

## Appendix C: Visual Analogue Scale As A Measure of Clinical Dyspnea

Below are 2 visual analogue scales to measure clinical dyspnea. Each scale is 100 mm in length.

### SCALE A: Horizontal Visual Analogue Scale

How much shortness of breath are you having right now? Please indicate by marking the line. If you are not experiencing any shortness of breath at present, circle the marker at the left end of the line.



### SCALE B: Vertical Visual Analogue Scale

How much shortness of breath are you having right now? Please indicate by marking the height of the column. If you are not experiencing any shortness of breath at present, circle the marker at the bottom of the column.



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Gift, A. (1989). Validation of a vertical visual analogue scale as a measure of clinical dyspnea. *Rehabilitation Nursing*, 14(6), 323-325.