

Reflux Symptom Index

Within the last month, how did the following problems affect you?

Circle the number that best applies to their symptoms on a range extending from **0 = No Problem** to **5 = Severe Problem**

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 mucus or postnasal drip.
0 1 2 3 4 5
4. Difficulty swallowing food, liquids, or pills.
0 1 2 3 4 5
5. Coughing after you ate 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

Belafsky PC, Postma GN, Koufman JA. Validity and reliability of the reflux symptom index (RSI). *J Voice*. 2002 Jun;16(2):274-7. doi: 10.1016/s0892-1997(02)00097-8. PMID: 12150380.

The RSI was evaluated ('validated') through study of 25 patients with larynopharyngeal reflux (LPR) before (including two separate assessments before PPI treatment) and 6 months after twice daily (b.i.d.) treatment with proton pump inhibitors (PPI's). The pre-treatment mean RSI of patients with LPR improved from 21.2 (+/- 10.7) to 12.8 (+/- 10.0) post-treatment and approached that of asymptomatic controls (11.6)