

Auckland Allergy Specialists

The 12-item Vocal Cord Dysfunction Questionnaire (VCDQ)

Question	Disagree Strongly	Disagree	Neither agree or Disagree	Agree	Agree Strongly	Score
	1	2	3	4	5	
My symptoms are confined to my throat / upper chest						
I feel like I can't get breath past a certain point in my throat / upper chest because of restriction						
My breathlessness is usually worse when breathing in						
My attacks typically come on very suddenly						
I feel that there is something in my throat that I can't clear						
My attacks are associated with changes in my voice						
My breathing can be noisy during attacks						
I'm aware of other specific triggers that cause attacks						
My symptoms are associated with an ache or itch in my throat						
I am frustrated that my symptoms have not been understood correctly						
I am unable to tolerate any light pressure around the neck, e.g. tight clothes or bending the neck						
The attacks impact on my social life						
TOTAL						

(12-60)