



# Modified Borg Dyspnoea Scale

## Client Instructions for Borg Dyspnoea Scale:

“This is a scale that asks you to rate the difficulty of your breathing. It starts at the number 0 where your breathing is causing you no difficulty at all and progresses through to number 10 where your breathing difficulty is maximal. How difficulty is your breathing causing you right now?”

Number	Breathing Rating
0	Nothing at all
0.5	Very, very slight (just noticeable)
1	Very slight
2	Slight
3	Moderate
4	Somewhat severe
5	Severe
6	
7	Very severe
8	
9	Very, very severe (almost maximal)
10	Maximal

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