Dyspnea Activity Motivation

Please respond to each question or statement by marking one box per row.

Imagine that you had no problem with shortness of breath, and that you had time to do what you wanted to do.

Please indicate below which activity you would generally prefer to do, assuming you had the ability to do both equally…

DYSAM001	☐ 0 **Drive to a party ½ mile (almost 1 km) away**	☐ 1 **Walk to a party ½ mile (almost 1 km) away**
DYSAM002	☐ 0 **Shop for an item through a catalogue**	☐ 1 **Shop for an item by walking through a store**
DYSAM003	☐ 0 **Watching a sporting event on TV**	☐ 1 **Play in a sporting event**
DYSAM004	☐ 0 **Listen to music at home**	☐ 1 **Go to a concert**
DYSAM005	☐ 0 **Eat dinner at home**	☐ 1 **Go out to dinner**

For the following statements, please select the response that best describes your current situation.

		Not at all	**A little bit**	**Somewhat**	**Quite a bit**	**Very much**
DYSAM006	I like to be active	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4
DYSAM007	I like to spend my day sitting quietly	☐ 4	☐ 3	☐ 2	☐ 1	☐ 0

© 2010-2016 PROMIS Health Organization and PROMIS Cooperative Group