

The 12-item Vocal Cord Dysfunction Questionnaire (VCDQ)

Question	Disagree Strongly	Disagree	Neither agree nor disagree	Agree	Agree Strongly	Score
	1	2	3	4	5	
1. My symptoms are confined to my throat/upper chest						
2. I feel like I can't get breath past a certain point in my throat/upper chest because of restriction						
3. My breathlessness is usually worse when breathing in						
4. My attacks typically come on very suddenly						
5. I feel that there is something in my throat that I can't clear						
6. My attacks are associated with changes in my voice						
7. My breathing can be noisy during attacks						
8. I'm aware of other specific triggers that cause attacks						
9. My symptoms are associated with an ache or itch in my throat						
10. I am frustrated that my symptoms have not been understood correctly						
11. I am unable to tolerate any light pressure around the neck, e.g. tight clothes or bending the neck						
12. The attacks impact on my social life						
Total						(12–60)