

SYMPTOM QUESTIONNAIRE

Please circle the bullet point for each of the following symptoms that you *currently* experience, even if it is intermittent (*not* past problems that you no longer suffer from at all). Where a choice of symptoms is provided, please circle each symptom that applies to you. For *each symptom*, please give:

- *It's approximate date of onset*
- *An estimate of how severely it troubles you, scored out of 10, where 10 = the worst it could possibly be & 1 = very trivial.*

NAME

DATE

Appetite (food)

- Large
- Comfort eat
- Bingeing
- Small
- Fussy
- Need to eat between meals (hungry easily)
- How soon after a reasonable meal do you feel hungry or need to eat?
- Symptoms relieved by eating? *Please circle:* empty sensation, light headed, dizzy, faintness, unsteady, trembling, weak, tired, anxious, irritable, stomach pain. Others
- Cravings:
- Aversions:

Thirst (drinks)

- Thirsty: Large quantities / Frequently
- Thirstless: Small quantities / Infrequently
- Cravings:
- Aversions:

Weight

- Increases too easily
- Decreases too easily
- Underweight
- Overweight
- Fluctuates markedly (within days)

- Lightest Heaviest
- What do consider is your ideal weight?

Digestion

- Belching
- Regurgitation
- Nausea
- Vomiting
- Heartburn , reflux, hiatus hernia
- Pain / burning / acid / discomfort - in pit of stomach (epigastrium)
- Gastric/ duodenal: ulcer, inflammation

Abdomen

- Distension / swelling / bloating
- Rumbling / noises / movements
- Pain/ discomfort
- Flatulence
- Hernia: inguinal, umbilical, femoral, incisional

Bowels / Rectum

- How often do you open your bowels
- Constipation
- Diarrhoea
- Pain
- Urgency
- Straining
- Unsatisfactory
- Incontinence, accidents

Stools

- Large / thick / broad
- Small / thin / narrow
- Short: balls / pellets / pebbles
- Sheep dung type (balls compressed together)

- Long
- Hard / firm
- Soft
- Loose / watery
- Smelly
- Mucus/ slime
- Blood
- Undigested / recognisable food
- Float / difficult to flush away
- Frothy

Anus

- Pain: soreness / burning / sharp
- Swelling / lumps / piles
- Fissure / cracks
- Bleeding
- Itching
- Moisture / discharge
- Leaking
- Herpes

Urinary Tract

- **Kidney**
 - Pain
 - Infection (pyelonephritis)
 - Stones
- **Bladder / Urination**
 - Infections (cystitis)
 - Pain / discomfort
 - Too frequent:
 - Daytime - how often
 - Night - how many times
 - Small volumes (small bladder capacity)
 - Urgent
 - Hesitancy (difficulty starting)
 - Unsatisfactory (incomplete emptying)
 - Leaking - at end of urination (dribbling)
 - Leaking - from coughing / sneezing
 - Leaking - from urgency
- **Urethra**
 - Pain / soreness / discomfort
 - Itching
 - Swelling
 - Discharge
- **Urine**
 - Smelly
 - Unusual colour
 - Bloody
 - Mucus
 - Cloudy / precipitate on standing

Genital - Males only

- **Penis**
 - Pain: soreness / discomfort / burning

- Rash
- Itching
- Discharge
- Infections
- Other

• **Testes**

- Pain / discomfort / tenderness
- Swelling / lump

• **Scrotum**

- Rash
- Itching

• **Sex Drive**

- Too high / increased
- Too low / diminished

• **Erections**

- Incomplete / weak / absent / difficult to achieve / short lived
- Painful
- Increased / excessive

• **Ejaculation**

- Difficult / delayed
- Premature
- Bloody semen

Genital - Females only

• **Periods**

- Very first period date
- Last period date
- Painful
- Heavy
- Light
- Long - duration
- Short - duration
- Too early - short cycle: duration
- Too late - long cycle: duration
- Bleeding between periods

• **Ovaries**

- Painful / twinges
- Cysts

• **Premenstrual**

- Fluid retention / bloating / puffiness of: abdomen / fingers / feet / ankles / face
- Breast swelling / discomfort / tenderness
- Low mood, weepy
- Tension
- Anxiety
- Irritable, snappy
- Restlessness
- Tiredness
- Clumsy / poor coordination
- Food cravings
- Skin changes
- Bowel changes
- Other symptoms

- Duration of symptoms
- **Breasts**
 - Pain / discomfort
 - Swelling
 - Lumps / nodules
 - Discharge
 - Sensitivity
- **Sex Drive**
 - Too high / increased
 - Too low / diminished
- **Vagina**
 - Infections
 - Discharge
 - Itching
 - Pain / soreness / burning
 - Odour
 - Dryness
 - Herpes
 - Other

Head

- Pain: headaches / migraine
- Dizziness / unsteadiness / vertigo
- Blackouts / loss of consciousness / faintness / fainting
- **Scalp**
 - Sweating
 - Spots
 - Dryness
 - Scaling / dandruff
 - Itching
 - Crusts
 - Hair - see below
 - Other

Face

- Rash
- Spots / acne
- Dryness / scaling
- Itching
- Weakness of muscles
- Numbness
- Tingling
- Twitching
- Other

Eyes

- **Vision**
 - Poor for distance - short sighted (myopia)
 - Poor for near - long sighted (hypermetropia)
 - Astigmatism
 - Colour blindness: type
 - Double vision
 - Dim, blurred

- Poor night vision
- Images last too long
- Squint (strabismus)
- Pain
- Water easily, runny
- Dry
- Itchy
- Hypersensitive to light (photophobia)
- Cataracts
- Glaucoma
- Other
- **Eyelids**
 - Spots
 - Dryness, scaly
 - Itching
 - Crusts
 - Cysts / lumps
 - Blepharitis (inflamed eyelid margins)
 - Swelling / puffy / bags
 - Other

Ears

- **Hearing**
 - Reduced (impaired)
 - Noises (tinnitus)
 - Hypersensitive to noises
 - Reverberation
- Itching
- Dry
- Scaling
- Discharge
- Pain
- Excessive wax
- Other

Nose

- Recurrent colds / infections
- Discharge / catarrh / runny
- Blocked / obstructed
- Pain / soreness
- Dryness
- Crusting
- Bleeding
- Itching
- Sneezing
- Spots / boils
- Sense of Smell:
 - Poor
 - Hypersensitive
 - Strange, Altered

Sinuses

- Recurrent infections
- Post nasal discharge (down the back of the nose)

- Pain/blocked / pressure sensation: Forehead, Cheeks, Nose

Mouth

• Teeth

- Toothache / pain
- Grinding / clenching (bruxism)
- Tooth abscesses in past, how many?
- Dental work (please indicate *number*):
 - Amalgam (grey metal) fillings
 - & in past
 - White fillings
 - Crowns
 - Inlays
 - Bridges
 - Root canal treatments
 - Implants
 - Plates
 - Dentures
 - Retaining wires
 - Ever felt unwell or had symptoms after dental work?

• Gums

- Bleed on brushing
- Sensitive
- Receding

• Tongue

- Sore
- Coated/ furred
- Cracked (fissured)
- Mapped (geographical)
- Swelling
- Indented with impression of teeth

• Lips

- Sore
- Swelling
- Dryness
- Crack easily

• Taste

- Lack of / insensitive
- Altered: bad / metallic / strange / acid
- Electrical sensations
- Hypersensitive
- Other

- Ulcers: mouth, tongue
- Cold sores
- Bad breath
- Dry mouth / insufficient saliva
- Swelling

Throat

- Recurrent infections / sore
- Catarrh / clearing throat
- Swelling
- Swallowing difficulty

- Sensation of a lump

• Voice

- Easily lost
- Hoarseness / croaky
- Weak

Chest

• Cough

- Loose
- Productive: sputum (phlegm)
- Dry
- Tickly

- Recurrent infections
- Pain / discomfort
- Asthma
- Breathlessness
- Wheezing
- Tightness
- Palpitations / irregular pulse
- High blood pressure
- Low blood pressure / on standing up quickly

Neck (Cervical Spine)

- Pain
- Stiffness
- Tension / tightness
- Cracking / noisy
- Weakness
- **Lymph glands**
 - Swelling
 - Pain / tenderness
- **Thyroid gland**
 - Swelling
 - Pain

Upper Back (Dorsal Spine)

- Pain
- Stiffness
- Tension / tightness
- Cracking / noisy
- Weakness

Lower Back (Lumbar Spine)

- Pain
- Stiffness
- Tension / tightness
- Cracking / noisy
- Weakness
- Sciatica (pain radiating into buttock / leg)

Sacrum & Sacro-Iliac Joints

- Pain
- Stiffness
- Tension / tightness

- Cracking / noisy

- Weakness

Upper Limbs

- Cold / cold easily

- Chilblains

- Raynaud's (very white numb fingers in the cold)

- Tingling: where

- Numbness: where

• Joints

- Pain: shoulders, elbows, wrists, thumb, fingers

- Stiffness: shoulders, elbows, wrists, thumb, fingers

- Swelling: shoulders, elbows, wrists, thumb, fingers

- Weakness: shoulders, elbows, wrists, thumb, fingers

- Cracking / noisy: shoulders, elbows, wrists, fingers

• Muscles

- Pain / aching

- Stiffness

- Tightness

- Weakness

- Cramps

- Poor co-ordination: dropping things, knocking things over

- Shaking / trembling

- Swelling / puffiness / fluid retention

Lower Limbs

- Cold / cold easily

- Hot/burning feet easily

- Chilblains

- Raynaud's (very white and numb toes in cold)

- Tingling

- Numbness

• Joints

- Pain: hips, knees, ankles, feet, toes

- Stiffness: hips, knees, ankles, feet, toes

- Swelling: hips, knees, ankles, feet, toes

- Locking: hips, knees, ankles, feet, toes

- Give way: hips, knees, ankles, feet, toes

- Weakness: hips, knees, ankles, feet, toes

- Crack / noisy: hips, knees, ankles, feet, toes

• Muscles

- Pain / aching: thighs, calves, feet, toes

- Stiffness: thighs, calves, feet, toes

- Tightness: thighs, calves, feet, toes

- Weakness: thighs, calves, feet, toes

- Cramps: thighs, calves, feet, toes

- Difficulty walking

- Poor co-ordination: tripping up, bumping into things

- Shaking / trembling

- Fluid retention / swelling / puffiness

- Varicose veins

- Thread veins

- Discolouration: blue / red / brown

- Restless legs

Skin

- Rashes

- Eczema, psoriasis

- Dryness, scaling, roughness

- Cracks

- Itching

- Painful

- Tingling

- Numbness

- Heat, burning

- Coldness

- Greasiness

- Spots / acne / boils

- Vesicles / blisters

- Cold sores / herpes

- Fungal infections:

- Feet (athlete's feet)

- Groin

- Armpits (axillae)

- Nails

- Urticaria (hives, nettle rash)

- Warts, verrucas

- Moles

- Lumps / bumps / nodules

- Easy bruising / spontaneous bruising

- Flushing

- Healing slow / poor

- Scars easily / excessively / keloid

- Hypersensitive to touch

- Odd sensations, eg. crawling

- Other

Nails

- White spots

- Brittle, break easily, split, crack

- Flake / peel easily

- Soft (bend easily)

- Hangnails

- Deformed

- Ridged

- Discoloured

- Fungal infection

- Slow growing

Hair

- Dry

- Greasy

- Brittle

- Unmanageable

- Split ends
- Falling / thinning
- Bald patches / areas
- Slow growing
- Greying: from what age
- Excessive: where?

Perspiration / Sweating

- Too much, excessive: where
- Too little: where
- Odour strong / excessive
- Cold sweats, where

Temperature Control

- Hot easily: mild / moderate / severe
 - Where
- Cold easily: mild / moderate / severe
 - Where
- What is your temperature first thing in the morning, before getting out of bed?
.....

(Normal temp: 36.5 - 36.8 °C; 97.8 - 98.2 °F)

Fevers

- How often
- Triggers
- Temperature range
- Associated symptoms
-
-
-

Sleep

- Usual hours:
 - Going to sleep
 - Finally waking up
- Too slow to go to sleep? How long
- Awake too much during the night
 - How often
 - For how long
 - At what times
-
- Awaking too early in morning: time
- Unrefreshing sleep (awake tired/ groggy)
- Need too much sleep. How much?
- Restless
- Too light / too deep
- Night sweats
- Snoring
- Odd breathing patterns / sleep apnoea
- Teeth grinding
- Sleep walking
- Sleep talking
- Main positions:

- Back / front / sides: right / left / facing into bed / facing out of bed
- Other
- Dreams:
 - Never or very seldom
 - Too frequent / busy
 - Too vivid
 - Only black/ grey/ white (no colour)
 - Bad dreams / nightmares
 - Recurring themes - details
 -
 -

Energy Level

- How would you rate / score your energy level over the past few months?
 - Average %
 - Maximum %
 - Minimum%
- (Where 100% = able to live a completely normal, full, active life with no difficulty at all & 0% = bed ridden constantly, unable to care for self at all.)
 - When was your energy last 100%?

- Do you suffer with:
 - Inappropriate fatigue:
 - Tiredness, weariness, sleepiness
 - Weakness (lack of physical strength or stamina)
 - Waking inappropriately tired / groggy / sluggish
 - Slow recovery from 'overdoing it'
 - Delayed fatigue (sense of fatigue starts 24 hours or more after 'overdoing it')

Mental / Cognitive Function

How would you rate your general level of cognitive function over the past month or so?

- Poor memory, forgetfulness
 - Long term
 - Short term: names, words, numbers, what you are going to do, what you have done, what you are about to say, what you have said
- Poor concentration
- Reduction in, restriction of, or difficulty with:
 - Intellectual ability, mental clarity, thinking clearly, mental co-ordination, problem solving, decision making, mental speed & agility, multitasking, learning ability, fluency of reading & writing
- Mental fogging, muzziness, cloudiness, woolyness, spaceyness, slowness getting the gist
- Mistakes in: speech, writing, calculating

- Easily mentally overloaded, confused, overwhelmed, can only cope with one thing at a time
- Hyperactivity, restlessness: mental / physical
- Dyslexia
- Obsessional / compulsive tendencies
- Hallucinations: visual, auditory, smell, touch
- Delusions
- Other

Emotional State

How would you rate your overall emotional state over the past month or so? %

- Too tense, stressed
- Too (easily) anxious, apprehensive, fearful
- Lack of confidence
- Too easily irritable, angry
- Low mood, too easily sad, depressed
- Reduced interest, pleasure, motivation (lethargy)
- Panic attacks
- Inappropriate mood swings
- Unreasonable behaviour
- Feelings of isolation, aloneness
- Feelings of worthlessness
- Inappropriate guilt feelings
- Unreasonable jealousy
- Thoughts of death, suicide
- Fears, phobias
- Oversensitive, to what?

General Sense of Well Being

How would you rate your general sense of well being over the past month or so? %

- What do you consider are the main factors reducing your sense of well being?
-
-
-
-
-

CHILDREN

Have you ever noticed any of these symptoms:

- Slow to learn
- Reading problems
- Writing problems
- Poor school grades
- Clumsy or uncoordinated
- Hyperactive / restless
- Usually meddlesome
- Discipline problems
- Spells of intense temper and fury
- Often whiney and bad-tempered
- Markedly shy and timid
- Poor social skills
- Wrapped up in his own world
- Repetitive behaviours