

Modified Medical Research Council Dyspnea Scale (mMRC Dyspnea Scale)

Category: Pulmonology | Items: 1 | Time: ~1-2 min

Description / When to Use

Functional impact of breathlessness

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 1 items in this scale. Estimated completion time: 1-2 min.

Scale Items

1. Breathlessness grade

Response Options

0 = Only with strenuous exercise | 1 = Short of breath when hurrying or up a slight hill | 2 = Walks slower than peers; stops for breath at own pace | 3 = Stops for breath after ~100 m or after a few minutes | 4 = Too breathless to leave the house, or breathless on dressing

Scoring Guide

Sum all 1 items. Total range 0-4.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-1	Low symptom burden	Low impact.
2-4	High symptom burden	Used in COPD GOLD assessment.

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

Mahler DA, Wells CK. Chest. 1988;93(3):580-586.
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