Mayo Dysphagia Questionnaire 30-Day

The MDQ-30 is a 28-item instrument in which the items query symptoms over the previous 30 days. Seventeen items use a dichotomous format, two items use a Likert scale, one item uses multiple non-hierarchical options, six items use multiple hierarchical options, and two items are multi-item dichotomous scales. MDQ-30 items follow a stem-and-leaf format and are divided into three symptom domains: dysphagia, heartburn, and acid regurgitation.

The MDQ-30 has been shown to be reproducible and have excellent-concurrent validity. The MDQ-30 can predict the presence of an esophageal stricture and responds in the clinically expected manner to stricture dilation. The MDQ-30 reflux esophagitis score is associated with the presence of distal esophageal erosions in patients not using proton-pump inhibitor therapy.

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