

COPD ASSESSMENT TEST (CAT)

HOW IS YOUR COPD?

For each item below, place a mark in the circle that best describes your experience.

Example: I am very happy ① ② ③ ~~④~~ ⑤ I am very sad

I never cough	① ② ③ ④ ⑤	I cough all the time
I have no phlegm (mucus) in my chest at all	① ② ③ ④ ⑤	My chest is completely full of phlegm (mucus)
My chest does not feel tight at all	① ② ③ ④ ⑤	My chest feels very tight
When I walk up a hill or one flight of stairs, I am not breathless	① ② ③ ④ ⑤	When I walk up a hill or one flight of stairs, I am very breathless
I am not limited doing any activities at home	① ② ③ ④ ⑤	I am very limited doing activities at home
I am confident leaving my home despite my lung condition	① ② ③ ④ ⑤	I am not at all confident leaving my home because of my lung condition
I sleep soundly	① ② ③ ④ ⑤	I don't sleep soundly because of my lung condition
I have lots of energy	① ② ③ ④ ⑤	I have no energy at all

TOTAL SCORE

A score of 10 or greater is used as the threshold for considering regular treatment for symptoms.

Adapted from Jones PW, et al. *Eur Respir J*. 2009;34(3):648-654.



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MODIFIED BRITISH MEDICAL RESEARCH COUNCIL QUESTIONNAIRE (mMRC)

Please mark the box that applies to you (one box only)

**mMRC
Grade 0**

I only get breathless with strenuous exercise

☐

**mMRC
Grade 1**

I get short of breath when hurrying on the level or walking up a slight hill

☐

**mMRC
Grade 2**

I walk slower than people of the same age on the level because of breathlessness, or I have to stop for breath when walking on my own pace on the level

☐

**mMRC
Grade 3**

I stop for breath after walking about 100 meters or after a few minutes on the level

☐

**mMRC
Grade 4**

I am too breathless to leave the house or I am breathless when dressing or undressing

☐

A score of 2 or greater is used as the threshold for separating “less breathlessness” from “more breathlessness.”

However, because patients may experience several other symptoms, a more comprehensive symptom assessment is recommended.

Adapted from Global Initiative for Chronic Obstructive Lung Disease (GOLD), 2025 report. <https://goldcopd.org/2025-gold-report>.



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