

# Body Perception Questionnaire (BPQ) Manual

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# 1 Introduction

## 1.1 Background

The Body Perception Questionnaire (BPQ) is a self-report measure of body awareness and autonomic symptoms (i.e. symptoms experienced in organs innervated by the ANS). Its items are based on the organization of the autonomic nervous system (ANS), a set of neural pathways connecting the brain and body. These pathways send information from the body about the status of organs and tissues. Some of these incoming signals form a basis for the subjective awareness of the body. The ANS also carries signals that control the functions of these organs and tissues. These signals can alter the functions of the body, depending on internal and external needs.

## 2 Questionnaire Development

### 2.1 History and Original Version

The original 122-item measure was developed by Dr. Stephen Porges at the University of Maryland. Its goals were to assess body awareness, stress response, autonomic nervous system (ANS) reactivity, stress style, and health history (Porges, 1993). Items were chosen based on their relation with the autonomic nervous system. As research using the BPQ proliferated, the questionnaire was applied to a range of international neural, behavioral, and clinical studies and translated into several languages.

### 2.2 Revision

After two decades of use, our research team set out to improve the BPQ's usability. The first step of the revision was length reduction. This was accomplished first by reducing the number of domains to those with the highest popularity – body awareness and ANS symptoms. We further reduced the item pool by selecting body awareness items which had precision in capturing aspects of direct functional control of autonomic pathways. Items which were related to autonomic circuits but were “noisy” due to their incorporation of extra-autonomic systems were removed (e.g., the item “clumsiness of bumping into people” also includes proprioception). Importantly, all changes to the revision were reductions. No new items were added, nor was item wording altered in any way. Thus, items from the original BPQ form are compatible with the new (short form) version. All new subscales may be scored with data collected from the original BPQ document.

Psychometric properties were assessed from data in three samples: an American online study, a Spanish online study, and an American undergraduate student study (total n = 1320). For a full description of the factor structure, reliability, and validity, see:

[Cabrera, A., Kolacz, J., Pailhez, G., Bulbena-Cabre, A., Bulbena, A., & Porges, S. W. \(2018\). Assessing body awareness and autonomic reactivity: Factor structure and psychometric properties of the Body Perception Questionnaire-Short Form \(BPQ-SF\). \*International Journal of Methods in Psychiatric Research\*, 27\(3\), e1596. doi: 10.1002/mpr.1596](#)

## 2.3 Subscale Descriptions

Domain	Subscale	Form	Description	Item Count
Body Awareness	Body Awareness	BPQ BPQ- SF	A measure of sensitivity for internal bodily functions. Values at the high end of the scale reflect hypersensitivity and values at the low scale reflect hyposensitivity.	26
		BPQ- VSF	A shorter version of the body awareness subscale composed of selected items from full 26-form above; available for contexts in which questionnaire brevity is a priority	12
Autonomic Symptoms	Supradiaphragmatic Symptoms	BPQ BPQ- SF BPQ20-ANS	A measure of the responses of autonomically-innervated organs above the diaphragm. These are likely to reflect the withdrawal of neural circuits promoting social engagement and calm resting state as well as activation of sympathetic “fight or flight” responses	15
	Subdiaphragmatic Symptoms	BPQ BPQ-SF BPQ20-ANS	A measure of the responses of autonomically-innervated gastrointestinal organs below the diaphragm. These likely reflect symptoms related to the unmyelinated vagus nerve, the sympathetic nervous system, and the enteric nervous system	6
	Autonomic Symptoms (Combined Supra- and Sub-diaphragmatic)	BPQ BPQ-SF BPQ20-ANS	A combined measure of both supra- and sub-diaphragmatic symptoms.	20

### 3 Scoring

#### 3.1 Formatting Scores

Once data are collected, two item response formats are available for the Body Perception Questionnaire, as outlined in the table below.

Method	Item Response Values	Properties	Available Scores
Sum of full item responses [recommended]	1 = Never 2 = Occasionally 3 = Sometimes 4 = Usually 5 = Always	More sensitivity for individual differences at high end of the subscales	Raw Percentile Ranks T Scores
Sum of binary responses	0 = Never 1 = Occasionally, Sometimes, Usually, or Always	Reduced sensitivity for individual differences at highest level of the subscales	

### 3.2 Calculating Raw Scores

Once the item responses have been formatted, use the following table to calculate raw scores. Scoring code for R is available upon request (see [contact information](#)).

When missing data are present, imputation may be used at the researcher's discretion. Scores for participants with a high amount of missing item-level data should be interpreted with extreme caution or not at all.

	Items for Scoring			
	BPQ (122 items)	BPQ Short Form (46 items)	BPQ20- ANS (20 Items)	BPQ Body Awareness Very Short Form (12 items)
Body Awareness	1, 3, 5, 6, 7, 9, 12, 15, 16, 17, 18, 19, 22, 24, 25, 26, 28, 29, 31, 32, 33, 40, 42, 43, 44, 45	1 – 26		All items (1 – 12)
Supra- diaphragmatic Symptoms	57, 59, 60, 61, 63, 64, 65, 66, 67, 69, 72, 73, 74, 79, 80	27 - 41	1-15	
Sub- diaphragmatic Symptoms*	62, 63, 75, 76, 77, 78	41 - 46	15-20	
Autonomic Symptoms	57, 59, 60, 61, 62, 63, 64, 65, 66, 67, 69, 72, 73, 74, 75, 76, 77, 78, 79, 80	27-46	1-20	

\*one item (#63 in full BPQ, #41 in BPQ short form, #15 in BPQ20-ANS) is included in both Supra- and Sub-diaphragmatic Symptom subscales.

**A note on translated versions:** Available translations of the BPQ may be based on any of the versions outlined in the table above. Please check the version and item numbering before scoring a BPQ translation.

### 3.3 Calculating Percentile Rank and T Scores

Percentile rank and T scores are available for raw scores computed by the sum of full item responses. These transformed scores are based on a combined sample of American participants recruited online ( $n = 2048$ ). Participant age ranged from 18 to 95 years (Mean = 46.34, SD = 17.19). 50.6% were female. Age- and sex-specific norms are not yet available. To transform raw values to percentile ranks and T-scores, use the tables on the next pages.

**Percentile rank scores** reflect the percentage of values that are equal or lower to the individual's score. For example, a score in the 5th percentile rank means that the individual's score is greater or equal to 5% of the scores in a normative sample. A 95th percentile rank means that the individual's score is greater or equal to 95% of the scores in a normative sample.

**T scores** reflect a standardized value according to a normal distribution based on a mean of 50 and a standard deviation of 10. This transformation is recommended for parametric statistical models.

To account for possible raw scores that no participant received for a given subscale, the scores that were obtained were used to generate a monotonic Hermite spline function, from which approximate percentile ranks and T scores were generated. Such scores are marked with an asterisk (\*) in the tables on the following pages. R code for this process and for standard percentile rank and T score transformations is available by request (see [contact information](#)).



## I. Body Awareness

<i>Raw Score</i>	<i>Percentile Rank</i>	<i>T-Score</i>	<i>Raw Score</i>	<i>Percentile Rank</i>	<i>T-Score</i>
<b>26</b>	1.3%	27.7	<b>57</b>	53.0%	50.7
<b>27</b>	2.9%	31.0	<b>58</b>	54.6%	51.1
<b>28</b>	3.6%	32.0	<b>59</b>	56.1%	51.5
<b>29</b>	4.7%	33.2	<b>60</b>	57.6%	51.9
<b>30</b>	5.7%	34.2	<b>61</b>	59.2%	52.3
<b>31</b>	6.9%	35.2	<b>62</b>	60.8%	52.7
<b>32</b>	8.3%	36.2	<b>63</b>	62.2%	53.1
<b>33</b>	9.7%	37.0	<b>64</b>	63.7%	53.5
<b>34</b>	11.0%	37.8	<b>65</b>	65.2%	53.9
<b>35</b>	12.5%	38.5	<b>66</b>	66.7%	54.3
<b>36</b>	14.3%	39.3	<b>67</b>	68.0%	54.7
<b>37</b>	16.3%	40.2	<b>68</b>	69.1%	55.0
<b>38</b>	18.3%	41.0	<b>69</b>	70.3%	55.3
<b>39</b>	20.2%	41.7	<b>70</b>	71.6%	55.7
<b>40</b>	21.9%	42.3	<b>71</b>	73.0%	56.1
<b>41</b>	23.7%	42.9	<b>72</b>	74.1%	56.5
<b>42</b>	25.7%	43.5	<b>73</b>	75.0%	56.7
<b>43</b>	27.9%	44.1	<b>74</b>	75.9%	57.0
<b>44</b>	29.8%	44.7	<b>75</b>	77.0%	57.4
<b>45</b>	31.5%	45.2	<b>76</b>	77.9%	57.7
<b>46</b>	33.2%	45.7	<b>77</b>	78.6%	57.9
<b>47</b>	35.1%	46.2	<b>78</b>	79.6%	58.3
<b>48</b>	37.0%	46.7	<b>79</b>	80.6%	58.6
<b>49</b>	38.7%	47.1	<b>80</b>	81.2%	58.9
<b>50</b>	40.5%	47.6	<b>81</b>	81.7%	59.1
<b>51</b>	42.5%	48.1	<b>82</b>	82.3%	59.3
<b>52</b>	44.4%	48.6	<b>83</b>	83.0%	59.6
<b>53</b>	46.1%	49.0	<b>84</b>	83.9%	59.9
<b>54</b>	48.0%	49.5	<b>85</b>	84.4%	60.1
<b>55</b>	49.7%	49.9	<b>86</b>	84.9%	60.3
<b>56</b>	51.2%	50.3	<b>87</b>	85.5%	60.6

<b>88</b>	86.2%	60.9	<b>110</b>	95.9%	67.3
<b>89</b>	86.8%	61.2	<b>111</b>	96.1%	67.6
<b>90</b>	87.3%	61.4	<b>112</b>	96.3%	67.9
<b>91</b>	88.0%	61.7	<b>113</b>	96.6%	68.3
<b>92</b>	88.6%	62.0	<b>114</b>	96.9%	68.7
<b>93</b>	89.0%	62.2	<b>115</b>	97.2%	69.2
<b>94</b>	89.3%	62.4	<b>116</b>	97.5%	69.6
<b>95</b>	89.6%	62.6	<b>117</b>	97.7%	69.9
<b>96</b>	90.0%	62.8	<b>118</b>	97.9%	70.3
<b>97</b>	90.5%	63.1	<b>119</b>	98.1%	70.7
<b>98</b>	91.1%	63.4	<b>120</b>	98.2%	71.0
<b>99</b>	91.5%	63.8	<b>121</b>	98.3%	71.3
<b>100</b>	91.9%	64.0	<b>122*</b>	98.4%	71.4
<b>101</b>	92.1%	64.1	<b>123</b>	98.5%	71.6
<b>102</b>	92.6%	64.4	<b>124</b>	98.5%	71.8
<b>103</b>	93.0%	64.8	<b>125</b>	98.8%	72.5
<b>104</b>	93.5%	65.1	<b>126</b>	99.1%	73.7
<b>105</b>	93.9%	65.5	<b>127</b>	99.3%	74.6
<b>106</b>	94.3%	65.8	<b>128</b>	99.4%	75.3
<b>107</b>	94.6%	66.1	<b>129</b>	99.5%	76.1
<b>108</b>	95.0%	66.5	<b>130</b>	99.8%	79.0
<b>109</b>	95.5%	67.0			

## II. Body Awareness Very Short Form (VSF)

<i>Raw Score</i>	<i>Percentile Rank</i>	<i>T-Score</i>	<i>Raw Score</i>	<i>Percentile Rank</i>	<i>T-Score</i>
<b>12</b>	1.6%	28.7	<b>37</b>	78.5%	57.9
<b>13</b>	3.9%	32.4	<b>38</b>	80.2%	58.5
<b>14</b>	5.5%	34.0	<b>39</b>	81.9%	59.1
<b>15</b>	7.5%	35.6	<b>40</b>	83.5%	59.7
<b>16</b>	9.7%	37.0	<b>41</b>	84.9%	60.3
<b>17</b>	12.4%	38.5	<b>42</b>	86.3%	60.9
<b>18</b>	15.7%	39.9	<b>43</b>	87.4%	61.5
<b>19</b>	19.6%	41.5	<b>44</b>	88.3%	61.9
<b>20</b>	23.6%	42.8	<b>45</b>	89.3%	62.4
<b>21</b>	27.1%	43.9	<b>46</b>	90.3%	63.0
<b>22</b>	30.7%	45.0	<b>47</b>	91.1%	63.5
<b>23</b>	34.9%	46.1	<b>48</b>	92.5%	64.4
<b>24</b>	38.9%	47.2	<b>49</b>	93.9%	65.4
<b>25</b>	42.2%	48.0	<b>50</b>	94.7%	66.2
<b>26</b>	45.6%	48.9	<b>51</b>	95.4%	66.9
<b>27</b>	48.9%	49.7	<b>52</b>	96.0%	67.6
<b>28</b>	52.3%	50.6	<b>53</b>	96.6%	68.3
<b>29</b>	55.7%	51.4	<b>54</b>	97.2%	69.2
<b>30</b>	58.8%	52.2	<b>55</b>	97.6%	69.8
<b>31</b>	61.6%	53.0	<b>56</b>	97.9%	70.3
<b>32</b>	64.5%	53.7	<b>57</b>	98.3%	71.2
<b>33</b>	67.7%	54.6	<b>58</b>	98.8%	72.4
<b>34</b>	70.8%	55.5	<b>59</b>	99.1%	73.6
<b>35</b>	73.6%	56.3	<b>60</b>	99.6%	76.7
<b>36</b>	76.3%	57.2			

### III. Supradiaphragmatic Symptoms

<i>Raw Score</i>	<i>Percentile Rank</i>	<i>T-Score</i>	<i>Raw Score</i>	<i>Percentile Rank</i>	<i>T-Score</i>
<b>15</b>	9.3%	36.8	<b>46</b>	93.8%	65.4
<b>16</b>	23.6%	42.8	<b>47</b>	94.1%	65.7
<b>17</b>	32.8%	45.5	<b>48</b>	94.5%	66.0
<b>18</b>	40.1%	47.5	<b>49</b>	94.9%	66.4
<b>19</b>	46.3%	49.1	<b>50</b>	95.2%	66.7
<b>20</b>	51.6%	50.4	<b>51</b>	95.4%	66.9
<b>21</b>	56.3%	51.6	<b>52</b>	95.7%	67.2
<b>22</b>	60.7%	52.7	<b>53</b>	96.0%	67.5
<b>23</b>	64.7%	53.8	<b>54</b>	96.2%	67.8
<b>24</b>	68.0%	54.7	<b>55</b>	96.6%	68.2
<b>25</b>	70.6%	55.4	<b>56</b>	97.0%	68.8
<b>26</b>	72.9%	56.1	<b>57</b>	97.3%	69.3
<b>27</b>	74.4%	56.6	<b>58</b>	97.5%	69.6
<b>28</b>	76.0%	57.1	<b>59</b>	97.7%	69.9
<b>29</b>	78.0%	57.7	<b>60</b>	98.0%	70.5
<b>30</b>	79.6%	58.3	<b>61</b>	98.3%	71.1
<b>31</b>	81.0%	58.8	<b>62*</b>	98.4%	71.5
<b>32</b>	82.6%	59.4	<b>63</b>	98.6%	71.9
<b>33</b>	83.9%	59.9	<b>64</b>	98.8%	72.7
<b>34</b>	85.0%	60.4	<b>65</b>	99.0%	73.2
<b>35</b>	85.9%	60.7	<b>66</b>	99.0%	73.4
<b>36</b>	86.7%	61.1	<b>67</b>	99.1%	73.7
<b>37</b>	87.4%	61.5	<b>68</b>	99.2%	74.3
<b>38</b>	88.3%	61.9	<b>69</b>	99.4%	75.3
<b>39</b>	89.2%	62.4	<b>70</b>	99.6%	76.3
<b>40</b>	89.8%	62.7	<b>71</b>	99.6%	76.7
<b>41</b>	90.4%	63.1	<b>72*</b>	99.6%	76.9
<b>42</b>	91.2%	63.5	<b>73</b>	99.7%	77.2
<b>43</b>	91.8%	63.9	<b>74*</b>	99.8%	78.2
<b>44</b>	92.4%	64.3	<b>75</b>	99.9%	80.0
<b>45</b>	93.1%	64.8			

#### IV. Subdiaphragmatic Symptoms

<i>Raw Score</i>	<i>Percentile Rank</i>	<i>T-Score</i>
<b>6</b>	8.9%	36.5
<b>7</b>	22.0%	42.3
<b>8</b>	31.3%	45.1
<b>9</b>	40.4%	47.6
<b>10</b>	49.7%	49.9
<b>11</b>	59.2%	52.3
<b>12</b>	68.0%	54.7
<b>13</b>	74.6%	56.6
<b>14</b>	78.9%	58.0
<b>15</b>	82.5%	59.3
<b>16</b>	85.8%	60.7
<b>17</b>	88.6%	62.0
<b>18</b>	90.5%	63.1
<b>19</b>	92.2%	64.2
<b>20</b>	93.4%	65.1
<b>21</b>	94.6%	66.1
<b>22</b>	95.6%	67.1
<b>23</b>	96.4%	68.0
<b>24</b>	97.2%	69.2
<b>25</b>	97.8%	70.2
<b>26</b>	98.5%	71.6
<b>27</b>	99.0%	73.4
<b>28</b>	99.4%	75.0

## V. Combined Reactivity

<i>Raw Score</i>	<i>Percentile Rank</i>	<i>T-Score</i>	<i>Raw Score</i>	<i>Percentile Rank</i>	<i>T-Score</i>
<b>20</b>	5.2%	33.8	<b>51</b>	87.9%	61.7
<b>21</b>	13.0%	38.7	<b>52</b>	88.7%	62.1
<b>22</b>	18.3%	41	<b>53</b>	89.4%	62.5
<b>23</b>	23.8%	42.9	<b>54</b>	89.9%	62.8
<b>24</b>	29.3%	44.6	<b>55</b>	90.5%	63.1
<b>25</b>	34.2%	45.9	<b>56</b>	91.0%	63.4
<b>26</b>	38.4%	47.1	<b>57</b>	91.6%	63.8
<b>27</b>	43.0%	48.2	<b>58</b>	92.0%	64.1
<b>28</b>	47.3%	49.3	<b>59</b>	92.5%	64.4
<b>29</b>	50.8%	50.2	<b>60</b>	93.0%	64.8
<b>30</b>	54.4%	51.1	<b>61</b>	93.6%	65.2
<b>31</b>	58.1%	52	<b>62</b>	94.0%	65.5
<b>32</b>	61.2%	52.8	<b>63</b>	94.3%	65.8
<b>33</b>	64.1%	53.6	<b>64</b>	94.5%	66
<b>34</b>	66.9%	54.4	<b>65</b>	94.8%	66.2
<b>35</b>	69.2%	55	<b>66</b>	95.0%	66.4
<b>36</b>	71.0%	55.5	<b>67</b>	95.3%	66.7
<b>37</b>	72.9%	56.1	<b>68</b>	95.6%	67
<b>38</b>	74.9%	56.7	<b>69</b>	95.8%	67.2
<b>39</b>	76.7%	57.3	<b>70</b>	96.1%	67.6
<b>40</b>	78.3%	57.8	<b>71</b>	96.4%	67.9
<b>41</b>	79.5%	58.2	<b>72</b>	96.6%	68.2
<b>42</b>	80.6%	58.6	<b>73</b>	96.7%	68.4
<b>43</b>	81.7%	59	<b>74</b>	96.9%	68.7
<b>44</b>	82.7%	59.4	<b>75</b>	97.1%	68.9
<b>45</b>	83.8%	59.9	<b>76</b>	97.2%	69.2
<b>46</b>	84.8%	60.3	<b>77</b>	97.4%	69.5
<b>47</b>	85.6%	60.6	<b>78</b>	97.7%	69.9
<b>48</b>	86.3%	60.9	<b>79</b>	97.8%	70.1
<b>49</b>	86.9%	61.2	<b>80</b>	97.9%	70.3
<b>50</b>	87.4%	61.5	<b>81</b>	98.0%	70.6

<b>82</b>	98.2%	70.9	<b>92</b>	99.5%	75.9
<b>83</b>	98.4%	71.5	<b>93</b>	99.6%	76.3
<b>84</b>	98.7%	72.1	<b>94</b>	99.6%	76.7
<b>85</b>	98.8%	72.5	<b>95*</b>	99.6%	76.9
<b>86</b>	98.9%	73	<b>96*</b>	99.7%	77
<b>87</b>	99.1%	73.5	<b>97</b>	99.7%	77.2
<b>88</b>	99.2%	73.9	<b>98</b>	99.7%	77.8
<b>89</b>	99.3%	74.6	<b>99*</b>	99.8%	78.9
<b>90</b>	99.4%	75.2	<b>100</b>	99.9%	80.7
<b>91</b>	99.5%	75.5			

## 4 Questionnaires

### 4.1 Body Perceptions Questionnaire Short Form

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#### I. Body Awareness

Please rate your awareness on each of the characteristics described below. Select the answer that most accurately describes you.

		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
1	Swallowing frequently	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	An urge to cough or clear my throat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	My mouth being dry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	How fast I am breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Watering or tearing of my eyes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
6	Noises associated with my digestion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	A swelling of my body or parts of my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	An urge to defecate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Muscle tension in my arms and legs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	A bloated feeling because of water retention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Muscle tension in my face	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
12	Goose bumps	0	0	0	0	0
13	Stomach and gut pains	0	0	0	0	0
14	Stomach distension or bloatedness	0	0	0	0	0
15	Palms sweating	0	0	0	0	0
16	Sweat on my forehead	0	0	0	0	0
17	Tremor in my lips	0	0	0	0	0
18	Sweat in my armpits	0	0	0	0	0
		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
19	The temperature of my face (especially my ears)	0	0	0	0	0
20	Grinding my teeth	0	0	0	0	0
21	General jitteriness	0	0	0	0	0
22	The hair on the back of my neck "standing up"	0	0	0	0	0
23	Difficulty in focusing	0	0	0	0	0
24	An urge to swallow	0	0	0	0	0
25	How hard my heart is beating	0	0	0	0	0
26	Feeling constipated	0	0	0	0	0

## II. Autonomic Nervous System Symptoms

In your daily life, how often are you aware of the following sensations? Please rate yourself on each of the statements below:

		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
27	I have difficulty coordinating breathing and eating.	0	0	0	0	0
28	When I am eating, I have difficulty talking.	0	0	0	0	0
29	My heart often beats irregularly.	0	0	0	0	0
30	When I eat, food feels dry and sticks to my mouth and throat.	0	0	0	0	0
31	I feel shortness of breath.	0	0	0	0	0
32	I have difficulty coordinating breathing with talking.	0	0	0	0	0
		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
33	When I eat, I have difficulty coordinating swallowing, chewing, and/or sucking with breathing.	0	0	0	0	0
34	I have a persistent cough that interferes with my talking and eating.	0	0	0	0	0
35	I gag from the saliva in my mouth.	0	0	0	0	0

		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
36	I have chest pains.	0	0	0	0	0
37	I gag when I eat.	0	0	0	0	0
38	When I talk, I often feel I should cough or swallow the saliva in my mouth.	0	0	0	0	0
39	When I breathe, I feel like I cannot get enough oxygen.	0	0	0	0	0
40	I have difficulty controlling my eyes.	0	0	0	0	0
41	I feel like vomiting	0	0	0	0	0
		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
42	I have 'sour' stomach.	0	0	0	0	0
43	I am constipated	0	0	0	0	0
44	I have indigestion.	0	0	0	0	0
45	After eating I have digestive problems.	0	0	0	0	0
46	I have diarrhea	0	0	0	0	0

## 4.2 Body Perception Questionnaire Autonomic Symptoms Short Form (BPQ-20 ANS)

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In your daily life, how often are you aware of the following sensations? Please rate yourself on each of the statements below:

		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
1	I have difficulty coordinating breathing and eating.	1	2	3	4	5
2	When I am eating, I have difficulty talking.	1	2	3	4	5
3	My heart often beats irregularly.	1	2	3	4	5
4	When I eat, food feels dry and sticks to my mouth and throat.	1	2	3	4	5
5	I feel shortness of breath.	1	2	3	4	5
		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
6	I have difficulty coordinating breathing with talking.	1	2	3	4	5
7	When I eat, I have difficulty coordinating swallowing, chewing, and/or sucking with breathing.	1	2	3	4	5

		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
8	I have a persistent cough that interferes with my talking and eating.	1	2	3	4	5
9	I gag from the saliva in my mouth.	1	2	3	4	5
10	I have chest pains.	1	2	3	4	5
11	I gag when I eat.	1	2	3	4	5
12	When I talk, I often feel I should cough or swallow the saliva in my mouth.	1	2	3	4	5
13	When I breathe, I feel like I cannot get enough oxygen.	1	2	3	4	5
		NEVER	OCCASIONALLY	SOMETIMES	USUALLY	ALWAYS
14	I have difficulty controlling my eyes.	1	2	3	4	5
15	I feel like vomiting	1	2	3	4	5
16	I have 'sour' stomach.	1	2	3	4	5
17	I am constipated	1	2	3	4	5
18	I have indigestion.	1	2	3	4	5
19	After eating I have digestive problems.	1	2	3	4	5
20	I have diarrhea	1	2	3	4	5

### 4.3 Version Comparison of BPQ Forms

The following table outlines a comparison of the BPQ, BPQ-Short Form (BPQ-SF), and BPQ Body Awareness Very Short Form (BPQ-VSF):

We strongly recommend using the BPQ-SF or BPQ-VSF. For questions regarding the original full-length BPQ or to request a copy of the questionnaire, please see the [contact information](#).

BPQ #	BPQ-SF #	BPQ-VSF #	BPQ-20 ANS #	Item
1	1			Swallowing frequently
2				A ringing in my ears
3	2			An urge to cough or clear my throat
4				My body swaying when I am standing
5	3	1		My mouth being dry
6	4	2		How fast I am breathing
7	5			Watering or tearing of my eyes
8				My skin itching
9	6			Noises associated with my digestion
10				Eye fatigue or pain
11				Muscle tension in my back and neck
12	7	3		A swelling of my body or parts of my body
13				An urge to urinate
14				Tremor in my hands
15	8			An urge to defecate
16	9	4		Muscle tension in my arms and legs
17	10	5		A bloated feeling because of water retention
18	11			Muscle tension in my face
19	12	6		Goose bumps
20				Facial twitches
21				Being exhausted
22	13	7		Stomach and gut pains
23				Rolling or fluttering my eyes
24	14	8		Stomach distension or bloatedness
25	15			Palms sweating
26	16			Sweat on my forehead

27				Clumsiness or bumping into people
28	17	9		Tremor in my lips
29	18			Sweat in my armpits
30				Sensations of prickling, tingling, or numbness in my body
31	19			The temperature of my face (especially my ears)
32	20			Grinding my teeth
33	21			General jitteriness
34				Muscle pain
35				Joint pain
36				Fullness of my bladder
37				My eye movements
38				Back pain
39				My nose itching
40	22	10		The hair on the back of my neck "standing up"
41				Needing to rest
42	23			Difficulty in focusing
43	24	11		An urge to swallow
44	25	12		How hard my heart is beating
45	26			Feeling constipated
56				I feel nauseous.
57	27		1	I have difficulty coordinating breathing and eating.
58				My nose is runny, even when I am not sick.
59	28		2	When I am eating, I have difficulty talking.
60	29		3	My heart often beats irregularly.
61	30		4	When I eat, food feels dry and sticks to my mouth and throat.
62	42		16	I have "sour" stomach.
63	41		15	I feel like vomiting.
64	31		5	I feel shortness of breath.
65	32		6	I have difficulty coordinating breathing with talking.

66	33		7	When I eat, I have difficulty coordinating swallowing, chewing, and/or sucking with breathing.
67	34		8	I have a persistent cough that interferes with my talking and eating.
68				I drool, especially when I am excited.
69	35		9	I gag from the saliva in my mouth.
70				I produce a lot of saliva even when I am not eating.
71				I have difficulty adjusting my eyes to changes in illumination.
72	36		10	I have chest pains.
73	37		11	I gag when I eat.
74	38		12	When I talk, I often feel I should cough or swallow the saliva in my mouth.
75	43		17	I am constipated.
76	44		18	I have indigestion.
77	45		19	After eating I have digestive problems.
78	46		20	I have diarrhea.
79	39		13	When I breathe, I feel like I cannot get enough oxygen.
80	40		14	I have difficulty controlling my eyes.
81				I get dizzy when urinating or having a bowel movement.
82				I have trouble focusing when I go into dimly or brightly illuminated places.



## 5 References

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