

HPA AXIS Questionnaire

Please score only the items **you experience** on a scale of 1-4:

- 1 (This is a **mild** problem)
- 2 (This is a **significant** problem)
- 3 (This is a **major** problem)
- 4 (This is a **severe** problem)

- 1. ____ Lethargic Depression
 - 2. ____ Excessive Need for Sleep
 - 3. ____ Chronic Fatigue Syndrome
 - 4. ____ Chronic Pain
 - 5. ____ Fibromyalgia (musculoskeletal tender points)*
 - 6. ____ Dizziness when you stand or bend
 - 7. ____ Low blood pressure and/or drop of blood pressure on standing*
 - 8. ____ Craving salty foods-pretzels, pickles etc.
 - 9. ____ Poor wound healing*
 - 10. ____ Easy bruising
 - 11. ____ Fatigue
 - 12. ____ Inability to handle even slight stresses
 - 13. ____ Hypoglycemia: dizzy, irritable, or sleepy if you go without food for 4-5
hours; symptoms relieved by food
 - 14. ____ Scars, elbows, nipples, or skin near nails that are unusually dark*
 - 15. ____ Slow healing of cuts*
 - 16. ____ Unstable body temperatures (hot or cold)
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- 17. ____ Agitated Depression
 - 18. ____ Weight gain around your abdomen, back of neck, and in the face and cheeks*
 - 19. ____ Stretch marks-not from weight loss *
 - 20. ____ Adult onset diabetes
 - 21. ____ Osteoporosis
 - 22. ____ Craving sweets
 - 23. ____ Trouble falling or staying asleep
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- 24. ____ Excessive dark male pattern hair growth (women)*
 - 25. ____ Irregular or no periods (not menopausal)
 - 26. ____ Eastern European heritage

HPA Axis Questionnaire: Practitioner Interpretive Key

The goal of this intake sheet is to obtain and collate data that will give you an idea of the presence and type of HPA axis dysfunction in your patient. These symptoms and signs are primarily a compilation from the *Williams Textbook of Endocrinology*-11th edition, as well as recent literature, and lastly, clinical experience. There are three sections divided by lines. Section 1 is correlated with low cortisol states, section 2 with high cortisol states, and section 3 with adrenal hyperplasia. Items with an asterisk should be assessed by physical examination.

Instructions:

Add up the patient's totals for each section. Enter them below over the highest possible score for each section. The totals will indicate which areas to focus on. There is no absolute cutoff to use, rather there is a continuum between normal and dysfunction. Use this information in conjunction with blood testing and salivary cortisol testing.

Low cortisol state ____/64

Elevated cortisol state ____/28

Adrenal hyperplasia ____/12