1 - 5 Rating Scale</p> <p>1 = Strongly Disagree 2 = Disagree 3 = Neither Agree or Disagree 4 = Agree 5 = Strongly Agree</p>
--	---

Situation	How much do you agree with the statements
My Symptoms are confined to my throat/upper chest	1 2 3 4 5
I feel like I can't get breath past a certain point in my throat/upper chest because of restriction	1 2 3 4 5
My breathlessness is usually worse when breathing in	1 2 3 4 5
My attacks typically come on very suddenly	1 2 3 4 5
I feel that there is something in my throat that I can't clear	1 2 3 4 5
My attacks are associated with changes in my voice	1 2 3 4 5
My breathing can be noisy during attacks	1 2 3 4 5
I'm aware of other specific triggers that cause attacks	1 2 3 4 5
My symptoms are associated with an ache or itch in my throat	1 2 3 4 5
I am frustrated that my symptoms have not been understood correctly	1 2 3 4 5
I am unable to tolerate any light pressure around the neck – e.g. tight clothes or bending the neck	1 2 3 4 5
The attacks impact on my social life	1 2 3 4 5

TOTAL 12 x 5 = 60 Max	_____
------------------------------	-------

A score of **12 or below** is considered normal.
If you score higher than 12, you may have vocal cord dysfunction impacting on your breathing and quality of life, and you may want to arrange a consultation with the MEG team

Fowler, S. J., et al. (2015). "The VCDQ--a Questionnaire for symptom monitoring in vocal cord dysfunction." Clin Exp Allergy 45(9): 1406-1411.