

Adrenal Fatigue Questionnaire

The adrenal glands produce important hormones which control our energy, sleep-wake cycle and ability to handle day-to-day stress, as well as many other important bodily functions.

The adrenal glands are likely the most over-worked glands within the human body due to our busy, modern-day lives, and adrenal fatigue conditions are becoming increasingly common in Australia.



Unfortunately, adrenal fatigue conditions are not currently tested for by our normal GPs, and many Australians are needlessly suffering from common adrenal fatigue symptoms such as fatigue, anxiety, insomnia, low blood pressure and sugar or caffeine cravings that accompany adrenal fatigue.

At Wellness Perth Natural Medicine we assist our patients in determining if they are suffering from an adrenal fatigue condition, testing their hormones, and correcting adrenal gland function on a daily basis.

This questionnaire is a tool designed to help you determine if you may be suffering from an adrenal fatigue condition.

Although each person with adrenal fatigue is affected individually, there are many common symptoms which are key to adrenal fatigue, and together can help you determine if you would benefit from adrenal hormone testing.

If this questionnaire indicates that you may be suffering from an adrenal fatigue condition, further testing to determine where your adrenal hormone levels are should be conducted by your practitioner

Instructions:

- Answer each question that relates to you with a tick.
- Once completed, add your ticks to form a total score.
- Your score will lead you to a section which interprets the state of your adrenal gland function and whether you are a likely candidate for adrenal fatigue.

Adrenal Fatigue Questions:

- I have less energy than I used to.
- I have less energy than other people I know.
- I have chronic fatigue, fibromyalgia, muscle weakness, or aches and pains.
- I can wake up feeling tired or un-refreshed, even after an adequate night's sleep.
- I seem to need more sleep than others.
- I feel worse if I have less sleep.
- It can take me a while to get going in the morning.



- I often need a coffee to get going in the morning.
- I often experience a slump in energy in the afternoon.
- I often have to force myself to keep going during a busy or long day.
- I can have low energy before a meal, and feel better after eating.
- I often feel I need coffee, colas, chocolate or sugar to keep going.
- I often crave salty, sugary, high-fat or carbohydrate snacks and foods.
- I can become shaky, irritable or hungry if I miss a meal.
- I often feel better, or have more energy, in the evening or night time.
- I often get a “second wind” late at night.
- I often have difficult falling asleep at night, or wake up during the night.
- It usually takes me longer than 15 minutes to fall asleep at night.
- I often struggle to keep up with life’s daily demands or the daily grind.
- I find I’m not coping with stress or stressful situations as well as previously, or as well as others seem to.
- I seem to stress more than other, more laid-back people seem to.
- I become cranky or irritable when I feel tired.
- I have experienced long periods of stress in the past.
- I have experienced severe stress in the past.
- I can or commonly experience mild to severe anxiety.
- I can or commonly experience mild to severe depression.
- I am prone to tight shoulder/neck muscles, or headaches.
- I have decreased tolerance, people or situations upset or irritate me more than they used to.
- My memory and cognitive ability seems to have decreased, or decreases under pressure.
- I find I seem to have less resistance to colds and flu’s.
- I have low blood pressure.
- I can become dizzy or light-headed if I stand up or sit up too quickly.
- I feel the cold, or have a decreased tolerance for cold.
- I have difficulty losing weight, or have experienced weight gain.
- I have a decreased libido or sex drive.
- I can experience decreased motivation.



Total Score: _____

Find interpretation of your Adrenal Fatigue Questionnaire Score below.

Adrenal Fatigue Questionnaire Results:

Total Score 12-38:

You are currently experiencing most symptoms of an adrenal fatigue condition, and it is recommended you seek further investigation as soon as possible. Please call our office on (08) 9479 5310 to arrange for an appointment.

Salivary hormone testing is currently the most accurate method of determining adrenal hormone levels. There is more information regarding this on our website.

A typical program to return hormone levels to normal usually takes three to six months. Symptoms such as fatigue, anxiety, insomnia or stress usually noticeable improve from the first week of treatment, with most patients experiencing resolution of these symptoms by month two of therapy.

Total Score 5-11:

You are currently experiencing many symptoms of adrenal fatigue, and further investigation is recommended. Please call our office on: (08) 9479 5310 to arrange for an appointment.

Even if your symptoms appear minor or low grade, it is important to determine the reason behind your hormone disruption so that it will not worsen in the future.

Correcting the underlying cause of your symptoms will ensure you feel well, and continue to feel well long-term.

Total Score 1-4:

You are experiencing several symptoms of adrenal fatigue, and may be experiencing an adrenal condition or other form of hormonal disruption.

Do not feel despair if it appears adrenal fatigue is not the answer you've been searching for.

There are many other areas of health that produce symptoms, all of which we will be able to assist you with. Please call our office on: (08) 9479 5310 to arrange an appointment.

With our experience in advanced health testing techniques, I feel confident we will be able to find solutions for your health concerns and soon have you feeling much better.

