

# Morning Activities and Symptoms Questionnaires (MASQ)

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SAMPLE

**1. At what time did you wake up this morning?**

|\_|\_| : |\_|\_| a.m.

Thinking of your chest condition, please complete the following questions by selecting the box that best represents your situation. There are no right or wrong answers.

**2a. Did you get out of bed this morning?**

- Yes I did it by myself  
→ **Go to next question**
- Yes, but I needed help to get out of bed  
→ **Go to next question**
- No, I was unable to get out of bed
- No, I did not get out of bed for other reasons

**2b. How difficult was it for you to get out of bed this morning?**

- Not at all
- A little
- Moderately
- Very
- Extremely

**2c. At what time did you get out of bed?**

|\_|\_| : |\_|\_| a.m.

# Global Chest Symptoms Questionnaire (GCSQ)

Please complete the following two questions on your symptoms by selecting the box that best represents your situation.

There are no right or wrong answers.

1. How short of breath are you feeling right now?

- Not at all
- A little
- Moderately
- Very
- Extremely

2. How tight does your chest feel right now?

- Not at all
- A little
- Moderately
- Very
- Extremely

# Capacity of Daily Living during the Morning (CDLM)

Thinking of your chest condition, please complete the following questions by selecting the box that best represents your situation. There are no right or wrong answers.

**1a. Other than your face, did you wash yourself this morning i.e. body wash, shower or bath?**

- Yes I did it by myself  
→ Go to next question
- Yes, but I needed help to wash myself  
→ Go to next question
- No, I was unable to wash myself  
→ Go to question 2a
- No, I did not wash myself this morning for other reasons  
→ Go to question 3a

**Thinking of your chest condition**

**1b. Other than your face, how difficult was it for you to wash yourself this morning i.e. body wash, shower or bath?**

- Not at all
- A little
- Moderately
- Very
- Extremely

2a. Did you dry yourself with a towel after washing this morning?

- Yes I did it by myself  
→ **Go to next question**
- Yes, but I needed help to dry myself  
→ **Go to next question**
- No, I was unable to dry myself
- No, I did not dry myself for other reasons

Thinking of your chest condition

2b. How difficult was it for you to dry yourself with a towel after washing this morning?

- Not at all
- A little
- Moderately
- Very
- Extremely

3a. Did you get dressed this morning?

- Yes, I did it by myself  
→ **Go to next question**
- Yes, but I needed help to get dressed  
→ **Go to next question**
- No, I was unable to dress by myself
- No, I did not get dressed for other reasons

### Thinking of your breathlessness

3b. How difficult was it for you to get dressed this morning?

- Not at all
- A little
- Moderately
- Very
- Extremely

4a. Did you eat breakfast this morning?

- Yes, I did  
→ **Go to next question**
- No, I was unable to eat breakfast
- No, I did not eat breakfast for other reasons

### Thinking of your breathlessness

4b. How difficult was it for you to eat breakfast this morning?

- Not at all
- A little
- Moderately
- Very
- Extremely

**5a. Did you walk around your home early this morning after taking your medicine?**

- Yes, I did  
→ **Go to next question**
- No, I was unable to walk around my home
- No, I did not walk around my home for other reasons

**Thinking of your chest condition**

**5b. How difficult was it for you to walk around your home early this morning after taking your medicine?**

- Not at all
- A little
- Moderately
- Very
- Extremely

**6a. Did you walk around your home later this morning?**

- Yes, I did  
→ **Go to next question**
- No, I was unable to walk around my home
- No, I did not walk around my home for other reasons

Thinking of your chest condition

6b. How difficult was it for you to walk around your home later this morning?

- Not at all
- A little
- Moderately
- Very
- Extremely

7. At what time had you finished your morning activities (e.g. washing, dressing, eating breakfast)?

|\_|\_| : |\_|\_| a.m.

Thinking of your chest condition

8. Were you more active this morning compared to yesterday?

- Yes, much more
- Yes, a little more
- About the same
- No, a little less
- No, much less