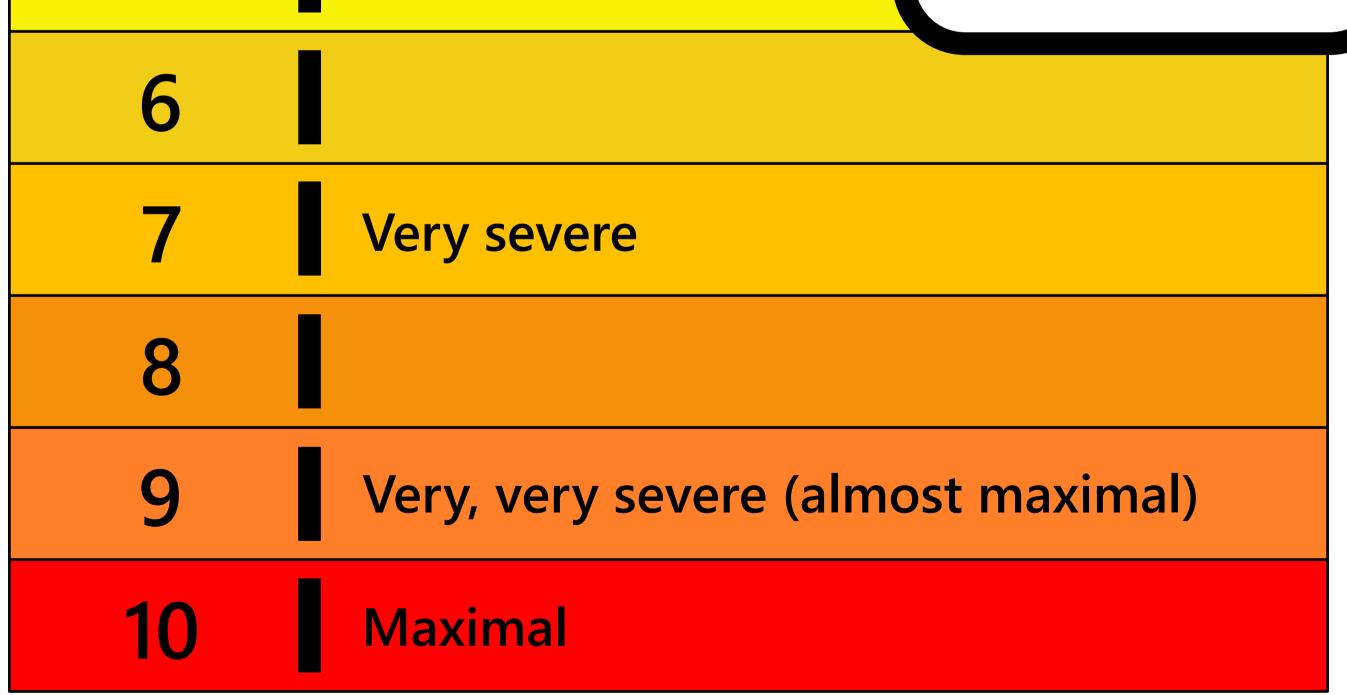
MODIFIED BORG DYPSNEA SCALE

0	Nothing at all	Nothing at all	
0.5	Very, very slight (just noticeable)		
1	Very slight	Very slight	
2	Slight		
3	Moderate	I am slightly out of breath. I can talk but cannot sing.	
4	Somewhat severe		
5	Severe		



Reference:

Borg G. A. (1982). Psychophysical bases of perceived exertion. Medicine and science in sports and exercise, 14(5), 377–381.



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