

## Cough Severity Index (CSI)

### How to complete this Questionnaire:

<ul style="list-style-type: none"> <li>This questionnaire is designed as an aid in the assessment of the severity and impact of your cough on your life.</li> <li>These are statements many people have used to describe their cough and the effects of their cough on their lives.</li> <li>Please circle the response that indicates how frequently you experience the same symptoms</li> <li>If you do not have a problem with coughing, please circle zero (0) in response to these statements</li> </ul>	<p><b>0 - 4 Rating Scale</b></p> <p>0 = Never                  1 = Almost never                  2 = Sometimes                  3 = Almost always                  4 = Always</p>
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Situation	Frequency of Problem
My cough is worse when I lie down	0   1   2   3   4
My coughing problem causes me to restrict my personal and social life.	0   1   2   3   4
I tend to avoid places because of my cough problem.	0   1   2   3   4
I feel embarrassed because of my coughing problem.	0   1   2   3   4
People ask, "What's wrong?" Because I cough a lot.	0   1   2   3   4
I run out of air when I cough.	0   1   2   3   4
My coughing problem affects my voice.	0   1   2   3   4
My coughing problem limits my physical activity	0   1   2   3   4
My coughing problem upsets me	0   1   2   3   4
People ask me if I am sick because I cough a lot.	0   1   2   3   4

<b>TOTAL 10 x 4 = 40 max</b>	_____

A Score of **3 or below** is considered normal.

If you score **higher** than **3**, your cough may be impacting on your quality of life.

You may want to arrange a consultation with the MEG team for assessment

Feel free to use the form below.

Shembel, A. C., Rosen C.A, Zullo T.G. (2013). "Development and validation of the cough severity index: a severity index for chronic cough related to the upper airway." Laryngoscope 123(8): 1931-1936..

