

# Mood and Stress Questionnaire



**NAME:**

**DATE:**

Please circle your response to each statement as it applied during the past two weeks. Some of the questions may be repeated, but please ensure you answer them all. There are no right or wrong answers. Don't think too much about your response – your first answer is the best one.

**A = Never or not at all; B = Some of the time or mildly; C = Often or moderately; D = Always or severely**

## **PART A**

	A	B	C	D
1. I am aware of dryness in my mouth	0	1	2	3
2. I find it difficult to work up the initiative to do things	0	1	2	3
3. I tend to overreact to situations	0	1	2	3
4. I worry about situations in which I might panic and make a fool of myself	0	1	2	3
5. I find it difficult to relax	0	1	2	3
6. I feel downhearted and sad	0	1	2	3
7. I am intolerant of anything that keeps me from getting on with what I am doing	0	1	2	3
8. I am unable to become enthusiastic about anything	0	1	2	3
9. I am aware of the action of my heart in the absence of physical exertion (e.g. increased heart rate or missed beat)	0	1	2	3
10. I find myself getting impatient when I am delayed in any way (e.g. traffic lights, lifts, being kept waiting)	0	1	2	3
11. I feel close to panic	0	1	2	3
12. I can see nothing in the future to be hopeful about	0	1	2	3
<b>NO TOTALS REQUIRED</b>				

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## PART B

Section 1	A	B	C	D
1. I feel anxious and worried	0	2	4	6
2. I find it difficult falling asleep, staying asleep and/or I wake early	0	2	4	6
3. I feel panicky or distressed	0	2	4	6
4. My appetite and/or weight decreases when I'm stressed	0	1	2	3
5. I have a tendency to addictions or substance abuse (smoking, alcohol or other drugs)	0	1	2	3
<b>TOTALS</b>				

Section 2	A	B	C	D
1. I feel 'wired but tired' – anxious but lethargic	0	2	4	6
2. I feel very fatigued in the afternoon or night	0	2	4	6
3. I have been anxious or worried for many years	0	2	4	6
4. I feel flushed, hot or sweating in the afternoon or night	0	1	2	3
5. I have aches and pains in my joints, bones or lower back	0	1	2	3
<b>TOTALS</b>				

Section 3	A	B	C	D
1. I feel like my 'battery is flat'	0	2	4	6
2. I lack stamina or tire easily	0	2	4	6
3. I have difficulty completing projects	0	2	4	6
4. I find it difficult to lose weight	0	1	2	3
5. My appetite increases when I am stressed or upset	0	1	2	3
<b>TOTALS</b>				

Section 4	A	B	C	D
1. I worry excessively	0	2	4	6
2. I feel teary or cry easily when stressed	0	2	4	6
3. I find it difficult making decisions and/or tend to brood on things from the past	0	2	4	6
4. I feel overwhelmed: everything's too much to cope with	0	1	2	3
5. I feel the cold easily	0	1	2	3
<b>TOTALS</b>				

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Section 5	A	B	C	D
1. I get easily irritated or frustrated	0	2	4	6
2. I find it hard to get to sleep or stay asleep	0	2	4	6
3. I suffer shoulder and/or neck pain and/or stiffness	0	2	4	6
<b>MALES ONLY</b>				
4. I have a decreased interest in sex	0	1	2	3
5. I have been tired, unhappy and irritable	0	1	2	3
<b>FEMALES ONLY</b>				
4. I have been irritable, anxious and/or depressed, especially around my period	0	1	2	3
5. I have a decreased interest in sex	0	1	2	3
<b>TOTALS</b>				

## PART C

Please circle or underline if you have been medically diagnosed with any of the following:  
**Depression, Anxiety disorders, Low thyroid function / hypothyroidism**

Section 6	A	B	C	D
1. I'm too stressed to think straight	0	2	4	6
2. My brain feels foggy, I can't concentrate	0	1	2	3
3. I find it difficult to learn and remember things	0	1	2	3
4. I get cold hands and feet	0	1	2	3
5. I can't remember the right words for things	0	1	2	3
<b>TOTALS</b>				

Section 7	A	B	C	D
1. I worry excessively	0	2	4	6
2. I find it hard to get to sleep or stay asleep	0	2	4	6
3. I feel easily irritated or frustrated	0	2	4	6
4. I crave sugar, fatty or starchy foods	0	1	2	3
5. I have suffered from frequent headaches and/or migraines over the past 3 or more months	0	1	2	3
<b>TOTALS</b>				

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Section 8	A	B	C	D
1. I find my temperament changes frequently with periods of low mood and an indifference to life	0	2	4	6
2. I worry a lot and can't concentrate	0	2	4	6
3. I feel fatigued or lethargic	0	2	4	6
4. I feel the cold more than others	0	1	2	3
5. I find it difficult to lose weight	0	1	2	3
<b>TOTALS</b>				

### Your Results

1. Enter each score from the questionnaire in the **white** box.

QUESTION	DEPRESSION	ANXIETY	STRESS
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
<b>TOTAL</b>			

2. **Sum** the scores and enter in the 'total' boxes **for each column**.

3. Order the severity of depression, anxiety or stress, and focus treatment accordingly.

	DEPRESSION	ANXIETY	STRESS
<b>Normal/Mild</b>	0-4	0-4	0-4
<b>Moderate</b>	5-8	5-8	5-8
<b>High</b>	9-12	9-12	9-12

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## What to do next!

- Add the scores for each section and enter the total into the 'score' column.
- Rank each section based on the score in descending order (i.e. 1 is the top score, 2 is the second highest, etc).
- The column with the highest score needs most attention. For example, if D (depression) score was higher than stress/anxiety, then depression needs to be treated.
- If scores are moderate to high in any category, it is advisable to conduct an adreno-cortex Stress profile test ( saliva test) or neurotransmitter test ( urine test)
- Please discuss your results with your health care practitioner for further assessment, advice and treatment.