

APPENDIX A

QUESTIONNAIRE FOR PEOPLE WITH GASTRO-OESOPHAGEAL REFLUX DISEASE

This standardised questionnaire for people with gastro-oesophageal reflux disease (GORD) has proved valuable in the diagnosis of 'acid-reflux disease' in the clinical trial setting.¹

1. Which one of these four statements **BEST DESCRIBES** the main discomfort you get in your stomach or chest?

- A burning feeling rising from your stomach or lower chest up towards your neck
- Feelings of sickness or nausea
- Pain in the middle of your chest when you swallow
- None of the above, please describe below:

2. Having chosen one of the above, please now chose which one of the next three statements **BEST DESCRIBES** the timing of your main discomfort?

- Any time, not made better or worse by taking food
- Most often within 2 hours of taking food
- Always at a particular time of day or night without any relationship to food

3. How do the following affect your main discomfort?

	Worsens	Improves	No effect/unsure
Larger than usual meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food rich in fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly flavoured or spicy food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Which one of the following **BEST DESCRIBES** the effect of indigestion medicines on your main discomfort?
- No benefit
 - Definite relief within 15 minutes
 - Definite relief after 15 minutes
 - Not applicable (I don't take indigestion medicine)
5. Which one of the following **BEST DESCRIBES** the effect of lying flat, stooping or bending on your main discomfort?
- No effect
 - Brings it on or makes it worse
 - Gives relief
 - Don't know
6. Which one of the following **BEST DESCRIBES** the effect of lifting or straining (or any other activity that makes you breathe heavily) on your main discomfort?
- No effect
 - Brings it on or makes it worse
 - Gives relief
 - Don't know or this does not apply to me
7. If food or acid tasting liquid returns to your throat or mouth what effect does it have on your main discomfort?
- No effect
 - Brings it on or makes it worse
 - Gives relief
 - Don't know or this does not apply to me