

FSSG (Frequency Scale for the Symptoms of GERD)

- 1) Do you get heartburn?
- 2) Does your stomach get bloated?
- 3) Does your stomach feel heavy after meals?
- 4) Do you subconsciously rub your chest with your hand?
- 5) Do you feel sick after meals?
- 6) Do you get heartburn after meals?
- 7) Do you have an unusual sensation in your throat?
- 8) Do you feel full while eating meals?
- 9) Do some things get stuck when you swallow?
- 10) Do you get bitter liquid coming up into your throat?
- 11) Do you burp a lot?
- 12) Do you get heartburn if you bend over?

The answer of symptom frequency is from 0 to 4 on each question as follows: never=0; occasionally=1; sometimes=2; often=3; and always=4.

Questionnaire on symptoms, medical/family histories, and lifestyles

- 1) Do you have a history of gastrectomy?
- 2) Do you take some proton pump inhibitors (PPIs)?
- 3) Do you take some histamine H₂-receptor antagonists (H₂RAs)?
- 4) Do you take some digestive drugs other than antacids (PPIs or H₂RAs)?
- 5) Do you take some non-steroidal anti-inflammatory drugs (NSAIDs)?
- 6) Do you take some steroids?
- 7) Do you take some anticoagulants?
- 8) Do you take some antihypertensive drugs?
- 9) Do you take some antihyperglycemic agents?
- 10) Do you take some antihyperlipidemic agents?
- 11) Do you have a history of cerebrovascular disease?
- 12) Do you have a history of cardiovascular disease?
- 13) Do you have a history of renal failure?
- 14) Has your body weight markedly increased in adulthood (more than 10kg from age 20 years)?
- 15) Is your time of exercise less than 30 minutes a day?
- 16) Do you have a habit of midnight snack (more than three times a week)?
- 17) Do you have a feeling of inadequate sleep?
- 18) Do you have a habit of frequent lack of breakfast (more than three times a week)?
- 19) Do you have a habit of having dinner within two hours before going to bed?
- 20) Do you have a habit of quick eating?
- 21) Do you have a habit of smoking?
- 22) Do you have a habit of alcohol drinking (almost every day)?

The answer is “Yes” or “No” for each question.