

Dr. Michael Mendribil

Naturopathic physician

213 E. Putnam Ave., Suite 5
Cos Cob, CT 06807

Tel. 203-861-7810

Fax. 203-567-8444

Email: drmichael@mendribil.com

Web: DrMendribil.com

Adrenal Fatigue Symptom Questionnaire

The adrenal glands are small glands that sit on top of your kidneys. The purpose of the adrenal glands is to help your body cope with stress and survive. Thus, they are often known as the “stress glands.” Their job is to help your body deal with stress from every possible source – from disease and injury to work and relationship problems. Your vitality, energy, endurance and resiliency – your very life – all depend upon the proper functioning of these vital glands the hormones they secrete.

To see if your adrenal glands are affecting your health, please complete the following questionnaire. Simply read each statement and mark the degree of severity with the appropriate number according to the ranking below. At the end total the numbers to get your score.

Please rank each symptom according to this scale:

- 0 – Never
- 1 – Occasionally (1-4 times a month)
- 2 – Moderate severity (1-4 times per week)
- 3 – More severe and frequent (1-4 times per week)
- 4 – Intense and daily (symptoms occur daily)

Key Signs and Symptoms:

1. ___ I am tired for no reason.
2. ___ I get dizzy or light headed upon standing quickly.
3. ___ I have difficulty getting up in the morning, even after a good nights sleep.
4. ___ I have trouble falling asleep at night.
5. ___ I experience heart palpitations.
6. ___ I have excess belly fat.
7. ___ I wake between 3am and 5am and have trouble falling back to sleep.
8. ___ I urinate frequently and seemingly more often than others.
9. ___ I experience swelling in my extremities, like the ankles.

10. ___ My ability to handle stress and pressure has decreased.
11. ___ The glands (lymph nodes) on my neck are frequently swollen.
12. ___ I get irritated easily. I have decreased tolerance.
13. ___ I experience feelings of despair and hopelessness.
14. ___ My sex drive is low. Sex is the last thing on my mind.
15. ___ I have low blood pressure.
16. ___ I have decreased tolerance to cold temperatures.
17. ___ I feel weak all over for no reason.
18. ___ When I scratch my skin, I see a white line that remains for a minute or more.
19. ___ My thinking is confused when hurried or under pressure.
20. ___ I feel shaky inside, especially when nervous or under pressure.
21. ___ I usually need to lie down after an emotionally stressful event.
22. ___ I have become allergic, or have more allergic reactions.
23. ___ I have low energy in the afternoon between 3 and 4pm.
24. ___ I usually feel my best after 6pm.
25. ___ If I don't go to bed by 11pm, I get a second burst of energy that can last 2-3 hrs.
26. ___ I struggle just to keep up with life's daily demands.
27. ___ I have difficulty getting up in the morning.
28. ___ I get colds that stay around for several weeks.
29. ___ I frequently get rashes or other skin conditions.
30. ___ I have pain in my upper and lower back for no apparent reason.
31. ___ I have fibromyalgia or sore muscles.
32. ___ I bruise easily.
33. ___ I have swelling (bags) under my eyes that goes away after I've been up for a few hours.

34. ___ I need coffee or other stimulants to get going in the morning.
35. ___ I crave and feel better with high fat foods.
36. ___ I eat a high carb breakfast with little or no protein.
37. ___ I often do my best work late at night, or after midnight.
38. ___ I lack motivation and don't have the drive to get things done.
39. ___ I crave salt or foods high in salt like potato chips.
40. ___ If I miss a meal, I become confused, shaky or irritable.
41. ___ I have cold hands and feet.
42. ___ I'm sensitive to bright light and prefer to wear sunglasses.
43. ___ I am thin and have difficulty gaining weight.
44. ___ I crave sugar, sweets and deserts.
45. ___ I'm calm on the outside, but troubled on the inside.
46. ___ I get hives.
47. ___ I yawn in the afternoon.
48. ___ I get colds 2 or more times a year.
49. ___ I have an autoimmune disease.
50. ___ I do not exercise regularly, or if I do exercise, it takes me days to recover.
51. ___ I feel mentally foggy and can't focus like I used to.
52. ___ I get easily startled.
53. ___ It can take me days or weeks to recover from a stressful event.
54. ___ My relationships feel strained.
55. ___ I suffer from post-traumatic stress disorder.
56. ___ My work and relationships feel empty.
57. ___ I tend to avoid things I think will cause stress because of my health.

58. ___ I am very sensitive to nutritional supplements and pharmaceuticals.
59. ___ I've been through some very high stress periods in my life.
60. ___ I have symptoms that improve after I eat a meal.
61. ___ I have used steroid medications for prolonged periods of time or at very high doses.
62. ___ My temperature tends to fluctuate during the day.
63. ___ I tend to get headaches and sore neck and shoulders.
64. ___ The palms of my hands and soles of my feet tend to be reddish orange in color.
65. ___ I have asthma, or get frequent upper respiratory infections.
66. ___ No matter how much sleep I get, I'm still tired.
67. ___ I usually feel much better and fully awake after lunch.
68. ___ My muscles feel weak and heavy.
69. ___ I have a chronic ache and tenderness in my back at the lower edge of my rib cage.

FOR WOMEN ONLY

70. ___ My menstrual cycle is irregular.
71. ___ I have symptoms of PMS (moodiness, irritability, headaches, tiredness, cramps, bloating, tiredness, and intolerance before period).
72. ___ I have heavy periods that often start and stop over the course of a week.

Total Score and Interpretation:

Under 30: None or only slight adrenal fatigue

31 to 75: Mild adrenal fatigue

76 to 110: Moderate adrenal fatigue

Above 110: Severe adrenal fatigue

If you scored **above 30**, or if you've scored "4" on any of the questions, please consider being evaluated by a naturopathic physician for adrenal fatigue or dysfunction. Identifying and treating adrenal disorders can make a huge difference in one's overall health, immunity, energy, vitality and enjoyment of life.