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The Reflux Symptom Index (RSI)

Circle the appropriate response.

<i>Within the last month, how did the following problems affect you?</i>	0 = no problem 5 = severe problem					
	0	1	2	3	4	5
1. Hoarseness or a problem with your voice	0	1	2	3	4	5
2. Clearing your throat	0	1	2	3	4	5
3. Excess throat mucous or post nasal drip	0	1	2	3	4	5
4. Difficulty swallowing food, liquid or pills	0	1	2	3	4	5
5. Coughing after you eat or after lying down	0	1	2	3	4	5
6. Breathing difficulties or choking episodes	0	1	2	3	4	5
7. Troublesome or annoying cough	0	1	2	3	4	5
8. Sensations of something sticking in your throat or a lump in your throat	0	1	2	3	4	5
9. Heartburn, chest pain, indigestion, or stomach acid coming up	0	1	2	3	4	5
TOTAL						

NB: RSI > 13 is considered abnormal

Reference: Belafsky, P.C., Postma, G.N. & Koufman, J.A. *Journal of Voice*. (2002). Validity and Reliability of the Reflux Symptom Index (RSI). Vol. 16, No. 2, pp. 274-277.

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