

MODIFIED MEDICAL RESEARCH COUNCIL DYSPNEA SCALE (mMRC)

ID NUMBER:									
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FORM CODE: MRC
VERSION: 1.0 09/03/2024

Event: _____

0a) Date of Collection: / /

0b) Staff Code:

Instructions: This form should be completed during the participant's clinic visit.

Please choose the single best response to best describe your grade of shortness of breath.

1) Shortness of Breath Grade

- "I only get breathless with strenuous exercise"⁰
- "I get short of breath when hurrying on level ground or walking up a slight hill"¹
- "On level ground, I walk slower than people of the same age because of breathlessness, or I have to stop for breath when walking at my own pace on level ground"²
- "I stop for breath after walking about 100 yards or after a few minutes on level ground"³
- "I am too breathless to leave the house" or "I am breathless when dressing"⁴

END OF FORM

1. Sunjaya A, Poulos L, Reddel H, Jenkins C. [Qualitative validation of the modified Medical Research Council \(mMRC\) dyspnoea scale as a patient-reported measure of breathlessness severity](#). *Respiratory Medicine*. 2022 Nov 1;203:106984.
2. Rajala K, Lehto JT, Sutinen E, Kautiainen H, Myllärniemi M, Saarto T. [mMRC dyspnoea scale indicates impaired quality of life and increased pain in patients with idiopathic pulmonary fibrosis](#). *ERJ open research*. 2017 Oct 1;3(4).
3. Williams N. [The MRC breathlessness scale](#). *Occupational medicine*. 2017 Aug 1;67(6):496-7.
4. Hsu KY, Lin JR, Lin MS, Chen W, Chen YJ, Yan YH. [The modified Medical Research Council dyspnoea scale is a good indicator of health-related quality of life in patients with chronic obstructive pulmonary disease](#). *Singapore Med J*. 2013 Jun 1;54(6):321-7.
5. Munari AB, Gulart AA, Dos Santos K, Venâncio RS, Karloh M, Mayer AF. [Modified medical research council dyspnea scale in GOLD classification better reflects physical activities of daily living](#). *Respiratory care*. 2018 Jan 1;63(1):77-85.