

Adrenal Questionnaire

Name: _____ Today's Date: _____

Date of Birth: _____

I have not felt well since _____ when _____

(Describe event, if any)

Predisposing Factors: Circle your severity level

0=None, 1=Mild, 2=Moderate, 3= Severe

- 0 1 2 3 I have experienced long periods of stress that have affected my well being.
- 0 1 2 3 I have had one or more severely stressful events that affected my well being.
- 0 1 2 3 I have driven myself to exhaustion.
- 0 1 2 3 I overwork with little play or relaxation for extended periods.
- 0 1 2 3 I have extended, severe or recurring respiratory infection.
- 0 1 2 3 I have taken long term or intense steroid therapy.
- 0 1 2 3 I tend to gain weight, especially around the middle (spare tire).
- 0 1 2 3 I have a history of alcoholism and/or drug abuse.
- 0 1 2 3 I have environmental sensitivities.
- 0 1 2 3 I have diabetes (type II, adult onset, NIDDM).
- 0 1 2 3 I suffer from post-traumatic distress syndrome.
- 0 1 2 3 I suffer from anorexia.
- 0 1 2 3 I have one or more other chronic illnesses or diseases.

Energy Patterns

- 0 1 2 3 I often have to force myself in order to keep going. Everything seems like a chore.
- 0 1 2 3 I am easily fatigued.

Adrenal Questionnaire cont...

- 0 1 2 3 I have difficulty getting up in the morning (I don't really wake up until about 10 AM).
- 0 1 2 3 I suddenly run out of energy.
- 0 1 2 3 I usually feel much better and fully awake after the noon meal.
- 0 1 2 3 I often have an afternoon low between 3:00-5:00 PM.
- 0 1 2 3 I get low energy, moody or foggy if I do not eat regularly.
- 0 1 2 3 I usually feel my best after 6:00 PM.
- 0 1 2 3 I am often tired at 9:00-10:00 PM, but resist going to bed.
- 0 1 2 3 I like to sleep late in the morning.
- 0 1 2 3 My best, most refreshing sleep often comes between 7:00-9:00 AM.
- 0 1 2 3 I often do my best work late at night (early in the morning).
- 0 1 2 3 If I don't go to bed by 11:00 PM, I get a second burst of energy which often lasts until 1:00-2:00 AM.