Swallowing (Dysphagia) Questionnaire

Study ID#: \_\_\_\_\_

This questionnaire asks for your views about your swallowing ability. This information will help us understand how you feel about swallowing.

The following statements have been made by people who have problems with their swallowing. Some of the statements may apply to you.

Please read each statement and circle the response which best reflects your experience in the past week.

My swallowing ability limits my day-to-day activities.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

E2. I am embarrassed by my eating habits.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

F1. People have difficulty cooking for me.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

P2. Swallowing is more difficult at the end of the day.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

E7. I do not feel self-conscious when I eat.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

E4. I am upset by my swallowing problem.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

P6. Swallowing takes great effort.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

E5. I do not go out because of my swallowing problem.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

F5. My swallowing difficulty has caused me to lose income.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

P7. It takes me longer to eat because of my swallowing problem.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

P3. People ask me, “Why can’t you eat that?”

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

E3. Other people are irritated by my eating problem.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

P8. I cough when I try to drink liquids.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

F3. My swallowing problems limit my social and personal life.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

F2. I feel free to go out to eat with my friends, neighbors, and relatives.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

P5. I limit my food intake because of my swallowing difficulty.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

P1. I cannot maintain my weight because of my swallowing problem.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

E6. I have low self-esteem because of my swallowing problem.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

P4. I feel that I am swallowing a huge amount of food.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

F4. I feel excluded because of my eating habits.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly Agree | Agree | No Opinion | Disagree | Strongly Disagree |

M. D. Anderson Dysphagia Inventory

Source: Chen et al. The Development and Validation of a Dysphagia-Specific Quality-of-Life Questionnaire for Patients with Head and Neck Cancer. *Arch Otolaryngol Head Neck Surg.* 2001;127:870-876.