

Good Medicine Clinic - 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