

## Modified Borg Dyspnea Scale

### \*Instructions for Borg Dyspnea Scale

Use this scale to rate the difficulty of your breathing.

It starts at number 0 where your breathing is causing you no difficulty at all and progresses through to number 10 where your breathing difficulty is maximal.

How much difficulty is your breathing causing you right now?

<b>0</b>	<b>Nothing at all</b>
<b>0.5</b>	<b>Very, very slight (just noticeable)</b>
<b>1</b>	<b>Very slight</b>
<b>2</b>	<b>Slight</b>
<b>3</b>	<b>Moderate</b>
<b>4</b>	<b>Somewhat severe</b>
<b>5</b>	<b>Severe</b>
<b>6</b>	
<b>7</b>	<b>Very severe</b>
<b>8</b>	
<b>9</b>	<b>Very, very severe (almost maximal)</b>
<b>10</b>	<b>Maximal</b>