



**Exam 6**  
**MESA Lung**  
**Questionnaire**

Participant ID #:         Acrostic:

Technician ID:     Date:   /   /      
Month Day Year

Self-administered  
 Interviewer-administered Interviewer ID:

**COPD Assessment Test**

The following questions are about issues that might be related to your breathing. For the first few questions, I'll read two statements and you can answer, on a scale of zero to five, which of the two statements you more strongly agree with.

For the first question, zero means "I never cough" and five means "I cough all the time." Where would you rate yourself between these two statements, on a scale of zero to five?

For each question below, select the number that best describes you currently:

1. I never cough I cough all the time

0            1            2            3            4            5

2. I have no phlegm (mucus) in my chest at all My chest is completely full of phlegm (mucus)

0            1            2            3            4            5

3. My chest does not feel tight at all My chest feels very tight

0            1            2            3            4            5



## Exam 6

### MESA Lung Questionnaire

4. When I walk up a hill or one flight of stairs I am not breathless

0       1       2       3

When I walk up a hill or one flight of stairs I am very breathless

4       5

5. I am not limited doing any activities at home

0       1       2       3

I am very limited doing activities at home

4       5

6. I am confident leaving my home despite my lung condition

0       1       2       3

I am not at all confident leaving my home because of my lung condition

4       5

7. I sleep soundly

0       1       2       3

I don't sleep soundly because of my lung condition

4       5

8. I have lots of energy

0       1       2       3

I have no energy at all

4       5



## Exam 6

### MESA Lung Questionnaire

#### Exacerbation-like respiratory symptoms

9. Have you ever had a period when you had breathing problems that got so bad that they interfered with your usual daily activities or caused you to miss work?

- Yes →
- No
- Don't know

a. How many such episodes have you had in the past 12 months?

Don't know

b. For how many of these episodes did you need to see a doctor or other healthcare provider in the past 12 months?

Don't know

c. For how many of these episodes were you hospitalized overnight in the past 12 months?

Don't know

d. All together, for how many total days were you hospitalized overnight for breathing problems in the past 12 months?

Don't know

#### Childhood respiratory hospitalizations

10. Were you hospitalized as a child for breathing problems prior to the age of 10?

- Yes
- No
- Don't know



## Exam 6

### MESA Lung Questionnaire

#### Waterpipe use

The following questions ask about use of a waterpipe to smoke tobacco, sometimes called a hookah, shisha, or nargile.

11. Have you used a waterpipe, hookah, shisha, or nargile to smoke tobacco more than 100 times in your life?

- Yes →
- No
- Don't know
- Refused

a. Have you ever used a waterpipe, hookah, shisha, or nargile to smoke tobacco regularly (at least once per month)?

- Yes
- No
- Don't know
- Refused

**If yes to 11a:**

b. For how many years did you use a waterpipe, hookah, shisha, or nargile to smoke tobacco regularly?

- Don't know  Refused

c. During the time that you used a waterpipe, hookah, shisha, or nargile to smoke tobacco regularly, how often would you use it?

- Once per month
- 2-3 times per month
- 4-8 times per month (about 1-2 times per week)
- 9-24 times per month (about 3-5 times per week)
- 25-30 times per month (about one or more times per day)
- Don't know
- Refused