**1959 MRC Breathlessness Scale**

**Grade 1: Are you ever troubled by breathlessness except on strenuous exertion?**

**Grade 2: (If yes) Are you short of breath when hurrying on the level or walking up a slight hill?**

**Grade 3: (If yes) Do you have to walk slower than most people on the level? Do you have to stop after a mile or so (or after ¼ hour) on the level at your own pace?**

**Grade 4: (If yes to either) Do you have to stop for breath after walking about 100 yds. (or after a few minutes) on the level?**

**Grade 5: (If yes) Are you too breathless to leave the house, or breathless after undressing?**

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Accessed July 2017 from <https://www.mrc.ac.uk/research/facilities-and-resources-for-researchers/mrc-scales/mrc-dyspnoea-scale-mrc-breathlessness-scale/#definition>