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Title: Comparison of patients' exercise capacity according to the MRC classification and 6-minute walking test

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Body: Background: Since the description of dyspnea varies from patients to patient and also varies in various cultures, the aim of this study was evaluation of Persian version of MRC dyspnea scale and comparison of it with results of an objective test, 6 minute walking test (6mw). Methods: In this cross-sectional study, 150 consecutive patients with chief complaint of dyspnea who referred to the physiotherapy department of Dr Masih Daneshvari hospital, Tehran, Iran for performing 6mw were selected. The severity of dyspnea was assessed by MRC dyspnea scale. Results: 51% were male and the mean age of patients was 47 yr. 87 (58%) had pulmonary diseases, 39 (26%) had cardiac diseases and 24 (16%) had dyspnea with unknown origin. The mean of disease duration was 8 yr and 23 (15%) used oxygen at home. Overall, 14% of patients were in level 1 MRC, 41% in level 2, 20% in level 3, 21% in level 4 and 4% in level 5. The mean (SD) of distance, decrease in oxygen saturation and increase in Borg dyspnea scale were 347 ± 117 m, 8 ± 8% and 2 ± 2, respectively. Levels of MRC dyspnea scale were negatively correlated with distance ($r=-0.500$, $P<0.001$) and positively correlate with decrease in oxygen saturation ($r=0.209$, $P=0.010$) and increase in Borg dyspnea ($r=0.387$, $P<0.001$). Conclusion: Findings of our study showed that there are good correlation between MRC dyspnea scale and 6mw test. Since the assessment of level of function of patients with dyspnea is necessary for evaluating progression of the disease and 6mw test needs skilled personnel and appropriate place, MRC dyspnea scale could be a good alternate. Keyword: Dyspnea, MRC dyspnea scale, 6 minute walking test, Pulmonary disease, Cardiac disease.