



Questionnaire For Assessing The Severity Of Breathlessness

Please tick the box that applies to you
(One box only)



mMRC Grade 0:

I only get breathless with strenuous exercise

mMRC Grade 1:

I get short of breath when hurrying on the level or walking up a slight hill

mMRC Grade 2:

I walk slower than people of the same age on the level because of breathlessness, or I have to stop for breath when walking at my own pace on the level

mMRC Grade 3:

I stop for breath after walking about 100 meters or after a few minutes on the level

mMRC Grade 4:

I am too breathless to leave the house or I am breathless when dressing or undressing