



Reflux Symptom Index

Within the last MONTH, how did the following problem affect you?	0 = No problem to 4 = Severe problem				
1. Hoarseness or a problem with your voice	0	1	2	3	4
2. Clearing your throat	0	1	2	3	4
3. Excess throat mucus or postnasal drip	0	1	2	3	4
4. 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
6. Breathing difficulties or choking episodes	0	1	2	3	4
7. Troublesome or annoying cough	0	1	2	3	4
8. Sensations of something sticking in your throat or a lump in your throat	0	1	2	3	4
9. Heartburn, chest pain, indigestion, or stomach acid coming up	0	1	2	3	4
TOTAL:					

Belafsky PC, Postma GN, and Koufman JA. Validity and reliability of the reflux system index (RSI). Journal of Voice. 2002. 16(2): 274-277.