



# Speech for Life

Social inclusion Partnership Education Empowerment Connection Honesty

## Reflux Severity Index (RSI)

### How to complete this Questionnaire:

<ul style="list-style-type: none"> <li>• These are statements many people have used to describe their voices and the effects of their voices on their lives</li> <li>• In the last <b>1 month</b>, how did the following problems affect you?</li> <li>• Circle the rating number that reflects the severity of the problem for you, for each statement.</li> </ul>	<b>0 - 5 Rating Scale</b>  0 = no problem 1 = Very mild problem 2 = Moderate or slight problem 3 = Moderate problem 4 = Severe problem 5 = Problem as bad as it can be
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Situation	Degree of Problem
Hoarseness or a problem with your voice	0 1 2 3 4 5
Clearing your throat	0 1 2 3 4 5
Excess throat or mucous post-nasal drip	0 1 2 3 4 5
Difficulty swallowing food, liquids or pills	0 1 2 3 4 5
Coughing after you ate or after lying down	0 1 2 3 4 5
Breathing difficulties or choking episodes	0 1 2 3 4 5
Troublesome or annoying cough	0 1 2 3 4 5
Sensations of something sticking in your throat	0 1 2 3 4 5
Heartburn, chest pain, indigestion, or stomach acid coming up	0 1 2 3 4 5
<b>TOTAL</b>	_____

- Normative data suggests that a RSI of greater than or equal to 13 is clinically significant
- Therefore, a RSI > 13 may be indicative of significant reflux disease.

Belafsky, P. C., Postma, G. N., & Koufman, J. A. (2002). Validity and reliability of the reflux symptom index (RSI). *J Voice*, 16(2), 274-277

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