

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