



Anita Sadaty, MD
Redefining Health

Thrive!

Adrenal Stress Profile Initial Form 1

Take the following questionnaire to identify your personal stress level

Patient Name: _____ **Date:** _____

Next to each question assign a number:

0 = Not True | 3 = Somewhat True | 5 = Very True

- _____ 1. I experience problems falling asleep
- _____ 2. I experience problems staying asleep
- _____ 3. I frequently experience a second wind (high energy) late at night
- _____ 4. I have energy highs and lows throughout the day
- _____ 5. I feel tired all the time
- _____ 6. I need caffeine (coffee, tea, cola, etc.) to get going in the morning
- _____ 7. I usually go to bed after 10 pm
- _____ 8. Things I used to enjoy seem like a chore lately
- _____ 9. My sex drive is lower than it used to be
- _____ 10. I frequently get fewer than 8 hours of sleep per night. I am easily fatigued
- _____ 11. I suffer from depression, or have recently been experiencing feelings of depression, such as sadness or loss of motivation
- _____ 12. If I skip meals I feel low energy or foggy and disoriented
- _____ 13. My ability to handle stress has decreased
- _____ 14. I find that I am easily irritated or upset
- _____ 15. I have had one or more stressful major life events (i.e.: divorce, death of a loved one, job loss, new baby, new job)
- _____ 16. I tend to overwork with little time for play or relaxation for extended periods of time
- _____ 17. I crave sweets
- _____ 18. I frequently skip meals or eat sporadically
- _____ 19. I am experiencing increased physical complaints such as muscle aches, headaches or more frequent illnesses

_____ **Add up your score and write in the total**





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Adrenal Stress Profile Initial Form 2

What does your score mean?

If you scored between:

0 to 29 – You are in good health

30 to 39 – You are under some stress

40 to 49 – You are a candidate for adrenal burnout and may at some point experience fatigue, weight gain, insomnia, irritability and mood swings

50 to 59 – You are in adrenal burnout 60 + You are in severe adrenal burnout and it is important that you take immediate steps to correct this condition to prevent further adverse effects

Whatever the form of the stress, the adrenal glands are the first to react! If there is a period of prolonged stress, eventually the adrenal glands burn out and are no longer able to produce the amount of cortisol that is required by the body. At this point you may begin to experience symptoms such as fatigue, insomnia, weight gain, irritability and an inability to cope with stress.

