

**Subglottic Stenosis 6 Question Survey (SSS-6)**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Please indicate which of the five responses below best describes your level of breathlessness over the past week. (Choose only one response out of the five available below).

Situation	Tick <i>ONE</i>
a. I get short of breath only on strenuous exercise.	
b. I get short of breath when hurrying on the level of climbing up a slight hill.	
c. I walk slower than people of the same age on the level because of breathlessness, or have to stop for breath when walking at my own pace on the level.	
d. I stop for breath after walking 100 yards or after a few minutes on the level.	
e. I am too breathless to leave the house.	

2. Tick the box that best matches your breathing **these days**. Only select one answer.

Situation	None	Mild	Moderate	Severe
a. I have difficulty catching my breath.				

3. Please select one answer only. On average during the **past week**, how much of the time...

Situation	None	Hardly ever	A few times	Several times	A great many times	Almost all the time
a. .... did you cough?						

4. Please select one answer only. Mark which option best reflects your voice symptoms/ difficulties.

	None	Almost never	Sometimes	Almost always	Always
a. My voice difficulties restrict my personal and social life.					

5. On average, during the past week, how limited were your **moderate physical activities** (such as walking, housework, carrying things) because of your breathing problems. Select one answer only.

Not limited at all	Very slightly limited	Slightly limited	Moderately limited	Very limited	Extremely limited	Totally limited

6. Please select one answer only. In general would you say you health is...

Excellent	Very Good	Good	Fair	Poor