

## Neurotransmitter Deficiency Symptom Questionnaire

Name \_\_\_\_\_ Date \_\_\_\_\_

- Write a number from 1 to 10 by each symptom. (1 being slightly felt or hardly ever felt and 10 being strongly felt or felt all the time.)
- Check boxes next to substances that you use to reduce these symptoms.

### TYPE 1 Low in SEROTONIN

_____ afternoon or evening cravings	_____ negativity, depression, worry, anxiety
_____ low self-esteem, social anxiety	_____ obsessive thoughts or behaviors
_____ hyperactivity / tics	_____ controlling, perfectionism
_____ winter blues / S.A.D.	_____ irritability, rage (e.g. PMS)
_____ dislike hot weather	_____ panic attacks; phobias
_____ fibromyalgia, TMJ, other pain	_____ suicidal thoughts
_____ night-owl, hard to get to sleep	_____ insomnia, disturbed sleep

#### Substances often used to reduce these symptoms

<input type="checkbox"/> sweets	<input type="checkbox"/> starch	<input type="checkbox"/> tobacco	<input type="checkbox"/> chocolate	<input type="checkbox"/> Ecstasy	<input type="checkbox"/> marijuana
<input type="checkbox"/> alcohol	<input type="checkbox"/> Prozac	<input type="checkbox"/> Zoloft	<input type="checkbox"/> Paxil	<input type="checkbox"/> Effexor	<input type="checkbox"/> Celexa
<input type="checkbox"/> Lunesta	<input type="checkbox"/> Ambien				

### TYPE 2 Low in Catecholamines

_____ Cravings for stimulation from sugar, chocolate, caffeine, cocaine, meth	
_____ depression, apathy	_____ lack of energy
_____ lack of drive, motivation	_____ easily bored
_____ lack of focus, concentration	_____ ADD

#### Substances often used to reduce these symptoms

<input type="checkbox"/> sweets	<input type="checkbox"/> starch	<input type="checkbox"/> aspartame	<input type="checkbox"/> chocolate	<input type="checkbox"/> marijuana	<input type="checkbox"/> alcohol
<input type="checkbox"/> opiates	<input type="checkbox"/> caffeine	<input type="checkbox"/> cocaine	<input type="checkbox"/> diet pills	<input type="checkbox"/> Wellbutrin	<input type="checkbox"/> Ritalin
<input type="checkbox"/> Adderall					

### TYPE 3 Low in GABA

\_\_\_\_\_ Cravings carbohydrates, alcohol, or drugs for relaxation  
\_\_\_\_\_ stressed and burned out                      \_\_\_\_\_ unable to relax/loosen up  
\_\_\_\_\_ stiff or tense muscles                              \_\_\_\_\_ easily overwhelmed

#### Substances often used to reduce these symptoms

- sweets     starch     tobacco     marijuana     alcohol     Valium  
 Ativan     Neurontin     Klonopin     Xanax

### TYPE 4 Low in Endorphins

\_\_\_\_\_ Craving comfort, reward, or numbing treats  
\_\_\_\_\_ "love" certain foods, behaviors, drugs or alcohol  
\_\_\_\_\_ sensitive to emotional or physical pain  
\_\_\_\_\_ cry or tear up easily

#### Substances often used to reduce these symptoms

- sweets     starch     chocolate     marijuana     alcohol     caffeine  
 Vicodin     heroin

### TYPE 5 Hypoglycemic

\_\_\_\_\_ Craving for sugar, starch, or alcohol  
\_\_\_\_\_ irritable, shaky or have headache if too long between meals

#### Substances often used to reduce these symptoms

- sweets     starch     alcohol

**If you find that you are recording scores above 5 or 6 on any question, call the office for specific recommendations.**