

GERD Health-related Quality of Life (GERD-HRQL) Questionnaire

Patient Name: _____ Date: _____

Are you currently taking any medications for GERD symptoms? YES NO

 Please circle the number that best reflects your symptoms using the scoring scale provided below.

Scoring Scale
0 = No symptoms
1 = Symptoms noticeable but not bothersome
2 = Symptoms noticeable and bothersome but not every day
3 = Symptoms bothersome every day
4 = Symptoms affect daily activities
5 = Symptoms are incapacitating – unable to do daily activities

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|--|---|---|---|---|---|---|
| 1. How bad is the heartburn? | 0 | 1 | 2 | 3 | 4 | 5 |
| 2. Heartburn when lying down? | 0 | 1 | 2 | 3 | 4 | 5 |
| 3. Heartburn when standing up? | 0 | 1 | 2 | 3 | 4 | 5 |
| 4. Heartburn after meals? | 0 | 1 | 2 | 3 | 4 | 5 |
| 5. Does heartburn change your diet? | 0 | 1 | 2 | 3 | 4 | 5 |
| 6. Does heartburn wake you from sleep? | 0 | 1 | 2 | 3 | 4 | 5 |
| 7. Do you have difficulty swallowing? | 0 | 1 | 2 | 3 | 4 | 5 |
| 8. Do you have pain with swallowing? | 0 | 1 | 2 | 3 | 4 | 5 |
| 9. If you take medication, does this affect your daily life? | 0 | 1 | 2 | 3 | 4 | 5 |
| 10. How bad is the regurgitation? | 0 | 1 | 2 | 3 | 4 | 5 |
| 11. Regurgitation when lying down? | 0 | 1 | 2 | 3 | 4 | 5 |
| 12. Regurgitation when standing up? | 0 | 1 | 2 | 3 | 4 | 5 |
| 13. Regurgitation after meals? | 0 | 1 | 2 | 3 | 4 | 5 |
| 14. Does regurgitation change your diet? | 0 | 1 | 2 | 3 | 4 | 5 |
| 15. Does regurgitation wake you from sleep? | 0 | 1 | 2 | 3 | 4 | 5 |
| 16. How satisfied are you with your present condition? | | | | | | |

- Satisfied
 Neutral
 Dissatisfied

HRQL-GERD SCORING GUIDE

The GERD-HRQL questionnaire was developed and validated to measure changes of typical GERD symptoms such as heartburn and regurgitation in response to surgical or medical treatment.

Total Score: Calculated by summing the individual scores to questions 1-15.

- Greatest possible score (worst symptoms) = 75
- Lowest possible score (no symptoms) = 0

Heartburn Score: Calculated by summing the individual scores to questions 1-6.

- Worst heartburn symptoms = 30
- No heartburn symptoms = 0
- Scores less than or equal to 12 with each individual question not exceeding 2 indicate heartburn elimination.

Regurgitation Score: Calculated by summing the individual scores to questions 10-15.

- Worst regurgitation symptoms = 30
- No regurgitation = 0
- Scores less than or equal to 12 with each individual question not exceeding 2 indicate regurgitation.