

# Male Hormone Health Questionnaire

This questionnaire will help the doctor determine your diagnosis and best treatment plan  
Please answer EVERY question to the best of your ability

	<b><u>Symptoms</u></b>	Not at all	A Little	Some	Quite a bit	Extreme
1	<b>Decline in your feeling of general well-being</b> (general state of health, subjective feeling)					
2	<b>Joint pain and muscular ache</b> (lower back pain, joint pain, pain in a limb, general back ache)					
3	<b>Excessive sweating</b> (unexpected/sudden episodes of sweating, hot flushes without strain)					
4	<b>Sleep problems</b> (difficulty in falling asleep, difficulty in sleeping through, waking up early and feeling tired, poor sleep, sleeplessness)					
5	<b>Increased need for sleep, often feeling tired</b>					
6	<b>Irritability</b> (feeling aggressive, easily upset about little things, moody)					
7	<b>Nervousness</b> (inner tension, restlessness, feeling fidgety)					
8	<b>Anxiety</b> (feeling panicky)					
9	<b>Physical exhaustion / lacking vitality</b> (general decrease in performance, reduced activity, lacking interest in leisure activities, feeling of getting less done, of achieving less, of having to force oneself to undertake activities)					
10	<b>Decrease in muscular strength</b> (feeling of weakness)					
11	<b>Depressive mood</b> (feeling down, sad, on the verge of tears, lack of drive, mood swings, feeling nothing is of any use)					
12	<b>Feeling that you have passed your peak</b>					
13	<b>Feeling burnt out, having hit rock-bottom</b>					
14	<b>Decrease in beard growth</b>					
15	<b>Decrease in ability/frequency to perform sexually</b>					
16	<b>Difficult to climax sexually</b>					
17	<b>Decrease in the number of morning erections</b>					
18	<b>Decrease in sexual desire/libido</b> (lacking pleasure in sex, lacking desire for sexual intercourse)					
19	<b>Weight Gain and unable to lose</b>					
20	<b>Not getting the results that you would like in the gym</b>					
	Row Total					
	<b>OVERALL TOTAL</b>					