

Vedlegg 3: Cancer dyspnoea scale (Tanaka, Akechi, Okuyama, Nishiwaki & Uchitomi, 2000)

APPENDIX 1

The Cancer Dyspnoea Scale

We would like to ask you about your breathlessness or difficulty in breathing. Please answer each question by circling only the numbers that best describes the breathing difficulty that you felt *during the past few days*. Base your response on your first impression.

	Not at all	A little	Somewhat	Considerably	Very much
1 Can you inhale easily?	1	2	3	4	5
2 Can you exhale easily?	1	2	3	4	5
3 Can you breathe slowly?	1	2	3	4	5
4 Do you feel short of breath?	1	2	3	4	5
5 Do you feel breathing difficulty accompanied by palpitations and sweating?	1	2	3	4	5
6 Do you feel as if you are panting?	1	2	3	4	5
7 Do you feel such breathing difficulty that you don't know what to do about it?	1	2	3	4	5
8 Do you feel your breath is shallow?	1	2	3	4	5
9 Do you feel your breathing may stop?	1	2	3	4	5
10 Do you feel your airway has become narrower?	1	2	3	4	5
11 Do you feel as if you are drowning?	1	2	3	4	5
12 Do you feel as if something is stuck in your airway?	1	2	3	4	5

APPENDIX 2

Calculation method

1. Add the scores for each factor together.
Factor 1 = (items 4 + 6 + 8 + 10 + 12) – 5 = sense of effort
Factor 2 = (items 5 + 7 + 9 + 11) – 4 = sense of anxiety
Factor 3 = 15 – (items 1 + 2 + 3) = sense of discomfort
2. Add the total scores for each factor together = total dyspnoea

*Subtractions are to make adjustments for 0 as a state of absence of dyspnoea.