

Name: _____

Date: _____

Adrenal function questionnaire

Rate each statement that applies to you (now or in the past) on a scale of 1-10, with 1 as rare, very minimal or very slight up to 10 as being severe, constant, or intense. If a statement does not apply, mark it with a zero "0." If an answer applies only to the past, indicate this with a "P."

- ___ Tired and overwhelmed in the afternoon
- ___ Overly alert at night
- ___ Dark circles under eyes
- ___ Easily stressed
- ___ Inability to tolerate much exercise, or feel worse after exercising
- ___ Feeling of being mentally, emotionally and physically overstressed
- ___ Rapid mood or energy changes
- ___ Dizziness upon standing
- ___ Lack of mental alertness
- ___ Tendency to catch colds easily when weather changes
- ___ Headaches, particularly migraines
- ___ Breathing difficulties
- ___ Edema (water retention)
- ___ Salt cravings
- ___ Trouble falling asleep or staying asleep
- ___ Feeling of not being rested upon awakening
- ___ Feeling of tiredness all the time
- ___ Low blood sugar symptoms
- ___ Low tolerance of loud noises and/or strong odors
- ___ Tendency to startle easily, panic
- ___ Recurrent chronic infections
- ___ Light-headedness
- ___ Tendency to get upset or frustrated easily
- ___ Tendency to get a second wind (high energy) late at night
- ___ Low or high blood pressure
- ___ Inability to feel excited by challenges
- ___ Sensitivity to bright light
- ___ Sweating or wetness of hands and feet
- ___ Chronic heartburn
- ___ Cravings for alcohol
- ___ Lack of appetite
- ___ Infrequent urination
- ___ Lack of thirst
- ___ Clenching and/or grinding of teeth, especially at night

- Chronic tension in the lower neck and upper back
- An excessively low cholesterol level (below 150 mg/dl)
- Severe PMS/menopause symptoms
- Spend the whole day rushing from one thing to another
- Have patches of dark skin on your face
- Get absent minded or feel that your short-term memory lets you down
- Not liked to be touched
- Avoid crowds
- Avoid arguments; don't like to be around people that are arguing
- Sometimes can't make simple decisions
- Sometimes just want people to leave you alone/
- Want to sleep all the time
- Sometimes annoyed when someone wants you to do something
- Can't multitask
- Temperature intolerance