

## Adrenal Thyroid Symptom Questionnaire (ATSQ)

(Assessment signs and symptoms of adrenal fatigue compared to low thyroid function)

Date: \_\_\_\_\_ Patient: \_\_\_\_\_

Instructions: Please circle the box (**Adrenal, Mixture, or Thyroid**) that most describes your symptoms related to each **AREA** listed on the left.

AREA	Adrenal	Mixture	Thyroid
<b>Body type</b>	Mild: gains weight easily Moderate: can't lose weight Severe: thin, cant gain weight	Gains weight easily esp. around hips and waist	Weight gain, generalized, extremely hard to lose
<b>Face shape</b>	Eyes and cheeks appear sunken when severe	normal	Full, puffy around eyes
<b>Eyebrows</b>	Tend to be full	Normal to sparse	Very sparse(esp. lateral 1/3 )
<b>Eyes</b>	Sunken appearance , may have dark circles	Normal or some "bags" under the eyes	Puffy around the eyes, often with "bags" under the eyes
<b>Facial coloring</b>	Tendency to pallor, esp. around the mouth. In dark skin, it darkens around the mouth, forehead and sides of face	Pallor around the mouth	Reddish or rosy complexion
<b>Hair</b>	Thin, dry, sparse on forearms and legs	Tendency to be sparse	Tends to be course and, sparse. Hair loss
<b>Nails</b>	Thin and brittle	Break easily	May be thick
<b>Skin quality</b>	Dry, thin , smooth finger prints, longitudinal wrinkles over finger pads	May be thin, dry, bruise easily, poor healing	Course, dry scaly, and thick (can be oily)
<b>Temperature Pattern</b>	Cold when it's cold. Hot when it's hot	Fluctuating pattern, averages on the low side	Stable and low
<b>Immune function</b>	Tends to over-react (allergies, autoimmune, sensitivities)	Mixed	Tends to under- response (possible chronic infections)
<b>Sleep pattern</b>	Insomnia, light sleeper, waking in the middle of the night	May or may not have sleep disturbances	Sleepiness
<b>Energy pattern</b>	Wired and tired	Mixed	Tired, sluggish
<b>Exercise tolerance</b>	Causes fatigue	Mixed	Tires easily
<b>Blood pressure</b>	Tends to run low	Mixed	generally normal – low in severe cases
<b>Carpal tunnel syndrome</b>			May be present
<b>Fluid</b>	Can't hold water	Mixed	Retains fluid
<b>Bowel function</b>	Tendency to be irritable	Mixed	Tendency toward constipation
<b>Cravings</b>	Sweets, salt	mixed	Fats

Comments: \_\_\_\_\_  
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