



DR. JENNIFER O'LEARY

MOOD QUESTIONNAIRE

PATIENT:

Last Name: _____ First Name: _____ Date: _____

PLEASE MARK ALL THAT RELATE TO YOU.

Next to the marked box, rate on a scale of severity 0-10 (10 being the worst).

SECTION 1

- Worried or fearful _____
- Panic attacks _____
- Unable to relax or loosen up _____
- Stiff or tense muscles _____
- Feeling stressed and burned-out _____
- Craving carbs/alcohol/drugs for relaxation and calming _____
- Insomnia _____
- Intrusive thoughts _____
- Overactive brain _____
- Unwanted thoughts – thoughts about unpleasant memories, images or worries _____
- Inability to prioritize planned actions (IE: driving) _____
- Fear of heights _____
- Poor focus _____
- Rectal spasms _____
- Burning mouth _____
- Visceral pain/belly pain with IBS _____

SECTION 2

- Anxiety _____
- Panic attacks _____
- Phobias _____
- Worried or fearful _____
- Obsessive thoughts or behaviors _____
- Perfectionism or being overly controlling _____
- Irritability _____
- Anxiety that's worse in the winter _____
- Winter blues or seasonal affective disorder (SAD) _____
- Negativity _____
- Depression _____
- Suicidal thoughts _____
- Excessive self-criticism _____
- Low self-esteem _____
- Poor self-confidence _____
- PMS or hormonal/menopausal mood swings _____
- Sensitivity to hot weather _____
- Hyperactivity _____
- Anger or rage _____
- Digestive issues _____
- Fibromyalgia, temporomandibular joint syndrome (TMJ), or other pain syndromes _____
- Difficulty getting to sleep, insomnia or disturbed sleep _____
- Afternoon or evening cravings for carbs/alcohol/drugs _____

SECTION 3

- Depression _____
- Apathy _____
- Easily bored _____
- Lack of energy _____
- Lack of focus _____
- Lack of drive _____
- Low motivation _____
- Attention deficit disorder _____
- Procrastination and indecisiveness _____
- Craving carbs/alcohol/caffeine/drugs for energy _____

SECTION 4

- Heightened sensitivity to emotional pain _____
- Heightened sensitivity to physical pain _____
- Crying or tearing up easily _____
- Eating to soothe your mood, or comfort eating _____
- Really, really LOVING certain foods/behaviors/drugs/alcohol _____
- Craving a reward or numbing treat _____

SECTION 5

- Crave sugar/starch/alcohol any time during the day _____
- Irritable, shaky, headachy – especially if too long between meals _____
- Intense cravings for sweets _____
- Lightheaded if meals are missed _____
- Eating relieves fatigue _____
- Agitated _____
- Easily upset _____
- Nervous _____

SECTION 6

- Anxious, shy, fearful or experiencing inner tension since childhood; hiding these feelings from others _____
- Bouts of depression or nervous exhaustion _____
- Poor dream recall, stressful or bizarre dreams, or nightmares (low vitamin B6) _____
- Excessive reactions to tranquilizers/barbiturates/alcohol/or other drugs, in which a little produces a powerful response (low vitamin B6) _____
- Preferring not to eat breakfast, experiencing light nausea in the morning, or being prone to motion sickness (low vitamin B6) _____
- White spots or flecks on the fingernails or opaquely white or paper-thin nails (low zinc) _____
- Poor appetite (low zinc) _____
- Poor sense of smell or taste (low zinc) _____
- Joints popping, cracking, or aching; pain or discomfort between the shoulder blades; or cartilage problems (low zinc) _____
- Pale or fair skin or being the palest in the family, or sunburning easily, now or when younger _____
- Disliking protein or having ever been a vegetarian or vegan _____
- Being sensitive to bright sunlight or noise _____
- Upper abdominal pain on your left side under the ribs or, as a child, having a stitch in your side as you ran _____
- Frequent fatigue _____

SECTION 6 (continued)

- Being prone to iron anemia or low ferritin levels _____
- Tending to have cold hands or feet _____
- Frequent colds or infections, or unexplained chills or fever _____
- Reaching puberty later than normal or having irregular menstruation or PMS _____
- Allergies, adrenal issues, or problems with sugar metabolism _____
- Gluten sensitivity _____
- Neurotransmitter imbalances, especially low serotonin _____
- For women**, belonging to an all-girl family or having look-alike sisters _____
- For men**, having a mother from an all-girl family or a mother with look-alike sisters, or all the females in the mother's family bearing a strong resemblance to each other _____
- Avoiding stress because it upsets your emotional balance _____
- Tending to become dependent on one person whom you build your life around _____
- Preferring the company of one or two close friends rather than a gathering of friends; becoming more of a loner as you age _____
- Uncomfortable with strangers _____
- Bothered by being seated in the middle of the room in a restaurant _____
- Easily upset by criticism _____
- Stretch marks or poor wound healing (low zinc) _____
- Crowded upper front teeth, many cavities, or inflamed gums or wearing braces (low zinc) _____
- Bad breath and body odor (or a sweet, fruity odor), especially when ill or stressed (low zinc) _____
- Prone to acne, eczema, herpes, or psoriasis _____
- Reduced amount of hair on your head, eyebrows, or eyelashes, or prematurely gray hair _____
- Difficultly recalling past events and people in your life _____
- Focusing internally, on yourself, rather than on the external world _____
- Tending to have morning constipation _____
- Tingling sensations or muscle spasms in your legs or arms _____
- Feeling stressed by changes in your routine, such as traveling or being in new situations _____
- Your face looking swollen when you're under a lot of stress _____
- Cluster headaches or blinding headaches _____
- One or more of the following: a psychiatric disorder, schizophrenia, high or low histamine, alcoholism, learning and behavioral disorders, autism, or Down syndrome _____

