

Motor Neurone Disease Dyspnoea Rating Scale (MDRS) for Dyspnea

Overview: The MND Dyspnoea Rating Scale (MDRS) is a questionnaire for evaluating the dyspnea felt by a person with a motor neuron disease (MND). It uses 16 items divided into 3 subscales to assess different aspects of the condition. The scale can be monitored over time to help determine disease progression and/or the impact of interventions. The authors are from the University of Liverpool in the England.

Dyspnea and shortness of breath during activities:

- (1) dyspnea during activity 1
- (2) dyspnea during activity 2
- (3) dyspnea during activity 3
- (4) dyspnea during activity 4
- (5) dyspnea during activity 5

Feelings during past 2 weeks:

- (6) frustrated or impatient
- (7) fear or panic
- (8) confidence
- (9) upset worried or depressed
- (10) in control in breathing
- (11) relaxed
- (12) low in energy
- (13) discouraged or down in the dumps
- (14) satisfied or pleased with life
- (15) upset or scared
- (16) restless tense or upset

Frequency of Feelings	Points if Positive	Points if Negative
none of the time	4	0
hardly any of the time	3	1
some of the time	2	2
most of the time	1	3

all of the time	0	4
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Negative items: 1 2 3 4 5 6 7 9 12 13 15 16

Positive items: 8 10 11 14

NOTE: I could not find the authors doing the reverse point assignment for "positive" responses (items 8 10 11 14). They do state that a low number indicates minimal symptoms while a high number indicates greater symptoms.

total score = SUM(points for all 16 measures)

subscale for dyspnea = SUM(points for items 1 to 5)

subscale for emotion = (points for item 6) + (points for item 8) + (points for item 9) + (points for item 11) + (points for item 12) + (points for item 13) + (points for item 14) + (points for item 16)

subscale for mastery = (points for item 7) + (points for item 10) + (points for item 15)

Interpretation:

- minimum score for total or subscale: 0
 - maximum total score: 64
 - maximum dyspnea subscale: 20
 - maximum emotion subscale: 32
 - maximum mastery subscale: 12
 - The higher the score the more severe the problem and the greater the perceived detrimental effect.

References:

Dougan CF, Connell CO et al. Development of a patient-specific dyspnoea questionnaire in motor neurone disease (MND): the MND dyspnoea rating scale (MDRS). *J Neurological Sciences*. 2000; 180: 86-93.