



## Asking you about your health

COPD

### **Instructions**

Please complete the questionnaire, making sure you reply to all the questions. This should take you about 20 minutes.

If you have difficulties completing the questionnaire, please ask someone else to help you. However, it is your answers that we are interested in.

### **Questions or help?**

If you have any questions or need any help please contact the research team on freephone 0800 9151 664 or via email at [YourHealth@dphpc.ox.ac.uk](mailto:YourHealth@dphpc.ox.ac.uk).

### **Need help with translation?**

Please ring 0800 9151 664

**Please return the questionnaire in the enclosed pre-paid envelope**

## CLINICAL COPD QUESTIONNAIRE (CCQ)

Please <b>circle</b> the number of the response that best describes how you have been feeling during the <b>past week</b> . (Only <b>one</b> response for each question).							
On average, <b>during the past week</b> , how often did you feel:	never	hardly ever	a few times	several times	many times	a great many times	almost all the time
1. Short of breath <b>at rest</b> ?	0	1	2	3	4	5	6
2. Short of breath <b>doing physical activities</b> ?	0	1	2	3	4	5	6
3. <b>Concerned</b> about getting a cold or your breathing getting worse?	0	1	2	3	4	5	6
4. <b>Depressed (down)</b> because of your breathing problems?	0	1	2	3	4	5	6
In general, <b>during the past week</b> , how much of the time:							
5. Did you <b>cough</b> ?	0	1	2	3	4	5	6
6. Did you <b>produce phlegm</b> ?	0	1	2	3	4	5	6
On average, <b>during the past week</b> , how limited were you in these activities <b>because of your breathing problems</b> :	not limited at all	very slightly limited	slightly limited	moderately limited	very limited	extremely limited	totally limited /or unable to do
7. <b>Strenuous physical activities</b> (such as climbing stairs, hurrying, doing sports)?	0	1	2	3	4	5	6
8. <b>Moderate physical activities</b> (such as walking, housework, carrying things)?	0	1	2	3	4	5	6
9. <b>Daily activities at home</b> (such as dressing, washing yourself)?	0	1	2	3	4	5	6
10. <b>Social activities</b> (such as talking, being with children, visiting friends/relatives)?	0	1	2	3	4	5	6

By placing a tick in one box in each group below, please indicate which statements best describe your own health state **today**.

11. **Mobility**

- I have no problems in walking about
- I have some problems in walking about
- I am confined to bed

12. **Self-Care**

- I have no problems with self-care
- I have some problems washing or dressing myself
- I am unable to wash or dress myself

13. **Usual Activities** (*e.g. work, study, housework, family or leisure activities*)

- I have no problems with performing my usual activities
- I have some problems with performing my usual activities
- I am unable to perform my usual activities

14. **Pain/Discomfort**

- I have no pain or discomfort
- I have moderate pain or discomfort
- I have extreme pain or discomfort

15. **Anxiety/Depression**

- I am not anxious or depressed
- I am moderately anxious or depressed
- I am extremely anxious or depressed

16. To help people say how good or bad a health state is, we have drawn a scale (rather like a thermometer) on which the best state you can imagine is marked 100 and the worst state you can imagine is marked 0.

We would like you to indicate on this scale how good or bad your own health is today, in your opinion. Please do this by drawing a line from the box below to whichever point on the scale indicates how good or bad your health state is today.

**Your own  
health state  
today**

Best  
imaginable  
health state

100

90

80

70

60

50

40

30

20

10

0

Worst  
imaginable  
health state

## About you

The following questions will help us see how health varies between different people.

17. **Are you male or female?**

- Male  
 Female

18. **How old are you?**

- |                                   |                                   |                                     |
|-----------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> Under 18 | <input type="checkbox"/> 35 to 44 | <input type="checkbox"/> 65 to 74   |
| <input type="checkbox"/> 18 to 24 | <input type="checkbox"/> 45 to 54 | <input type="checkbox"/> 75 to 84   |
| <input type="checkbox"/> 25 to 34 | <input type="checkbox"/> 55 to 64 | <input type="checkbox"/> 85 or over |

19. **Which of these best describes what you are doing at present? If more than one of these applies to you, please tick the main ONE only.**

- |   |   |
|---|---|
| <input type="checkbox"/> Full-time paid work (30 hours or more each week)     | <input type="checkbox"/> Permanently sick or disabled |
| <input type="checkbox"/> Part-time paid work (under 30 hours each week)       | <input type="checkbox"/> Fully retired from work      |
| <input type="checkbox"/> Full-time education at school, college or university | <input type="checkbox"/> Looking after the home       |
| <input type="checkbox"/> Unemployed   | <input type="checkbox"/> Doing something else         |

20. **Have you been told by a doctor that you have any of the following? Please tick all that apply.**

- |   |   |
|---|---|
| <input type="checkbox"/> Heart disease (for example angina, heart attack or heart failure)  | <input type="checkbox"/> Kidney disease   |
| <input type="checkbox"/> High blood pressure  | <input type="checkbox"/> Diseases of the nervous system (for example Parkinson's disease or multiple sclerosis) |
| <input type="checkbox"/> Problems caused by a stroke  | <input type="checkbox"/> Liver disease  |
| <input type="checkbox"/> Leg pain when walking due to poor circulation                      | <input type="checkbox"/> Cancer (within the last 5 years)   |
| <input type="checkbox"/> Lung disease (for example asthma, chronic bronchitis or emphysema) | <input type="checkbox"/> Depression   |
| <input type="checkbox"/> Diabetes   | <input type="checkbox"/> Arthritis  |

21. **How many years ago did you first receive a diagnosis for your COPD?**

\_\_\_\_ years \_\_\_\_ months

22. **What is your ethnic group?**

Choose one section from A to E below, then select the appropriate option to indicate your ethnic group.

**A. White**

- British
- Irish
- Any other White background, please write in: \_\_\_\_\_

**B. Mixed**

- White and Black Caribbean
- White and Black African
- White and Asian
- Any other Mixed background, please write in: \_\_\_\_\_

**C. Asian or Asian British**

- Indian
- Pakistani
- Bangladeshi
- Any other Asian background, please write in: \_\_\_\_\_

**D. Black or Black British**

- Caribbean
- African
- Any other Black background, please write in: \_\_\_\_\_

**E. Chinese or other ethnic group**

- Chinese
- Any other ethnic group, please write in: \_\_\_\_\_

23. **What is the first part of your postcode? \_ \_ \_ \_**

24. **Did you have any help with completing this questionnaire?**

- Yes
  - No
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**If you have any other comments, please write them in the space below.**

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**Thank you for completing this questionnaire.**

**Please return it to the research team in the enclosed pre-paid envelope.**

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