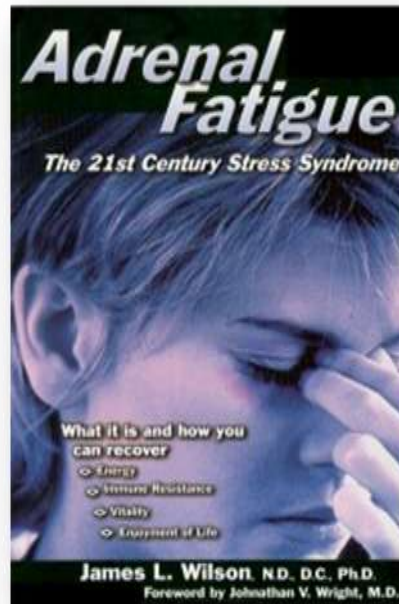


Transformational Solutions for Health and Wellbeing



Adrenal Fatigue Questionnaire

**Are your Adrenals Fatigued?
Take the Free Questionnaire**



Dr. Wilson's Adrenal Fatigue Questionnaire[©]

Your Name

Today's date

USE OF QUESTIONNAIRE

This questionnaire was originally published in the book Adrenal Fatigue, the 21st Century Stress Syndrome by Dr. James L. Wilson. The author's permission has been given to healthcare professionals to use this questionnaire in their practices. It is designed to assist in determining Adrenal Fatigue in patients. Although Dr Wilson and many other physicians have found the questionnaire extremely helpful, no formal reliability or validity tests have been completed to confirm its accuracy, and the author assumes no responsibility for its use or accuracy. No commercial use of this questionnaire is permitted without prior written consent by the author.

ORDERING OF PRODUCTS

If you wish to order any of the Adrenal Fatigue supplements, they must be ordered through an authorized health practitioner. The Art of Health is an authorized practitioner and any of the Adrenal Fatigue products can be ordered through The Art of Health, including Dr Wilson's book, which Kim highly recommends all clients with chronic illnesses read. Once you place your order the products are shipped direct to you.

PLEASE ANSWER AS HONESTLY AND ACCURATELY AS POSSIBLE!

The questionnaire is a valuable tool for determining IF you have adrenal fatigue and, if you do, the SEVERITY of your syndrome. The accuracy of its interpretation depends upon you completing every section as accurately and honestly as possible.

Because there is such diversity in how individuals experience adrenal fatigue, a wide variety of signs and symptoms have been included. Some people have only the minimal number of symptoms, but the symptoms they do have are severe. Others experience a great number of symptoms, but most of their symptoms are relatively mild. The scoring at the end will take all of this into account.

QUESTIONNAIRE

Please complete the following sentence:

I have not felt well since (DATE) when (DESCRIBE EVENT IF APPLICABLE)

RATING INSTRUCTIONS

Please rate your responses on the following pages for each section using the scale below:

0 = Never/Rarely

1 = Occasionally/Slightly

2 = Moderate in Intensity / Frequency

3 = Intense/Severe or Frequent

Predisposing Factors

	PAST	NOW	
1			I have experienced long periods of stress that have affected my well being.
2			I have had one or more severely stressful events that have affected my well being.
3			I have driven myself to exhaustion.
4			I overwork with little play or relaxation for extended periods.
5			I have had extended, severe or recurring respiratory infections.
6			I have taken long term or intense steroid therapy (corticosteroids).
7			I tend to gain weight, especially around the middle (spare tire).
8			I have a history of alcoholism &/or drug abuse.
9			I have environmental sensitivities.
10			I have diabetes (type 2, adult onset, NIDDM)
11			I suffer from post traumatic distress syndrome.
12			I suffer from anorexia.
13			I have one or more other chronic illnesses of diseases.
			Total

Key Signs & Symptoms

	PAST	NOW	
1			My ability to handle stress and pressure has decreased.
2			I am less productive at work.
3			I seem to have decreased in cognitive ability. I don't think as clearly as I used to.
4			My thinking is confused when hurried or under pressure.
5			I tend to avoid emotional situations.
6			I tend to shake or am nervous when under pressure.
7			I suffer from nervous stomach indigestion when tense.
8			I have many unexplained fears/anxieties.
9			My sex drive is noticeably less than it used to be.
10			I get lightheaded or dizzy when rising rapidly from a sitting or lying position.
11			I have feelings of graying or blacking out.
12			I am chronically fatigued; a tiredness that is not usually relieved by sleep.*
13			I feel unwell much of the time.
14			I notice that my ankles are sometimes swollen- the swelling is worse in the evening.
15			I usually need to lie down or rest after sessions of psychological or emotional pressure/stress.
16			My muscles sometimes feel weaker than they should.
17			My hands and legs get restless- experience meaningless body movements.
18			I have become allergic or have increased frequency/ severity of allergic reactions.
19			When I scratch my skin, a white line remains for a minute or more.
20			Small irregular dark brown spots have appeared on my forehead, face, neck, and shoulders.
21			I sometimes feel weak all over.*
22			I have unexplained and frequent headaches.
23			I am frequently cold.
24			I have decreased tolerance for cold.*
25			I have low blood pressure.*
26			I often become hungry, confused, shaky, or somewhat paralyzed under stress.
27			I have lost weight without reason while feeling very tired and listless.
28			I have feelings of hopelessness or despair.
29			I have decreased tolerance. People irritate me more.
30			The lymph nodes in my neck are frequently swollen (swollen glands).
31			I have times of nausea and vomiting for no apparent reason.*
			Total

Energy Patterns

	PAST	NOW	
1			I often have to force myself in order to keep going. Everything seems like a chore.
2			I am easily fatigued.
3			I have difficulty getting up in the morning (don't really wake up until about 10am).
4			I suddenly run out of energy.
5			I usually feel much better and fully awake after the noon meal.
6			I often have an afternoon low between 3pm-5pm.
7			I get low energy, moody or foggy if I do not eat regularly.
8			I usually feel my best after 6pm.
9			I am often tired at 9pm-10pm, but resist going to bed.
10			I like to sleep late in the morning.
11			My best, most refreshing sleep often comes between 7am-9am.
12			I often do my best work late at night (early in the morning).
13			If I don't go to bed by 11pm, I get a second burst of energy around 11pm, often lasting until 1-2am.
			Total

Frequently Observed Events

	PAST	NOW	
1			I get coughs/colds that stay around for several weeks.
2			I have frequent or recurring bronchitis, pneumonia or other respiratory infections.
3			I get asthma, colds, and other respiratory involvements two or more times per year.
4			I frequently get rashes, dermatitis, or other skin conditions.
5			I have rheumatoid arthritis.
6			I have allergies to several things in the environment.
7			I have multiple chemical sensitivities.
8			I have chronic fatigue syndrome.
9			I get pain in the muscles on the sides of my neck.
10			I have insomnia or difficulty sleeping.
11			I have fibromyalgia.
12			I suffer from asthma.
13			I suffer from hay fever.
14			I suffer from nervous breakdowns.
15			I get pain in the muscles of my upper back and lower neck for no apparent reason.
16			My allergies are becoming worse (more severe, frequent, or diverse).
17			The fat pads on the palms of my hands and/or tips of my fingers are often red.
18			I bruise more easily than I used to.
19			I have tenderness in my back near my spine at the bottom of my rib cage when pressed.
20			I have swelling under my eyes upon rising that goes away after I have been up for a couple of hours.
			Total

The next two questions are for women only:

	PAST	NOW	
21			I have increasing symptoms of premenstrual syndrome (PMS) such as cramps, bloating, moodiness, irritability, emotional instability, headaches, tiredness, and/or intolerance before my period (only some of these need be present).
22			I My periods are generally heavy but they often stop, or almost stop, on the fourth day, only to start up profusely on the 5 th or 6 th day.
			Total

Food Patterns

	PAST	NOW	
1			I need coffee or some other stimulant to get going in the morning.
2			I often crave food high in fat and feel better with high fat foods.
3			I use high fat foods to drive myself.
4			I often use high fat foods and caffeine containing drink (coffee, colas, chocolate) to drive myself.
5			I often crave salt and/or foods high in salt. I like salty foods.
6			I feel worse if I eat high potassium foods (like bananas, figs, raw potatoes), especially if I eat them in the morning.
7			I crave high protein foods (meats, cheeses).
8			I crave sweet foods (pies, cakes, pastries, doughnuts, dried fruits, candies, or desserts).
9			I feel worse if I miss or skip a meal.
			Total

Aggravating Factors

	PAST	NOW	
1			I have constant stress in my life or work.
2			My dietary habits tend to be sporadic and unplanned.
3			I do not exercise regularly.
4			My relationships at work and/or home are unhappy.
5			My life contains insufficient enjoyable activities.
6			I have little control over how I spend my time.
7			I restrict my salt intake.
8			I have gum and/or tooth infections or abscesses.
9			I have meals at irregular times
10			I eat lots of fruit
			Total

Relieving Factors

	PAST	NOW	
1			I feel better almost right away once a stressful situation is resolved.
2			Regular meals decrease the severity of my symptoms.
3			I often feel better after spending a night out with friends.
4			I often feel better if I lie down.
5			Other relieving factors:
			Total

See the next page for scoring

Nb – should you have any difficulty working out the scoring (which can happen if we are exhausted and have brain fog etc) please ask Kim and she can help you or do it for you.

Scoring and Interpretation of the Questionnaire

Step 1 – Scoring

Step 2 – Interpreting your level of adrenal fatigue

Part 1 - Scoring Total Number of Questions Answered

A lot of information can be obtained from this questionnaire. Follow the instructions below carefully to score your questionnaire correctly. Then proceed to the interpretation section.

The ‘Total Number of Questions Answered’ gives you a general “Yes or No” answer to the question “Do I have adrenal fatigue?”

1. Firstly, count the total number of questions in each section that you answered with any number other than zero.
2. Next, enter the “Past” and “Now” totals in each column for each section in the “ Total number of questions answered” scoring chart below.

For example, if you answered a total of 21 questions in the “past” column and 27 questions in the “now” column of the “Key Signs and Symptoms” section with either a 1, 2 or 3, put ‘21’ in the past column and ‘27’ in the now column of the “Key Signs and Symptoms” summary table below.

Nb: there are no entries for the first section of the questionnaire entitled “Predisposing Factors.” Therefore, your first entry into the summary boxes will be for the “Key Signs and Symptoms” section.

3. Finally, after you have finished entering the number of questions answered in both columns for each section, add up all the numbers for each column and put the total in the “Grand Total-Total Responses” boxes on the bottom row of the scoring chart below.

This completes the scoring for the “Total Number of Questions Answered” chart.

“Do I have adrenal fatigue?”
Total Number of Questions Answered – Summary Table

Name of Section	Total Responses	
	Past	Now
Predisposing Factors	N/A	N/A
Key Signs & Symptoms Number of questions =31		
Energy Patterns Number of questions =13		
Frequently Observed Events Number of questions = 20 for men, 22 for women		
Food Patterns Number of questions =9		
Aggravating Factors Number of questions =10		
Relieving Factors Number of questions =4		
Grand Total for each column = Total Responses		

Then go on to the next part of the scoring which is adding up the total points scored:

Part 2 - Scoring for Total Number of Points:

The total points are used to determine the degree of severity of your adrenal fatigue.

This part of the scoring **adds up the actual numbers (points)** (0, 1, 2, or 3) you put beside the questions when you were answering the questionnaire.

Add these numbers for each column in each section and enter them into the appropriate boxes in the chart below. Then, sum each column to get the Total-Points-Now scores. Enter these totals in the bottom 2 boxes to complete this part of the scoring.

Degree of severity of adrenal fatigue
Total Points Summary Table

Name of Section	Total Points	
	Past	Now
Key Signs & Symptoms Total Points possible =93		
Energy Patterns Total Points possible =39		
Frequently Observed Events Total Points possible = 60 for men, 66 for women		
Food Patterns Total Points possible =27		
Aggravating Factors Total Points possible =30		
Relieving Factors Total Points possible =12		
Grand Total – Total Responses		
Total Responses = SEVERITY		

See the next page for interpretation

Interpreting the Questionnaire

The questionnaire is a valuable tool for determining IF you have adrenal fatigue and, if you do, the SEVERITY of your syndrome. Of course, the accuracy of its interpretation depends upon you completing every section as accurately and honestly as possible.

Because there is such diversity in how individuals experience adrenal fatigue, a wide variety of signs and symptoms have been included. Some people have only the minimal number of symptoms, but the symptoms they do have are severe. Others experience a great number of symptoms, but most of their symptoms are relatively mild.

This is why there are two kinds of scores to indicate adrenal fatigue:

First Score Type – Total Number of Questions Answered:

Interpreting the ‘Total Number of Questions Answered’ – ‘Do I have Adrenal Fatigue?’ Yes or No?

The Total Number of Questions Answered gives you a general “Yes or No” answer to the question “Do I have adrenal fatigue?”

Firstly, look at your “Grand Total - Total Responses” scores in the first scoring chart ‘Total Number of Questions Answered’. The purpose of this score is to see the total number of signs and symptoms of adrenal fatigue you have.

There are a total of 87 questions for men and 89 questions for women in the questionnaire.

If you responded to more than **26** (men) or **32** (women) of the questions, (regardless of which severity response number you gave the question), you have some degree of adrenal fatigue.

The greater the number of questions that you have responded to = the greater your adrenal fatigue.

If you responded affirmatively to less than 20 of the questions, it is unlikely adrenal fatigue is your problem.

People who do not have adrenal fatigue may still experience a few of these indicators in their lives, but not many of them.

If your symptoms do not include fatigue or decreased ability to handle stress, then you are probably not suffering from adrenal fatigue.

For Men (Total 87 questions)	For Women (Total 89 questions)
Responded to more than 26 questions = you probably have some degree of adrenal fatigue	Responded to more than 32 questions = you probably have some degree of adrenal fatigue
Responded affirmatively to less than 20 questions = it is unlikely adrenal fatigue is your problem.	Responded affirmatively to less than 20 questions = it is unlikely adrenal fatigue is your problem.
How many questions did you answer?	How many questions did you answer?

See the next page for Total Points scoring which will tell you the severity of your adrenal fatigue...

Second Score Type – Total Points scored:

Total Points: ‘How severe is my adrenal fatigue?’

Adding the total number of points is used to determine the degree of severity of your adrenal fatigue.

The maximum number of points for men is 261 and for women 267. To score the maximum points you would have to rank every question as 3 (the worst), which would mean the total maximum points for men would be 261 and 267 for women.

Total maximum points = 261 for men and 267 for women				
Level of adrenal fatigue:	Slight adrenal fatigue or none at all.	Mild degree of adrenal fatigue	Moderate degree of adrenal fatigue	Severe adrenal fatigue.
Points:	40 points or less for men or women	44-87 (men) 45-88 (women)	88-130 (men) 89-132 (women)	130 (men) 132 (women)
Past total points:				
Current total points:				

- If you scored under **40**, you either have only slight adrenal fatigue or none at all.
- If you scored between **44-87** for men or **45-88** for women, then overall you have a mild degree of adrenal fatigue. This does not mean that some individual symptoms are not severe, but overall your symptom picture reflects mildly fatigued adrenals.
- If you scored between **88-130** for men or **89-132** for women, your adrenal fatigue is moderate.
- If you scored above **130** for men or **132** for women, then consider yourself to be suffering from severe adrenal fatigue.

Now compare the total points of the different sections with each other. This allows you to see if 1 or 2 sections stand out as having more signs and symptoms than the others.

If you have a predominating group of symptoms, they will be the most useful ones for you to watch as indicators as you improve. Seeing which sections stand out will also be helpful in developing your own recovery program.

Severity Index: The Severity Index is calculated by simply dividing the total points by the total number of questions you answered in the affirmative. It gives an indication of how severely you experience the signs and symptoms, with **1.0-1.6** being mild, **1.7-2.3** being moderate, and **2.4** on up being severe. This number is especially useful for those who suffer from only a few of these signs and symptoms, but yet are considerably debilitated by them.

Past vs. Now: Is my adrenal fatigue getting better or worse?

Now compare the total points in the “Past” column to the total points in the “Now” column. The difference indicates the direction your adrenal health is taking. If the number in the “Past” column is greater than the number in the “Now” column, then you are slowly healing from poor adrenal function. It is a good sign you are healing, but you will still want to read the following chapters to accelerate your improvement. If the number in the “Now” column is greater than the number in the “Past” column, your adrenal glands are on a downhill course and you need to take immediate action to prevent further decline and to recover. Now complete the section below before you finish reading the rest of the book.

Interpretation of the “Predisposing Factors” Section: This section helps determine which factors led to the development of your adrenal fatigue. There may have been only one factor or there may have been several, but the number does not matter. One severely stressful incident can be all it takes for someone to develop adrenal fatigue, although typically it is more. This list is not exhaustive, but the items listed in this section are the most common factors that lead to adrenal fatigue. Use this section to better understand how your adrenal fatigue developed. Seeing how it started often makes clearer what actions you can take to successfully recover from it. This section also leads into a following section that explores in more depth how your adrenal fatigue developed.

Asterisk Total – Possible Addison’s Disease

Note from Dr Wilson:

You will have noticed some of the ‘Now’ column questions had an asterisk.

Add the actual numbers you put beside the questions marked by asterisks (*) for the “Now” column.

If this total is more than **9**, you are likely suffering from a relatively severe form of adrenal fatigue. If this total is more than **12**, and you answer **yes** to more than **2** of the questions below, you have many of the indications of true Addison’s disease and should consult a physician in addition to doing the things in this book. Be sure to read the section below, “Approaching Your Doctor,” as well as other appropriate sections in this book before consulting a physician.

Answer the following questions only if you scored more than 12 on the questions marked with an asterisk (*).

Additional Symptoms (ones that are present now)

The areas on my body listed below have become bluish-black in color.

_____ Inside of lips, mouth

_____ Vagina

_____ Around nipples

_____ I have frequent unexplained diarrhea.

_____ I have increased darkening around the bony areas, at folds in my skin, scars, and the creases in my joints.

_____ I have light colored patches on my skin where the skin has lost its usual color.

_____ I easily become dehydrated.

_____ I have fainting spells.

Approaching Your Doctor

The following note is from Dr Wilson in his book:

“Since only 4 in 100,000 people have Addison’s disease, the chances are you may pass the standard Addison Disease test and your doctor may conclude that there is nothing wrong with you. Even many alternative physicians are not yet aware of the problems of adrenal fatigue. Believe it or not, the fact that adrenal fatigue is so common and so pervasive makes it more difficult to recognize.

But regardless of what your doctor says, adrenal fatigue is real and the questionnaire by Dr. Wilson is a valuable tool in identifying its presence and severity. **Although his book on Adrenal Fatigue was written for people who have no medical background, it is based on a solid foundation of more than 2,400 scientific and clinical references relating to adrenal fatigue.**

However, the truly important questions are not how many studies relate to adrenal fatigue or whether or not your doctor recognizes it. The important questions are do you suffer from adrenal fatigue and if so, what can you do about it”.

Additional note from Kim:

In my experience Adrenal Fatigue underpins all chronic health conditions such as CFS, fibromyalgia, IBS and more. This is because we have literally exhausted our adrenal glands, and our whole body, as a result of overdoing it, pushing ourselves too hard, not looking after ourselves, allowing others to mistreat us and more. My approach to recovery is to teach people how to look after themselves better and recuperate their energy. This includes implementing a number of practical every day techniques including energy psychology, mind-body exercises, Qigong, meditation, work-life balance and breath work. Sometimes I also find it useful to boost the body physically with physical supplements such as Dr Wilson's Adrenal Fatigue program which is specifically formulated to rebuild and repair the adrenal glands. This can help speed up recovery.

Medical Disclaimer

Neither Kim Knight or The Art of Health diagnose illness, prescribe restricted medicines, dispense medical advice or cure / heal any person.

Kim Knight is a health coach and personal development trainer teaching people, from personal experience and professional training, the nature of 'dis-ease', what causes dis-ease and how to reduce symptoms of dis-ease in order to re-find and re-experience authentic happiness and health.

In Kim's experience, all healing comes from within because the body is an innately self-healing mechanism designed to self-heal as long as we give it the circumstances to do so. Kim is a guide leading people back to health.

This questionnaire is provided as a useful tool to help determine whether, according to Dr Wilson's Adrenal Fatigue Book and Program, you may have symptoms of Adrenal Fatigue. As such this questionnaire is a guide only and although according to Dr Wilson and many other physicians he and they have found the questionnaire extremely helpful, no formal reliability or validity tests have been completed to confirm its accuracy, and neither the author (Dr Wilson) nor Kim Knight or the Art of Health can assume any responsibility for its use or accuracy.

If you have a medical condition, it is recommended you consult a medical practitioner of your choice.

Products – Book and Supplements



The Adrenal Fatigue Program and book can only be ordered via an authorized provider. If you wish to order any of the Adrenal Fatigue supplements or Dr Wilson's book, or book a consultation to help you recover from adrenal fatigue, please contact Kim for more information.

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