

SYMPTOM INDUCTION FORM

Exercise	Induced symptom experienced	Intensity of symptoms (0-10)	Intensity of distress (0-10)	Similarity to actual symptoms (0-10)
Hyperventilating (60 sec)				
Breathing through a straw (0 – 120 sec)				
Spinning while standing or sitting (60 sec)				
Running in place (60 sec)				
Wearing heavy clothing in a warm or stuff room (until hot and sweaty)				
Staring at a mirror (120 sec), or wood grain/bright light (30 sec)				
Tensing muscles (60 sec)				