



OBSTRUCTIVE SLEEP APNOEA-5 (OSA-5) QUESTIONNAIRE

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Please answer all questions as they relate to your child, tick **one** box per question.

	Never (0)	Sometimes (1)	Often (2)	Always (3)
During the past 4 weeks, how often has your child had...				
Loud snoring				
Breath-holding spells or pauses in breathing at night				
Choking or gasping sounds while asleep				
Mouth breathing because of a blocked nose				
Breathing problems during sleep that made you worried they were not getting enough air				
TOTAL SCORE	/ 15			

Score each item 0-3 (Never = 0, Sometimes = 1, Often = 2, Always = 3). Add the five item scores for a total out of 15.

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$$\text{Total Score} = Q1 + Q2 + Q3 + Q4 + Q5$$

(each item scored 0–3 • range 0–15)

Interpretation

- **Low risk – OSA unlikely:** total < 5
 - A score below 5 makes moderate–severe OSA unlikely, given the tool's high sensitivity and negative predictive value at this threshold.
- **Elevated risk – OSA suggested:** total ≥ 5
 - Higher scores indicate a greater likelihood of OSA; consider referral for further assessment.
- **High likelihood – significant OSA likely:** total ≈ 10 or above
 - Scores around 10 or more suggest significant OSA is likely.

Clinical Notes

- The OSA-5 is a 5-item parent-reported screening tool derived from the OSA-18, validated by Soh et al. (2018) in children referred for sleep studies.
- At a cut-off of <5, reported sensitivity is ~82% and negative predictive value ~81% for moderate–severe OSA — making it most useful for helping *exclude* OSA and triage referrals.
- Specificity is comparatively low (~32–44%), so a positive screen (≥5) warrants clinical correlation rather than serving as a diagnosis.
- It is a screening / triage tool, not diagnostic. Polysomnography remains the gold standard, particularly where symptoms and screening results diverge.

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