APPENDIX

THE KANSAS CITY CARDIOMYOPATHY QUESTIONNAIRE:

The following questions refer to your **heart failure** and how it may affect your life. Please read and complete the following questions. There are no right or wrong answers. Please mark the answer that best applies to you.

1. **Heart failure** affects different people in different ways. Some feel shortness of breath while others feel fatigue. Please indicate how much you are limited by **heart failure** (shortness of breath or fatigue) in your ability to do the following activities over the past 2 weeks.

Place an **X** in one box on each line

Activity	Extremely Limited	Quite a bit Limited	Moderately Limited	Slightly Limited	Not at all Limited	Limited for other reasons or did not do the activity
Dressing yourself	❑	❑	❑	❑	❑	❑
Showering/Bathing	❑	❑	❑	❑	❑	❑
Walking 1 block on level ground	❑	❑	❑	❑	❑	❑
Doing yardwork, housework or carrying groceries	❑	❑	❑	❑	❑	❑
Climbing a flight of stairs without stopping	❑	❑	❑	❑	❑	❑
Hurrying or jogging (as if to catch a bus)	❑	❑	❑	❑	❑	❑

2. Compared with 2 weeks ago, have your symptoms of **heart failure** (shortness of breath, fatigue or ankle swelling) changed?
My symptoms of **heart failure** have become . . .

Much worse	Slightly worse	Not changed	Slightly better	Much better	I've had no symptoms over the last 2 weeks
❑	❑	❑	❑	❑	❑

3. Over the past 2 weeks, how many times did you have **swelling** in your feet, ankles or legs when you woke up in the morning?

Every morning	3 or more times a week, but not every day	1–2 times a week	Less than once a week	Never over the past 2 weeks
❑	❑	❑	❑	❑

4. Over the past 2 weeks, how much has **swelling** in your feet, ankles or legs bothered you?
It has been . . .

Extremely bothersome	**Quite a bit** bothersome	**Moderately** bothersome	**Slightly** bothersome	**Not at all** bothersome	I've had **no swelling**
❑	❑	❑	❑	❑	❑

5. Over the past 2 weeks, on average, how many times has **fatigue** limited your ability to do what you want?

All of the time	Several times per day	At least once a day	3 or more times per week but not every day	1–2 times per week	Less than once a week	Never over the past 2 weeks
❑	❑	❑	❑	❑	❑	❑

6. Over the past 2 weeks, how much has your **fatigue** bothered you?
It has been . . .

Extremely bothersome	**Quite a bit** bothersome	**Moderately** bothersome	**Slightly** bothersome	**Not at all** bothersome	I've had **no fatigue**
❑	❑	❑	❑	❑	❑

7. Over the past 2 weeks, on average, how many times has **shortness of breath** limited your ability to do what you wanted?

All of the time	Several times per day	At least once a day	3 or more times per week but not every day	1–2 times per week	Less than once a week	Never over the past 2 weeks
❑	❑	❑	❑	❑	❑	❑

8. Over the past 2 weeks, how much has your **shortness of breath** bothered you?
It has been . . .

Extremely bothersome	**Quite a bit** bothersome	**Moderately** bothersome	**Slightly** bothersome	**Not at all** bothersome	I've had **no shortness of breath**
❑	❑	❑	❑	❑	❑

9. Over the past 2 weeks, on average, how many times have you been forced to sleep sitting up in a chair or with at least 3 pillows to prop you up because of **shortness of breath**?

Every night	3 or more times a week, but not every day	1–2 times a week	Less than once a week	Never over the past 2 weeks
❑	❑	❑	❑	❑

10. **Heart failure** symptoms can worsen for a number of reasons. How sure are you that you know what to do, or whom to call, if your **heart failure** gets worse?

Not at all sure	**Not very** sure	**Somewhat** sure	**Mostly** sure	**Completely** sure
❑	❑	❑	❑	❑

11. How well do you understand what things you are able to do to keep your **heart failure** symptoms from getting worse? (for example, weighing yourself, eating a low salt diet, etc.)

Do not understand at all	Do not understand very well	Somewhat understand	Mostly understand	Completely understand
❑	❑	❑	❑	❑

12. Over the past 2 weeks, how much has your **heart failure** limited your enjoyment of life?

It has **extremely** limited my enjoyment of life	It has limited my enjoyment of life **quite a bit**	It has **moderately** limited my enjoyment of life	It has **slightly** limited my enjoyment of life	It has **not limited** my enjoyment of life at all
❑	❑	❑	❑	❑

13. If you had to spend the rest of your life with your **heart failure** the way it is right now, how would you feel about this?

Not at all satisfied	Mostly dissatisfied	Somewhat satisfied	Mostly satisfied	Completely satisfied
❑	❑	❑	❑	❑

14. Over the past 2 weeks, how often have you felt discouraged or down in the dumps because of your **heart failure**?

I felt that way **all of the time**	I felt that way **most of the time**	I **occasionally** felt that way	I **rarely** felt that way	I **never** felt that way
❑	❑	❑	❑	❑

15. How much does your **heart failure** affect your lifestyle? Please indicate how your **heart failure** may have limited your participation in the following activities over the past 2 weeks.

Please place an **X** in one box on each line

Activity	**Severely** limited	Limited **quite a bit**	**Moderately** limited	**Slightly** limited	**Did not** limit at all	Does not apply or did not do for other reasons
Hobbies, recreational activities	❑	❑	❑	❑	❑	❑
Working or doing household chores	❑	❑	❑	❑	❑	❑
Visiting family or friends out of your home	❑	❑	❑	❑	❑	❑
Intimate relationships with loved ones	❑	❑	❑	❑	❑	❑