



## INSTRUCTIONS FOR COPD ASSESSMENT TEST CAT, VERSION 2.0, QUESTION BY QUESTION (QxQ)

### I. GENERAL INSTRUCTIONS

The COPD Assessment Test is completed during the participant's clinic visit.

**Header Information:** The header information consists of key fields which uniquely identify each recorded instance of a form. For the Event field, record if this is happening at Visit 5 or another event.

0a. **Date of Collection:** Record the date the data was collected or abstracted. Select the date from the pop-up calendar in the data management system (DMS) or type the date in the space provided. Dates should be entered in the mm/dd/yyyy format.

0b. **Staff Code:** Record the SPIROMICS staff code of the person who collected or abstracted the data. This code is assigned to each person at each site by the GIC. If you do not have a staff code and are collecting SPIROMICS data, please contact the GIC in order to receive your own individual staff code.

### II. DETAILED INSTRUCTIONS FOR EACH ITEM

- Item 1. **Frequency of Coughing.** Select the number between 0 – 5 that the subjected reported regarding coughing frequency with 0 being never cough and 5 being cough all the time.
- Item 2. **Phlegm (mucus) in chest.** Select the number between 0 – 5 that the subjected reported regarding having phlegm (mucus) in his/her chest with 0 being none and 5 being completely full.
- Item 3. **Tightness of chest.** Select the number between 0 – 5 that the subjected reported regarding feeling tightness in his/her chest with 0 being not tight at all and 5 being very tight.
- Item 4. **Breathless walking uphill.** Select the number between 0 – 5 that the subjected reported regarding being breathless when walking uphill or up one flight of stairs with 0 being not breathless and 5 being very breathless.
- Item 5. **Limitations doing activities at home.** Select the number between 0 – 5 that the subjected reported regarding being limited in doing activities at home with 0 being not at all limited and 5 being very limited.
- Item 6. **Confidence leaving home.** Select the number between 0 – 5 that the subjected reported regarding his/her confidence in leaving home despite his/her lung condition with 0 being confident and 5 being not at all confident.
- Item 7. **Sleep.** Select the number between 0 – 5 that the subjected reported regarding sleeping soundly with 0 being sleeping soundly and 5 being not sleeping soundly because of his/her lung condition.
- Item 8. **Energy level.** Select the number between 0 – 5 that the subjected reported regarding his/her energy level with 0 being lots of energy and 5 being no energy at all.

Save and close the form.